



**THE**  
**HEALTH COACH'S**  
**CONTENT**  
**BIBLE**

**2020 EDITION**  
**BY PROWRITERPLUS**

# The Health Coach's Content Bible

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# Eat Your Stress Goodbye - Stress Reducing Diet

When you're stressed out, the foods that you're turning to are most likely going to be traditional 'comfort' foods – think big meals, take-out, fatty foods, sweet foods, and alcohol. Let's face it – we've all found some comfort in a tasty meal and a bottle of beer or glass of wine when we've been stressed out or upset about something. However, this isn't a good permanent solution.

When you're turning to unhealthy foods you can feel better temporarily, but in the long run, you will feel worse. When your body isn't getting the right nutrition, you can begin to feel less energetic, more lethargic, and in some cases less able to concentrate and focus. All of this can lead to even more stress.

### **Foods that Fight Stress**

If you've been feeling more stressed out than usual lately, it's important to know which foods are best to choose and which to avoid when it comes to combating stress and helping you to deal with feelings of stress and anxiety. The best way to fight stress is to have a healthy, balanced diet which includes a moderate amount of each of the different food groups.

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Filling up on foods such as whole grains, leafy vegetables, and lean proteins as the basic staples of the diet is the best way to ensure that your body gets the optimum amounts of nutrients to fight both physical and mental health problems. When it comes to choosing the foods to eat, some have a range of great properties which help the body to combat stress. Choosing these stress-busting foods will help to heal and calm your mind permanently, rather than providing a temporary fix.

Some of the best stress-fighting foods include:

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- Avocado – Avocados are a creamy and versatile fruit which can be eaten in a range of different ways whether you enjoy it raw, made into sauces, dressings and dips, or in a smoothie. These nutrient-dense fruits have the properties to stress-proof your body, thanks to their high glutathione content which specifically blocks the intestinal absorption of certain fats which cause oxidative damage. Avocados also contain higher levels of vitamin E, folate, and beta-carotene than any other fruit, which boosts their stress-busting properties. However, be careful with portion control when eating avocado, as it is high in fat.
- Blueberries – If you're feeling stressed out and reaching for the snacks, swapping chocolate or chips for one of the best superfoods is a great way to help you deal with your stress levels and achieve a higher level of calm. Blueberries have some of the highest levels of antioxidants, especially anthocyanin, which means that this berry has been linked to a wide range of health benefits including sharper cognition, better focus, and a clearer mind – all of which can help you to better deal with stress.
- Chamomile Tea – Of course, it's not all about what you're eating when it comes to managing stress; what you're drinking can also alleviate or worsen the stress you're feeling. Drinking liquids which are high in sugars and caffeine, such as coffee, energy drinks or soda, can actually increase your stress levels if consumed regularly. Chamomile tea has long been used as a natural bedtime soother, and it has also been used in clinical trials, which determined that chamomile tea is effective in reducing the symptoms of generalized anxiety disorder.

- Chocolate – Although it's usually seen as an unhealthy treat, there is an undeniable link between chocolate and our mood. Studies have shown that eating chocolate can actually make you happier. However, that doesn't mean that you can start munching on chocolate bars every time you're stressed out – chocolate works best as a de-stressor when eaten in moderation and as part of a healthy and balanced diet. Dark chocolate in particular is best for you, as it contains more flavonols and polyphenols, two hugely important antioxidants which can help combat stress, more than many fruit juices.
- Beef – Grass-fed beef is not only kinder to the planet and to animals, it's also good for people, too. Grass-fed beef has a huge range of antioxidants, including beta-carotene and Vit-amins C and E, which can help your body to fight stress and anxiety. If you're looking for more reasons to spend a little more money on organic, grass-fed beef, it's also lower in fat than grain-fed beef whilst being higher in omega-3.
- Oatmeal – Oatmeal is great in that it can be a filling comfort food, but also has a large number of healthy properties to actually make you feel better from the inside out. A complex carbohydrate, eating oatmeal causes your brain to produce higher levels of the feel-good chemical serotonin, helping you to feel calmer and less stressed. Studies have shown that kids who choose oatmeal for breakfast tend to be much sharper throughout the morning in school compared to kids who had alternative morning meals.

- Walnuts – If you're looking for a healthy snacking option which will help you to stay better in control of your stress levels, walnuts are a great choice. There is no denying the sweet, pleasant flavor of walnuts and they can be a tasty snack for in-between meals or as part of a desert. A versatile nut, walnuts are great for salads, or add them to a sweet treat such as coffee and walnut cake.
- Pistachios – another food which is great for snacking on and can also help to combat stress and anxiety in the long term is pistachios. Studies have found that simply eating two small, snack-size portions of pistachios per day can lower vascular constriction when you are stressed, putting less pressure on your heart by further dilating your arteries. Along with this, the rhythmic, repetitive act of shelling pistachios can actually be quite therapeutic!
- Green Leafy Vegetables – leafy, green vegetables should be a pivotal part of anyone's diet. Along with helping to combat stress, leafy greens are full of nutrients and antioxidants which help to fight off disease and leave your body feeling healthier and more energized. Dark leafy greens, for example spinach, are especially good for you since they are rich in folate, which helps your body to produce more mood-regulating neurotransmitters such as serotonin, which is a 'feel-good' chemical. Making leafy greens a part of your diet will help you to feel happier and less stressed out overall.
- Fermented foods – last but not least, eating fermented foods such as yogurt can help to keep your gut healthy, which actually in turn will help to improve your mental health and reduce stress levels. The beneficial bacteria which are found in fermented foods such as yogurt actually have a direct effect on your brain chemistry and transmit positive mood and behavior regulating signals to your brain via the vagus nerve.



## Putting Together Your Diet Plan

Planning your meals wisely is key to not only staying physically fit and healthy, but also to staying mentally strong and being able to best manage your levels of stress. Knowing which foods to avoid and which are the best to reach for to snack on when you're feeling worried and anxious is important to helping you get control over your emotions and fears.

When you're feeling stressed, you may be tempted to reach for classic 'comfort foods' – usually foods which are laden with sugar, very starchy, or greasy. However, although these foods can make you feel momentarily better, they will actually make you feel worse in the long run.

Having stress-busting snacks such as fresh berries, dark chocolate, yogurt, walnuts or pistachios, or even a fruit smoothie with avocado and leafy greens in it can help you to feel better in both the short and long term when it comes to stress. When it comes to combating and dealing with stress in the long run, it's important to make sure that for the most part, you are eating a diet which is healthy and balanced.

In order to stay on track, it's a good idea to make a meal plan for your week and plan ahead to make sure that you have a good selection of these stress-busting foods in your kitchen to make meals and snacks from when you're feeling like stress-eating. Making sure that the majority of your meals include foods such as lean proteins and leafy green vegetables will not only make you feel healthier overall, but can improve your mental health and stress levels, too.

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A good example of a healthy, stress-busting menu would be:

**Breakfast:** Oatmeal with berries or a fruit smoothie with avocado and berries

**Mid-morning snack:** Natural yogurt with fruit or a handful of pistachio nuts

**Lunch:** A whole-grain pasta salad filled with plenty of leafy greens

**Afternoon snack:** Dark chocolate

**Dinner:** Grass-fed beef with vegetables

**Before bed:** Chamomile tea

Of course, you don't need to stick to this menu – but it gives you a good idea!

Remember to exercise good portion control when eating foods such as nuts, chocolate, yogurt or avocado! As the saying goes, you are what you eat – so make sure that first and foremost, you're filling yourself up with foods which are good for your mental health.

# 10 Ways To Sneak Some Extra Fruits And Vegetables In Your Family's Diet

We all know by now that we should be eating at least five servings of fruits and vegetables each day. But knowing and doing are two different things, aren't they? Sometimes it is just not easy to get them all in there. We are constantly tempted to fill up on convenience and junk food. If your family is anything like mine, they'd much rather fill up on a bag of chips or a bowl of rice or pasta instead of trying an apple or a plate of steamed broccoli. So we'll have to get creative. Here are a few ideas to "sneak" some extra vegetables and fruits in your family's diet.

1. Start the day with a breakfast smoothie. All you have to do is throw some fruits, low-fat yogurt and ice in a blender. You may also want to add a scoop of protein powder in there for good measure. Just blend for a few seconds and you have the perfect breakfast ready to go. I like to sip mine in a thermal cup on the way to work. To make it even more appealing for your kids, use some frozen yogurt or a scoop of ice cream in the smoothie. They won't believe that you are letting them have ice cream for breakfast.

2. Dried fruit makes an excellent snack any time of the day. Add some small cartons of raisins to your child's lunch box, pack some yogurt-covered raisins in your husband's briefcase and keep some trail mix sitting around for snacking. You can also add dried fruit to oatmeal and cereal in the morning. My family loves banana chips in their breakfast cereal.

3. Add some fruits and vegetables to your family's sandwiches. You can add some banana, sliced apples or strawberry slices to a peanut butter sandwich. Top a turkey sandwich with lettuce, tomato, cucumber and anything else they will eat. You can even make a sub shop style vegetable sandwich by combining several different vegetables with some mayonnaise and cheese on bread.

4. Have a salad bar at dinner. Set out a variety of chopped vegetables, some cheese and croutons as well as several choices of salad dressing along with the lettuce and let everybody create their own perfect salad.

5. Let them drink their fruits and vegetables. Keep an assortment of fruit and vegetable juices in the fridge and encourage everyone to drink them as a snack. Get creative. You could start "family cocktail hour" by pouring everybody a glass of his or her favorite juice over ice. Add some straws, cocktail umbrellas and sit together to talk about how everybody's day went.

6. Try this for dessert. Put a small scoop of ice cream or frozen yogurt in a bowl and top it with lots of fresh or frozen fruit.

7. Offer fruits and vegetables as snacks. You can cut apples into slices and top them with peanut butter or cheese. Cube cheese and serve with grapes. Cut up some fresh veggies and serve them with ranch dip. And of course there's ants on a log. Spread some cream cheese or peanut butter on the inside of a stick of celery and sprinkle raisins on it (wow, fruit and vegetable in one snack).

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8. Try some new fruits and vegetables. Pick something exotic to get your family's curiosity. With a little luck their curiosity will outweigh their initial apprehension to trying something new. You could try artichokes, plantains, papaya, mango, star fruit, or anything else you can find in the produce department of your local store.

9. Make a pot of vegetable soup or a stew that's heavy on veggies and easy on the meat. Both of these make some great comfort food when the weather gets cold.

10. Start "My Veggie Day". Each family member gets to pick a vegetable one day of the week. They qualify to pick a vegetable as long as they tried each vegetable the week before, otherwise they lose a turn and Mom gets to pick.

Incorporate a few of these ideas and you will have everyone in your family eating more fruits and vegetables in no time.

Here is another tip:

Now that everyone in the family has gotten a taste for it, make sure you always have plenty of fresh fruits and veggies available and ready to snack on.

## 10 Small Steps To Improve Your Health

Many of us make health-related resolutions, such as to lose weight, stop smoking or join the neighborhood health club. While it is common to set high goals, experts say that setting smaller goals could do more for our health.

"Small steps are achievable and are easier to fit into your daily routine," says James O. Hill, Ph.D., Director of the Center for Human Nutrition at the University of Colorado Health Sciences Center. "They are less overwhelming than a big, sudden change."

Here are 10 to try:

1. Keep an eye on your weight and work on making sure you are not gaining extra lbs. Even if you gain just a pound or two every year, the extra weight adds up quickly.
2. Take more small steps. Use a pedometer to count your daily steps; then add 2,000, the equivalent of one extra mile. Keep adding steps, 1,000 to 2,000 each month or so, until you take 10,000 steps on most days.
3. Eat breakfast. Breakfast eaters tend to weigh less and have better diets overall. For a filling and nutrition-packed breakfast, top Whole Grain Total® with fresh fruit slices and low-fat or fat-free milk.
4. Switch three grain servings each day to whole grain. If you're like the average American, you eat less than one whole grain serving a day.

5. Have at least one green salad every day. Eating a salad (with low-fat or fat-free dressing) is filling and may help you eat less during the meal. It also counts toward your five daily cups of vegetables and fruits.
6. Trim the fat. Fat has a lot of calories, and calories count. Purchase lean meats, eat poultry without the skin, switch to lower-fat cheeses, use a nonstick pan with only a dab of oil or butter.
7. Consider calcium by including two or three daily servings of low-fat or fat-free milk or yogurt. Dairy calcium is good for bones and may also help you lose weight.
8. Downsize. The smaller the bag, bottle or bowl, the less you will eat.
9. Lose just 5 to 10 percent of your current weight. The health benefits are huge—lower blood pressure, blood sugar, cholesterol and triglycerides.
10. Keep track of your eating. Write down what you eat over the next couple of days and look for problem spots. Often, just writing things down can help you eat less.

## 10 Ways To Get More Antioxidants Into Your Diet

It's no secret that antioxidants are incredibly beneficial to good health. It's believed the antioxidants in food can help prevent cancer, reverse or slow aging, enhance your immune system, increase your energy and improve heart and other organ health.



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Given all we know about antioxidants and their beneficial properties, it's amazing more people don't get enough fruits and vegetables, the primary sources of antioxidants. Experts recommend a minimum of 5 servings of fruits and vegetables daily, but say getting 7-10 servings is best.

There are 10 steps to getting more antioxidants into your diet.

## 1. Breakfast

Breakfast doesn't have to be a hurried toaster tart on the way out the door. Throw some strawberries, 100% juice and yogurt into a blender; pour your delicious mixture into a cup and head out the door. You've just added one to three servings of fruits to your daily intake. Or throw some berries onto your cold or hot cereal.

Say you truly have no time in the morning and usually grab something on the run. Even the Golden Arches can be of some help here. Order a fruit and yogurt parfait and some apple slices. For about \$2, you have a breakfast providing one to two servings of fruit.

## 2. Snacks

Here's an easy way to get more antioxidants in your diet. How about a handful of raisins for a snack, or some fresh red grapes? Dip some strawberries in yogurt. You'll feel decadent, but the berries provide the color you're looking for. Need crunch? How about some baby carrots dipped in hummus? Consider a handful of pecans for crunch and a nice antioxidant boost.

## 3. Lunch and dinner

It might sound trite, but adding a salad to each of your main daily meals can add loads to your overall health and well-being. They don't have to be boring, and they don't have to be just salad greens. If you're going classic, add some red pepper slices to your green salad, some tomatoes to the Greek salad, or tart cranberries to your field greens. Whip up a broccoli salad for lunch, or be adventurous and mix up a rice salad with a mélange of fresh vegetables like string beans, tomatoes, peppers and red onions.

## 4.Dessert

Berries, with or without whipped cream or chocolate are a wonderful way to end your day of healthy, antioxidant-rich eating.

## 5.Beverages

Replace your soda with tea or coffee, both of which boast antioxidant compounds. Have a glass of wine with dinner, or for a real change of pace, pour a glass of chai tea.

## 6.Think outside the box

We know we can get our antioxidant fix from berries, salads and the like, but researchers say powerful antioxidants can also be found in a variety of unexpected foods, like russet potatoes, artichokes, and small red beans. The beans, in fact, may have more antioxidant power than blueberries, experts say. So to your rice salad full of vegetables, add some beans for even more antioxidants.

## 7.Cook lightly

You think you're being good, preparing vegetables each night for your family's dinner. But if you're overcooking the vegetables, you're cooking out a lot of the beneficial properties of the antioxidants. Steam (don't boil) vegetables, and stop cooking them when they will have all of their bright color and most of their bite.

### 8.Plant a garden

Experts believe that people who plant and harvest vegetables from their own yards are far more likely to eat more vegetables and fruits than people who buy their produce from the store. So plant a garden, watch it grow and eat the fruits (literally) of your labor.

### 9.Take your healthy diet on vacation

Too many of us consider going on vacation an opportunity to take a vacation from everything, including healthy eating. Think of vacation as a way to be introduced to new foods. Order an interesting vegetable dish in a restaurant and then pay attention to how the chef prepared the dish.

### 10.Learn to cook

If you're cooking, you're not opening bags and boxes. Cooking involves scrubbing and peeling vegetables, preparing whole foods and paying attention to how things are cooked. If you're ordering out every night, you're far less likely to be eating the whole foods and natural fruits and vegetables that provide the base for our antioxidant intake.

# 10 Possible Causes of the Obesity Epidemic

It's well accepted that reduced physical activity and fast food are linked to obesity. But the evidence that these are the main causes of obesity is largely circumstantial. To stimulate debate, experts suggest 10 other possible causes of obesity, outlined in the International Journal of Obesity.

1. Lack of Sleep. Getting too little sleep can increase body weight. Today, many get less shut-eye than ever.
2. Pollution. Hormones control body weight. And many of today's pollutants affect our hormones.
3. Air conditioning. You have to burn calories if your environment is too hot or too cold for comfort. But more people than ever live and work in temperature-controlled homes and offices.
4. Decreased smoking. Smoking reduces weight. People smoke much less than they used to.
5. Medicine. Many different drugs including contraceptives, steroids, hormones, diabetes drugs, some antidepressants, and blood pressure drugs can cause weight gain. Use of these drugs is on the upswing.
6. Population age & ethnicity. Middle-aged people and Hispanic-Americans tend to be more obese than young European-Americans. Americans are getting older and more Hispanic.

7. Older moms. There's some evidence that the older a woman is when she gives birth, the higher her child's risk of obesity. Women are giving birth at older and older ages.

8. Ancestors' environment. Some influences may go back two generations. Environmental changes that made a grandparent obese may "through a fetally driven positive feedback loop" visit obesity on the grandchildren.

9. Obesity is linked to fertility. There's some evidence obese people are more fertile than lean ones. If obesity has a genetic component, the percentage of obese people in the population should increase.

10. Unions of obese spouses. Obese women tend to marry obese men, and if obesity has a genetic component, there will be still more obese people in the next generation.

These other contributing factors deserve more attention and study. Even more explanations include: a fat-inducing virus; increases in childhood depression; less consumption of dairy products; and hormones used in agriculture. What do you think can be attributed to the epidemic?

## 22 Reasons To Drink Mangosteen Juice

A coworker of mine at work brought in a mangosteen supplement drink. She also gave me information and these 22 reasons why everyone should be drinking mangosteen juice:

1. It prevents hardening of the arteries

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2. protects the heart muscle
3. anti-Parkinson, anti-Alzheimer and other forms of dementia
4. anti-depressant
5. prevents and arrest fungus
6. prevents bacterial infections
7. viral fighters and prevention of infections
8. prevents gum disease
9. anti-diarrheal
10. lowers fevers
11. eye care-prevents glaucoma and cataracts
12. pansystemic - a synergistic effect on the whole body
13. energy boosters - anti-fatigue
14. anti-aging
15. weight loss (wooo, I'll drink to this!)
16. lowers blood fat (what the heck, I didn't know there is fat in our blood!)

17. anti-tumor benefits

18. cancer: Mangosteen helps in the prevention of cancer with its powerful antioxidants.

19. lowers blood pressure

20. numerous references to "Immunostimulants"

21. blood sugar lowering

22. it tastes good

I thought to myself, holy smokes! Who in the world would buy that? What is mangosteen? I have never heard of it or have the slightest idea what it looks like.

Upon further research, the mangosteen (*Garcinia mangostana*) is a tropical evergreen tree, believed to have originated in the Sunda Islands and the Moluccas. The tree grows from 7 to 25 meters tall. The edible fruit is deep reddish purple when ripe. In Asia, the mangosteen fruit is known as the "Queen of Fruits," while the durian (*Durio spp.*) is known as the "King of Fruits." It is closely related to other edible tropical fruits such as button mangosteen and lemon drop mangosteen.

The outer shell of the fruit is rather hard, typically 4-6 cm in diameter. Cutting through the shell, one finds a white, fleshy fruit 3-5 cm in diameter. Depending on the size and ripeness, there may or may not be pits in the segments of the fruit. The number of fruit pods is directly related to the number of petals on the bottom of the shell. On average a mangosteen has 5 fruits (round up figure).



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I have eaten a lot of exotic fruits in my life, including the King Of Fruits - durian, but I have never seen or tasted this Queen of Fruits. I bought the rest of the bottle from my coworker and chucked down the mangosteen juice. I do feel more energetic for the rest of day, and I will have to let you know in the near future if it will help lose some weight!

# 7 Reasons to Grow Your Own Organic Vegetable Garden

During the last decades there has been a change towards mechanization and homogenization of farming, which uses pesticides, additives, herbicides, synthetic fertilizers and mass-production techniques. All this is clearly affecting mankind's health, and new diseases are spreading rapidly amongst humans and animals (bird's flu being the most recent one).

The World Health Organization produces reports to show how the use of chemicals and other products on food, coupled with the manufacturing processes involved, are actually a threat for our health.

If you have space for a few pots or even a small piece of land, it is a wise decision to grow your own organic vegetable garden. Today I'm presenting you with seven reasons for doing this:

1. You will have no additives in your vegetables. Research by organic food associations has shown that additives in our food can cause heart diseases, osteoporosis, migraines and hyperactivity.
2. There will be no pesticides or synthetic fertilizers used. These chemical products are applied to obtain crops all the time regardless of plagues or weather conditions, and affect the quality of the vegetables. Besides, pesticides are usually poisonous to humans.

3. Your vegetables will not be genetically modified (GM). Antibiotics, drugs and hormones are used on vegetables to grow more and larger ones. One of the consequences of this practice are vegetables which look all the same and are usually tasteless. Besides, we end up consuming the hormones that have been used on the vegetables, with the potential risks for our health.

4. Eating your own organic vegetables will be much more healthy for you. They will not contain any of the products or chemicals named above, and they will be much more natural than any ones you would find at the supermarket. Your health will not be at risk because you will then know that nothing has been added to your vegetables.

5. Your own organic vegetables will be much more tasty. The use of pesticides, synthetic fertilizers, hormones and antibiotics make vegetables grow unnaturally and take the taste away from them. With organic vegetables, your cooking will be enhanced as their flavour will show fully.

6. Organic farming is friendly to the environment. Because you won't use pesticides or other equally harming products on your vegetables, you will not damage the soil or the air with the chemical components.

7. When you grow your own organic vegetables you are contributing to your own self-sustainability and the sustainability of the planet. Small communities have been founded where members exchange products that they grow naturally, thus contributing to create a friendly and better place for us all.

In the end, eating organic products only means that we do not add anything else to them than they would naturally have. As you can guess, additives, fertilizers, pesticides or hormones are not components of naturally grown food. To better care for your health, grow your own organic vegetables -and a few pots is all you need.

## 7 Reasons Why You Should Be Using Coconut Oil

It is a common misconception that coconut oil is bad for you. People all over the world are experiencing the healthy benefits of using coconut oil. It is actually one of the healthiest oils you can consume. Here are the top seven reasons why you should use coconut oil as an alternative to other common cooking oils.

### 1. Coconut oil doesn't turn to fat in your body.

Unlike many other common oils, like soy (vegetable) and corn, coconut oil won't make you fat. Coconut oil contains medium-chain triglycerides (MCT), which are an easy fuel for the body to burn, without turning to fat. Most other cooking oils and fats contain long-chain triglycerides (LCT). LCT's are usually stored as fat. Since coconut oil is a MCT, it is more easily absorbed and converted to energy quicker.

People in the tropics have relied on coconuts as a traditional staple in their diet for centuries. They consume large amounts of coconut oil every day. Instead of getting fatter, it helps them stay healthy, lean and trim. When they switch from coconut oil to our modern oils, they develop obesity and the health problems that our modern society faces.

Some other people who have known this truth for a long time are people who are in the animal feed business. When livestock are fed vegetable oils, they put on weight and produce more fatty meat. When they are fed coconut oil, they become very lean.

## 2. Coconut oil increases your metabolism.

Not only does coconut oil convert to energy quicker in your body, it increases your metabolism, which promotes weight loss. Because it boosts your metabolism, it helps your body burn fat more effectively.

Coconut oil may triple your calorie burn. Since coconut oil is a MCT, it is converted to energy so quickly that it creates a lot of heat. In a study published in the American Journal of Clinical Nutrition, MCT's burn three times more calories for six hours after a meal than LCT's.

The February 15, 2005 issue of Woman's World magazine stated that coconut oil is the "underground high-metabolism secret."

This is great news for people who have thyroid problems, since coconut oil improves sluggish thyroids by stimulating the production of extra thyroid hormones. Most other common oils, like vegetable (soy) and corn have been shown to inhibit thyroid function.

## 3. Coconut oil has omega 3 fatty acids.

Most cooking oils contain omega 6 fatty acids, something we get way too much of in the United States. Our omega 6 to omega 3 ratio should be 1:1 but it is more like 50:1. We need to drastically cut back our omega 6 oils and consume much more omega 3 oils to be healthy. And coconut oil is filled with these healthy omega 3 fatty acids.

#### 4. Coconut oil gives you energy.

Because of the healthy omega 3 fatty acids and the fact that it increases the metabolism, most people that switch to coconut oil feel a burst of added energy in their daily life.

This is because coconut oil is nature's richest source of medium-chain triglycerides (MCT's), which increase metabolic rates and lead to weight loss. MCT's promote thermogenesis, which increases the body's metabolism, producing energy. Many people with chronic fatigue syndrome and fibromyalgia have found that adding coconut and coconut oil to their diet was helpful to them.

#### 5. One of the best things you can use on your skin and hair is coconut oil.

Coconut oil is one of the best things you can apply directly on your skin and hair. It gives temporary relief to skin problems like rashes. It aids in healing and restoring skin to a younger appearance. It has also been known to help with people who suffer from yeast infections in the skin, as well as many other skin problems.

Not only does it soften and smooth your skin, coconut oil has antioxidant properties that protect the skin from free radical damage. Coconut oil makes excellent massage oil too.

6. Coconut oil has healthy benefits that most other oils do not.

Evidence is mounting that coconut oil has anti-fungal, antibacterial and antiviral effects when both consumed and used topically on the skin.

Most oils oxidize and turn rancid very quickly causing free radical damage in our bodies. Coconut oil is not easily oxidized and does not cause harmful free radical damage like polyunsaturated vegetable oils. Free radical damage is thought to be responsible for many ailments in our body from arthritis to increased susceptibility to cancers.

Coconut oil also helps our bodies absorb other nutrients more effectively, such as Vitamin E.

7. Coconut oil is one of the best oils you can use for cooking.

It has a higher smoke point than olive oil, which means it can take higher temperatures better. There are several healthy omega 3 oils we can choose to consume, such as flax and olive oil, but they don't do well under the high heat we use for cooking. Coconut oil can be used in higher cooking temperatures.

It is harder for coconut oil to go rancid, unlike other cooking oils, which are usually rancid long before you even bring them home. Rancid oils cause free radical damage in the body, which is a leading cause of cancer. Coconut oil is stable for over a year at room temperature.



Because of the misinformation we have been given for years, we have lost out on the healthy benefits that coconut oil has given the people of the tropics for centuries. But now it has been rediscovered! Coconut oil is so effective, it won't be long before we see coconut oil supplements promoted, but you can get the jump on the popular crowd and start consuming and cooking with coconut oil today!

## 7 Ways to Make Alkaline Diet Benefit You

The premise of an alkaline diet is that the nutrients found in supplements, alkalizing foods, and water can bring the body back to balance. These vitamins, minerals, and herbs infuse the body with new energy, vitality, and better health.

Alkaline foods and water must be consumed in order to provide nutrients the body needs to neutralize acids and toxins in the blood, lymph, tissues, and cells.

When pH balance inside the body is 'out of balance' the body tries to correct that sensitive pH balance. That process shows up as uncomfortable symptoms, including colds, flues, allergies, diseases, viruses, and bacteria.

When the pH level in our body is unbalanced, almost any area of the body can be affected. For example when the nervous system is affected as the result of unbalanced pH balance it shows up in the form of the depression. When the cardiovascular system is affected we could have heart disease or experience other heart-related problems, including thickening and hardening of the arteries, coronary heart disease, pain or discomfort in the chest, stroke, high blood pressure, and heart failure. When muscles are affected we often feel fatigue and lack of energy. When skin is affected by improper pH balance we age quicker than normal.

When the body's pH level is in balance, the body reaches ideal weight and corrects negative health challenges naturally.

Transition to a more alkaline healthy diet requires a shift in attitude towards food. The important point to remember is that small changes go a long way. Add more alkaline foods to your diet gradually.

7 Sure-fire ways to make alkaline diet benefit you:

1) Reduce the consumption of sugar and products made from sugar, including soda pop, pies, ice cream, jello, jams & jellies, artificial juices, puddings, doughnuts, corn syrups, chewing gum, sweetened drinks, cookies, breakfast cereals, liqueurs, mixed drinks.

2) Avoid processed foods and condiments including ketchup, salad dressings, pickles, luncheon meats, canned fruits, breads, relish, cheese dips, peanut butter, prepared seafood, frozen vegetables, crackers, canned soups, hot dogs, sausages, sweetened yogurt.

3) Avoid cooking and heating foods and drinks in the microwave.

4) Avoid dairy, meats, fried foods and fast foods.

5) Increase your consumption of raw vegetables and raw fresh fruits (without sugar). You should include raw vegetables in every meal. If your breakfast is so small that you only eat toast or cereal, stop eating toast and take fresh fruits or vegetable juices instead. If your lunches usually consist of sandwiches try to substitute it with a raw salad or a vegetable juice. Have a large salad before you eat a heavy entree at dinner. This way, you will be sure to eat all of the salad instead of finding yourself too full to finish it.

6) Grains form the base of a balanced diet and are important in maintaining the alkaline balance in the body. Grains are a great source of vitamins, minerals, and essential nutrients, including folic acid, fiber, carbohydrates antioxidants and phytoestrogens. The Department of Food and Science and Nutrition at University of Minnesota determined that consumption of whole grains reduces the risk of chronic diseases including cancer and cardiovascular disease. By eating grains you can eat less but feel full. Grains should comprise about 20% of your diet.

7) Don't forget to hydrate. Drink at least half of your body weight in ounces of good quality water each day. Add liquid minerals to increase the quality of water.

If you follow these easy 7 steps it will allow you to create the proper alkaline balance within your body.

Creating the proper alkaline balance within your body will bring you increased quality of life. You'll start seeing immediate improvements in your health. Your energy will increase, your concentration will be stronger. You'll build strength, stamina, and resistance to diseases. Your entire body will function more efficiently just like it was meant to do.

# 8 Ways You Get Great Results With Glyconutrients

1- Drink Pure Spring Water. As an absolute minimum, take your body weight in lbs, divide by 2 & drink that many ounces of Pure Spring Water everyday so that your cells get 'bathed' in a bath of Glyconutrients. For example a 120lb woman would drink a minimum of 60 oz of pure spring water per day.

2- Consume Fiber. Using a high-quality fiber supplement or eating a diet very high in fiber & in raw vegetables will enhance the results you get from your glyconutrients.

3- Don't take glyconutrients of any kind on an empty stomach. Why? No, it won't hurt you, but your body will burn it for energy. That is expensive energy. Glyconutrients are best absorbed when mixed with food or stirred into a drink.

4- Do not take fiber supplements within 1 hour of any other supplement.

5- Give Your Body Time to Start Healing. Most conditions develop gradually over many years(or even decades). Just like getting sick, getting well takes time. I have seen many people see no results until the 4th or even 6th month on the discount glyconutrients. Why? It takes months(or even years) for your body to replace sick cells with healthy ones.

6- Enhance Your absorption of Glyconutrients. According to Dr. Milner you can enhance your absorption of your discount glyconutrients by simply NOT swallowing your them--instead, you do two easy things:

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a. let them dissolve in your mouth, so that it is absorbed in the mouth, not in the stomach (this takes about 1 minute). You do not need water to do this--your saliva is more than sufficient.

b. take smaller amounts more often, like 1/8 or 1/4 of a teaspoon at a time, throughout the day, like every hour or two. I have started doing this myself, and I recommend it to you.

7- Use ALL THREE of the basic products: Glyco-Antioxidant, Phytosterol, food-based vitamin. These three products represent four sciences that work together synergistically, like the four wheels on a car work together:

- Cellular communication provided by the glyconutrients
- Antioxidant protection from free radicals and "internal terrorists"
- Natural plant hormones provided by the phytosterol
- Essential vitamins and minerals in a food form state for maximum assimilation provided by the food-based vitamin.

You wouldn't settle for just one or two tires would you? Don't settle for less than what you need either!

8- Take Enough Glyconutrients to satisfy your body's need. Keep in mind that the suggested serving size you see on the label of your glyconutrients supplement bottle is a suggested minimum for young adults in "good" health. If you are unsure what amount is right for you please contact your representative. When buying glyconutrients, remember that a container may not last you an even month if you have a health challenge.

Note: Legal Disclaimer: Glyconutrients are not intended to diagnose, treat, cure or prevent any disease, but scientific studies have been documented linking the ingestion of certain food nutrients, and the prevention of chronic disease. The information given is not intended to be a substitute for a physician's proven care & advice.

## A Colon Detox Can Improve Your Colon Health

A healthy colon is a vital part of a healthy body. The colon, along with the small and large intestines, are a major area where the nutrients in food are absorbed. If the colon is not clean, it cannot fulfill this important task. Not only that, the impacted fecal material that builds up in the colon and intestines releases toxins into the bloodstream. You are in effect getting toxins instead of nutrients - not a very good trade.

Symptoms that a colon detoxification might be in order include tiredness, PMS, headaches, and of course, constipation. There are a variety of ways colon cleansing can be done, including colonic irrigation, enemas, dietary fiber, and laxative herbs. These methods can help, but each has negative points.

Another natural option for colon health is to use an oxygen based colon cleanser. This method uses magnesium oxide that has been treated with oxygen and ozone. This substance will react with the hydrochloric acid in the stomach to release oxygen. The oxygen gets into the bloodstream to nourish all parts of the body, but it does more than that. It also nourishes the favorable bacteria that live in the digestive tract.

Unfavorable bacteria in the digestive tract will give you vomiting, diarrhea, and cramps. Favorable bacteria compete with the unfavorable ones for living space. An oxygen based colon detox will encourage those good microbes, for better all around health. So how exactly does it work?

An oxygen based colon health product creates a chemical reaction that releases oxygen and melts the impacted material in the intestines and colon into gas and liquid. It will make you need to stay close to a bathroom for a day or so while you eliminate the material from your colon, but you will feel much better afterwards.

Look for an oxygen based colon detox product that is available in a capsule form. Make sure it does not include ascorbic acid among the ingredients because ascorbic acid is an antioxidant. An antioxidant will undo the good that could be done by the oxygen. A good ingredient to look for, however, is GE-132. This is the germanium-132, which is good for the health of the immune system. It also facilitates and adds oxygen. It is considered to be a nutrient that is helpful for many ailments.

Cleansing the colon can help with weight loss. Many people who have eaten an average diet for years have accumulated ten to twenty pounds of impacted fecal matter in their colons. An oxygen based colon cleanse will help the body eliminate this material, resulting in a quick loss to jump start your weight loss plan. Follow up the cleanse with reasonable portions of healthy natural food. You should have enough energy after the cleanse to start an exercise program, too.

## A Healthy Guide to Good Nutrition

Whether you are at your ideal weight or striving to reach your weight goal is it simply a matter of burning more calories than you take in? The answer, I suggest, is no! Overall body health improvement as well as weight gain or loss must be factored into the equation or you could be heading for problems. Correct nutrition can help to reduce the risk of a myriad of health-related problems, the most frightening of which are surely heart disease and cancer. Proper nutrition, however, entails eating many different foods, monitoring your consumption of some food and beverage items, and counting calories. Good diets offer balanced nutrition that reduces cholesterol, blood pressure, and helps with weight control.

To function properly, your body must have the correct combination of nutrients:

Carbohydrates. They are the primary source of ammunition in your diet. The body uses carbohydrates to build glucose which can be used immediately or stored in your body for later. Too much glucose, however, is stored as fat. There are two types of carbohydrates - simple and complex. Sugars are simple carbohydrates. Starches and fibers are complex carbohydrates.



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Proteins. Proteins help your body build and maintain muscles and other tissues. They also function in the creation of hormones. Like carbohydrates, excess protein is stored as fat.

Animal and vegetable are the two major types of proteins. Too much animal protein can cause high cholesterol, as it is high in saturated fat.

Fat. Strange as it may seem; fat is another nutrient your body requires. It comes in both saturated and unsaturated forms. Saturated fat puts you at risk of health problems. Unsaturated fat is healthy, but if it goes through any type of refinement process, it can become saturated fat.

Vitamins. These are also required nutrients. Different vitamins perform different tasks within the body. They can work with the metabolism to help with energy levels for any task you can think of that you need your body to perform. It has also been noted that certain vitamins can prevent disease.

For example, vitamins A, C, and E, also called antioxidants, can assist with the prevention of coronary artery disease by keeping build up from occurring on artery walls. Vitamin B-1 is needed for digestion and proper nervous system function. Vitamin B-2 is needed for normal cell growth. Vitamin B-3 helps to detoxify your body. Folic acid assists with production of red blood cells. Vitamin D assists with the absorption of calcium. Vitamin K helps your blood clot.

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Minerals and trace elements. These are another nutrient your body requires. Both are used in many different body processes. Minerals like chlorine help make your digestive juices. Phosphorus helps build strong bones. Both can be found in the foods we consume, but with a trace element, your body just needs a tiny amount. Salt is one final nutrient your body requires. You should not consume more than 2400 milligrams per day, though, as it might raise your blood pressure.

You should follow several guidelines to create a well balanced, nutritional diet. First, try to consume two and one half cups of vegetables and two cups of fruit each day. When making your selections for each day, be sure to choose a good variety. A good rough guide is to eat as many different colors as possible, this will help you to select from all five vegetable subgroups at least four times per week.

You should eat at least three ounces of whole grain products each day. At least half of your grain intake should be whole grain based. Milk should also be part of a healthy diet. Consume at least forty-eight ounces of low fat milk or milk products on a daily basis. Your total fat intake should only be between ten and thirty percent of your calories. Most of the fats you consume should be in the form of unsaturated fats, as saturated fats can do much to damage your health. Meat, poultry, dry beans, and milk or milk products should all be lean, low-fat, or fat-free. Less than ten percent of your calories should come from saturated fats, and you should always try to avoid trans-fatty acid.

Fiber-rich fruits, vegetables and whole grains should be a regular part of your diet as should potassium rich foods. Alcoholic beverages should only be consumed in moderation.

Excellent nutrition is the basis of a healthy diet.

## A Juicy, Fun Way To Take Your Vitamins

While kids want great taste, you want to give them the vitamins, minerals and fiber their growing bodies need. Serve watermelon and you can both be happy.

Watermelon is a fun, nutritious way to make sure active kids don't get dehydrated; it's 92 percent water.

A two-cup serving of watermelon is an excellent source of vitamins A, B6 and C, and it provides 7 percent of the recommended daily value of potassium, with only 80 calories.

Watermelon is fat-free and also contains fiber. Its beautiful red color comes from all-natural lycopene, an antioxidant that can help keep kids' bodies healthy.

Watermelon can be eaten at any meal, breakfast, lunch or dinner, and it's a wonderful snack for the whole family. Delicious on its own, watermelon is a fantastic ingredient in recipes, too. Previously just a summertime treat, tasty watermelon is now available year-round.

A watermelon carving makes a great addition to a kids' party buffet, and the birthday boy or girl can help make it. The salad inside can be as simple as a mixture of blueberries, seedless green grapes and balls of watermelon, cantaloupe and honeydew melon. It's colorful and kids love it.

### Carving Instructions for Watermelon Fish

Slice 1/4 inch off the bottom lengthwise to provide a stable base.

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With a melon baller, cut half circles over half the top of the watermelon in a rectangular shape, remove and set aside. This piece will be used for the top fin and tail.

Scoop out the flesh.

Cut out the tail shape and the melon balled fin-piece from the rectangular piece set aside earlier. Attach the fin and tail with sturdy, round toothpicks.

Cut out eyes using a melon baller. Trim around the outside of the eye socket, then place it back in, rind side out.

For the mouth, point a paring knife at a downward angle above the stem and slice through 3 inches on either side of the stem, cutting through the rind. Push out the mouth from the inside. For the side fin, cut 3 cuts into the side using the melon baller to make the curves on the back of the fin. Then slice straight cuts to form the top and bottom of the fin.

## About Omega 3 Fish oils

Question: What's all the fuss about Omega 3 fish oils? What do they do for my body?

Answer: Omega 3 fish oils are a substance that can be found in the bodies of fish. However, eating fresh fish is no longer recommended. The mercury levels that are prevalent in almost all fresh fish these days can be very detrimental to your health. However, companies have manufactured fish oil that is mercury free by processing the oils that naturally occur in the fish. Omega 3 is a type of fat that is essential for human health. Omega 3 contains two fatty acids that benefit the human body greatly, which are known as DHA and EPA.

These fatty acids have been linked to helping prevent heart disease, cancer, and many other diseases. DHA is also required by the human brain. Low levels of DHA in the brain have been linked to depression, schizophrenia, memory loss, and an increased chance of being stricken with Alzheimer's disease. Therefore, the regular and repeated consumption of Omega 3 fish oils can greatly help affect the quality of your life for the better.

The American Heart Association recommends the use of fish oils to help your heart's performance as long as you keep your dosage under 3 grams per day, suggesting an amount roughly between 0.5 to 1.8 grams per day. Clinical trials conducted have shown that Omega 3 fish oils can reduce cardiovascular events including heart attacks, strokes, and even death.

Also, research has shown that fish oils can help decrease the risk of arrhythmias, decrease triglyceride levels, decrease the growth rate of atherosclerotic plaque, and even slightly lower blood pressure! With all these facts, there is no doubt that the regular and responsible use of Omega 3 fish oils from supplements can be of great benefit to your health.

## Acid Vs Alkaline Diet

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Our body's internal system needs a PH of just above 7.0; our immunologic, enzymatic and repair mechanisms all function at their best in this alkaline range.

If our body becomes over acidic, i.e. under a PH of 7, you may start to experience a combination of these symptoms;

Low energy, fatigue

Nasal congestion

Hives

Muscle Pain

Weak nails, dry skin, dry hair

Frequent colds, flu and infection

Headaches

If you have these symptoms and eat foods which create acid in the body, you may need to balance it with an alkaline diet.

What foods cause acid in the body?

There is a whole list of foods that cause the body to be over-acidic: dairy and dairy substitutes, animal meat, most grains, chickpeas, condiments, aspartame, prunes, chocolate, peanuts, alcohol and quite a few other types of foods.

To balance your PH, the remedy is simple and logical; eat more alkaline causing foods.

To name but a few of these foods, there is; watermelon, lime, mango, most vegetables, vegetable juices, almonds, sprouts, avocados and green tea.

When your body becomes more alkaline, the changes that will take place are truly amazing! It will seem magical, but it's all perfectly normal. You will feel how we all have the right to feel, we just don't know it.

Benefits include:

Rapid weight loss

Increased energy

The need for less sleep

Improved skin and hair condition

Better mental attitude

Are these benefits worth pursuing? I think so, and you are crazy if you don't agree with me! Fortunately, it is not hard to slowly alkalise your body. Take it one day at a time, add more and more green food to your diet, reduce the number of cups of coffee you have every day and you'll soon reap the benefits.

## Addictive Foods and Their Harmful Consequences

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Most of us are fond of at least one product that has the effect of a stimulant and that eventually becomes an addiction. These products include exercise stimulant drinks (they come in cans and look like cola), fizzy aerated drinks, tobacco, betel nut, betel leaf, strong coffee, strong tea, ma huang (an ephedrine-like compound consumed in china), and alcohol.

Before I tell you why we shouldn't consume these products, I'd like to deal with the question of why we do consume them in the first place.

There's no one who doesn't know that products like these, consumed in excess, can severely harm our bodies. Yet, we still find them hard to resist. The need to eat stimulant food is a simple human weakness that has existed for ages: humans (and many animals) have always indulged in foods that give a sort of emotional high. In clinical terms, this means rapid heart beat, a little sweating, dilation or constriction of the pupils of the eye, a warm flush on the face, and a sense of greater sensitivity, concentration and perception.

These sensations of 'high' die down within a few hours, and we are left feeling listless and low. This leads to a craving for that food again, to experience the high one more time. And there we are going round and round in a vicious circle.

The physiology of addictions is as follows:



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When you eat an addictive food, it stimulates the hormone like substances found at the end of your nerves, which triggers an avalanche of similar stimulatory substances and you experience a high. As the substances near the nerves are depleted, you get into the low phase, which leads you to crave that food again. This yo-yo phase of nerve stimulation and depletion leads to a pattern of addiction.

Consuming addictive foods is one of the oldest unhealthy food practices and, despite a revolution in health consciousness; it shows no signs of dying out.

Below are some side effects of certain addictive foods.

Alcohol Addiction: Erosion of stomach and intestinal lining, liver damage, nutritional deficiency.

Tobacco: Erosion of gum and tongue can lead to cancer of the buccal mucosa.

Betel nut: Leads to the discoloration of teeth, erosion of the lining of the mouth, and cancer of the mouth and upper tract. It also leads to heart problems among people who already have a weak heart.

Ma huang: It contains ephedrine and leads to heart problems.

Aerated drinks: High doses of caffeine.

Caffeine and xanthine: Found in tea, coffee. These become harmful only in very high doses; don't consume more than five cups a day.

Mixed drug reactions: People who consume medications for the heart, hypertension and asthma have to be very careful about the interactions of the drugs with stimulant foods, as mixing the two can be fatal. After years of experience, all doctors know how difficult it is to break the food addictions of their patients. So like them, I can only advise a good compromise. If you can't break the addiction, then at least you should practice moderation.

# Dieting to Reduce Rheumatic Pain and Inflammatory Conditions

Inflammation is a major component in most Rheumatic pain conditions or rheumatic diseases, therefore it is advisable to eat a good amount of food that reduces inflammation and reduces the consumption of food that contains inflammatory agents. Here are some simple dietary advices that may help reduce rheumatic conditions:

### THINGS YOU SHOULD EAT TO REDUCE RHEUMATISM

Fish, especially fat fish, fish oil, olive oil, walnut oil and raps oil should be a part of your diet. The fat in these types of food, omega-3-poly-unsaturated fat or omega-9-poly-unsaturated fat, reduces inflammation. However, if you add these types of oils to your diet, you should reduce the intake of other types of fat, so that you do not get too much fat.

You should also eat a lot of vegetables, since these also make a body chemistry that reduces inflammation.

### THINGS YOU SHOULD NOT EAT TOO MUCH OF

Do not consume soy oil and corn oil, since these types of fat increase inflammation. Most food that you buy that is ready to eat from the factory or restaurant contain these types of fat. You should therefore reduce the consumption of food you do not cook yourself.

Bread, cereals and products made of corn or cereals also increase the inflammatory response, especially if they contain wheat. Wheat causes a special type of inflammation in the intestines called celiac disease in some individuals, but may also trigger inflammation of non-celiac type. However, full-corn cereals and full-corn bread are valuable types of food, so you should not stop eating them. But if you eat bread or corn products at every meal, you should reduce your intake of these and eat more potatoes, beans and peas.

## THINGS YOU SHOULD IDEALLY NOT EAT AT ALL

You should absolutely not consume fat that has been chemically altered to give it another consistency. This type of fat has a very negative effect on the health and may be very potent inflammatory agents. Margarine, snacks, fast food and ready made cakes or cookies often contain this kind of fat. Unfortunately this type of fat is also often added to bread. A good idea could be to bake your bread yourself.

## Amazing Antioxidants

The prefix 'anti' means against, in opposition to, or corrective in nature. In this case, the 'anti' in antioxidant describes the effect these chemicals have against oxidants.

Oxidants, usually referred to as 'free radicals' are produced as a natural by-product of the millions of biochemical processes undertaken by the body every minute. The same life-giving oxygen that supports all the functions of the body creates these harmful by-products which cause cell damage, usually to DNA, fats and proteins.

Free radicals also enter the body through external influences such as exposure to the sun, pesticides and other kinds of environmental pollution. In addition, their levels are increased by mental and physical stress, the consumption of alcoholic beverages, unhealthy foods, and cigarette smoke.

In much the same way as oxidation causes rust on cars, oxidation inside the body causes a breakdown of cells. If the amount of free radical oxidation in the body is allowed to rise to an unhealthy level, it can result in extensive damage to cellular components and can accelerate the ageing process.

More importantly, it may contribute to a wide range of degenerative illnesses and reduce the body's ability to deal with other problems, including cardiovascular malfunction, eye disease, and cancer.

Additionally, it may result in a compromised immune system, leading to immunological disorders and a lessening of the body's ability to heal wounds and overcome infections. Some studies indicate possible links to arthritis and similar chronic conditions.

Antioxidants counter these effects by binding with free radicals before they can cause damage. They then convert them into non-damaging biochemical substances, assisting enormously with the reparation of cellular damage.

Certain antioxidant enzymes are produced within the body. The most well known of these are catalase, superoxide dismutase and glutathione:

Catalase converts hydrogen peroxide into water and oxygen.

Superoxide dismutase breaks antioxidants down into hydrogen peroxide.

Glutathione is a detoxifying agent, changing the form of toxins so that they are easily eliminated by the body.

Other antioxidants can be consumed through the diet. Some of the better known include the antioxidant vitamins beta-carotene, vitamin B6, vitamin C and vitamin E.

Minerals such as selenium, zinc, glutathione and co-enzyme Q10 may also have antioxidant properties, and so may flavonoids such as cranberry, some amino acids, plus organic extracts from milk thistle and the tree known as ginkgo biloba.

A diet rich in fresh fruits and vegetables provides a large supply of these antioxidants, to help eliminate damaging free radicals. The highest concentrations are found in fruits and leafy green vegetables, such as carrots, orange and red peppers, spinach and tomatoes.

Cooking can destroy some antioxidants and interfere with the body's ability to absorb them, so eating raw vegetables and fruit, and including sprouts in the diet can help. Steaming vegetables as opposed to frying, microwaving or boiling is also a good idea.

Antioxidants are best taken in combination, since single antioxidants, such as vitamin E, need other vitamins in order to work as an effective antioxidant. Food and natural supplements may therefore provide the most bioavailable source of antioxidants. Natural products from the rainforests of the world are some of the best sources of natural antioxidants ever found. Fruits like the acai berry are amazing in the health world because of the wide range and high number of antioxidants they contain, making them a perfect source of antioxidants. It's no wonder that the acai berry has been dubbed one of the top 10 "superfoods" in the world. To read more about the marvelous acai berry and other natural rainforest health products visit

## An Overview of the B5 Vitamin

The B5 vitamin is also known as Pantothenic Acid. The B5 vitamin is the most prolific of all the vitamins and is found in every type of food. In fact, it is impossible for a person to consume less B5 vitamin than they need. That means that there is no little possibility that a person can have a B5 vitamin deficiency. For this reason, there is actually no recommended daily amount that health professionals can state as everyone obtains more than enough from their normal food consumption. However, even though there is no need to calculate a recommended daily allowance it does not mean that the B5 vitamin is not vital for a healthy body and mind. In fact, the B5 vitamin is essential for turning food into energy amongst other functions. The B5 vitamin is responsible for turning the fats and carbohydrates into energy.

Some B5 vitamin can be found in almost every food whether it is animal or vegetable. Obviously there are some sources of the B5 vitamin that are better than others but a balanced diet will provide more than enough. The foods with the highest B5 vitamin content are organ meats, salmon, eggs, beans, milk, and whole grains. It is worth noting that the B5 vitamin is lost when grains are milled into flour and tends not to be beaded back in. Therefore, processed grain foods such as bread, pasta, rice, breakfast cereal, and baked goods are not good sources of the B5 vitamin.

The B5 vitamin is the most effective when it is combined with other B vitamins especially thiamin or B1, riboflavin or B2, niacin or B3, pyridoxine or B6, and biotin. Along with these other B vitamins, the B5 vitamin is an integral part in a number of processes. The most important of these is the production of energy from food that is consumed and this is known as the Krebs cycle. The B5 vitamin is also required for releasing energy from fats.

Interestingly, the B5 vitamin is also considered to be helpful in reducing stress. This is chiefly due to the fact that during periods of stress, the body produces more of certain hormones such as adrenalin and these require the B5 vitamin. There are many theories as to the benefits of the B5 vitamin but there is no need for the majority of people to actively seek out foods that are high in B5 as they are likely to be consuming far more than is needed already. There are no adverse effects to consuming too much B5 vitamin.

## Antioxidant



An antioxidant is a chemical that reduces the rate of particular oxidation reactions in a specific context, where oxidation reactions are chemical reactions that involve the transfer of electrons from a substance to an oxidising agent.

Antioxidants are particularly important in the context of organic chemistry and biology: all living cells contain complex systems of antioxidant chemicals and/or enzymes to prevent chemical damage to the cells' components by oxidation. The importance and complexity of antioxidants in biology is reflected in a medical literature of more than 142,000 scholarly articles.

A diet containing antioxidants from plants are required for good health since plants are an important source of organic antioxidant chemicals. Antioxidants are widely used as ingredients in dietary supplements that are used for health purposes such as preventing cancer and heart disease. However, while many studies have suggested benefits for antioxidant supplements, several large clinical trials have failed to clearly demonstrate a benefit for the formulations tested, and excess supplementation may be harmful.

Antioxidants are chemicals that reduce oxidative damage to cells and biochemicals. Researchers have found high correlation between oxidative damage and the occurrence of disease. For example, LDL oxidation is associated with cardiovascular disease. The process leading to atherogenesis, atherosclerosis, and cardiovascular disease is complex, involving multiple chemical pathways and networks, but the precursor is LDL oxidation by free radicals, resulting in inflammation and formation of plaques.

Research suggests that consumption of antioxidant-rich foods reduces damage to cells and biochemicals from free radicals. This may slow down, prevent, or even reverse certain diseases that result from cellular damage, and perhaps even slow down the natural aging process.

Since the discovery of vitamins, it has been recognized that antioxidants in the diet are essential for healthful lives. More recently, a large body of evidence has accumulated that suggests supplementation of the diet with various kinds of antioxidants can improve health and extend life.

Many nutraceutical and health food companies now sell forms of antioxidants as dietary supplements. These supplements may include specific antioxidant chemicals, like resveratrol (from grape seeds), combinations of antioxidants, like the "ACES" products that contain beta carotene (provitamin A), vitamin C, vitamin E and Selenium, or specialty herbs that are known to contain antioxidants such as green tea and jiaogulan.

## Antioxidants: Eat All Your Colors!

Antioxidants are all the rage today. And, justifiably so. Antioxidants help neutralize free radicals which cause cell damage, which ultimately can lead to diseases of the heart and cancer. It seems everywhere you go it's blueberry this and blueberry that. You have your choice of wild blueberry juice, blueberry-pomegranate juice, blueberry-cranberry juice and so on and so on.

Now, don't get me wrong. I love blueberries. But, in our rush to embrace the latest antioxidant food craze (blueberries, cranberries, pomegranates) we're ignoring some very high-antioxidant foods that are probably sitting ignored in our cupboards.

## The Health Coach's Content Bible

“What?” You ask, “What could possibly be higher in antioxidants than my beloved wild blueberry?” Well, how about the small red bean? That’s right, I said “bean.”

The small red bean actually has more antioxidants per serving size than the wild blueberry. And the red kidney bean and pinto bean have more antioxidants per serving size than a serving of cultivated blueberries.

What other foods are high in antioxidants? For starters, there are artichoke hearts, blackberries, prunes, pecans, spinach, kale, russet potatoes and plums. And, no, that’s not a mistake. Russet potatoes are on the list of foods high in antioxidants.

The truth is, there are many common foods high in antioxidants and you should not just restrict yourself to one particular food source. Why? Well, have you ever heard the expression, “eat your colors?” That refers to the fact that foods are in different color “families” containing different types of antioxidants which have different benefits. For example, the yellow-orange color family of peaches and nectarines help our immune systems. The purple-red color family of foods (pomegranates, plums, berries) helps reduce inflammation. It’s important to eat foods from all color groups to reap the full benefits of antioxidants.

The good news is that you can eat healthy foods high in antioxidants (by eating them raw, cooking them, or juicing them yourself) without having to pay a high price for the “flavor of the month” antioxidant juices being peddled in the supermarkets.

So, give your blueberries some company at the dinner table. Invite some beans, spinach, potatoes and artichoke hearts and enjoy your antioxidants!

# Apples - Crunch Your Way to Healthy Nutrition

There's no easier way to add a dose of nutrition to your day than by crunching on a tasty apple. You probably first experienced its delightful flavor as a baby, when applesauce introduced you to real food. And now, whether it's a Granny Smith, a McIntosh, or a Red Delicious, you think of apples as old friends. Grown throughout the world, apples are high in fiber, vitamins, minerals, and antioxidants. They're fat-free, cholesterol-free, and low in sodium. In short, eating apples is a smart part of a healthy lifestyle.

6 ways apples keep you healthy

Regulates your day.

You don't have to worry about staying regular anymore. Whether your problem is visiting the bathroom too often or not often enough, apples can help.

A British researcher, Dr. D.P Burkitt, believes one of the easiest ways to prevent all sorts of illnesses, is to avoid constipation. He calls the diseases caused by chronic constipation "pressure diseases." Appendicitis, diverticular diseases, hemorrhoids, hiatal hernias, and even varicose veins can all be caused by straining to pass small, hard stools.

Just one apple with its skin contains 4 to 5 grams of fiber - the most important nutrient in keeping your bowels working like a well-oiled machine. Keeping yourself regular without relying on harmful laxatives could be as easy as replacing that afternoon snack of potato chips or cookies with a crisp, delicious apple. And think of the calories you'll save. The average apple has about 80 calories while a serving of chips weighs in at 150 calories and you'll get about 200 from just a few cookies.

But that's not all apples can do. They're also good for diarrhea, thanks to an ingredient called pectin. This carbohydrate has a congealing effect in your intestines that helps firm things up and return you to normal. Applesauce is actually the best apple product for diarrhea, since it's made without the high-fiber skin. But watch out for extra sugar. Some brands of applesauce dump a truckload of sweeteners into an otherwise healthy food, and too much refined sugar could make your diarrhea worse.

Keep your body young.

By now you know antioxidants can protect you from many of the diseases that seem to be a part of aging. In fact, so many people are taking supplements for antioxidant protection that it's become a multibillion-dollar industry. But the evidence is mounting that whole foods can do more for you than pills.

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When scientists compared a 1,500-milligram vitamin C supplement to one small apple, the results were astounding - the antioxidant values were equal. That means a fresh apple has more than 15 times the antioxidant power of the recommended daily dose of vitamin C. And that's just for starters. The researchers also found an ordinary apple was able to stop the growth of colon and liver cancer cells in test tubes. Unpeeled apples were especially effective. The question you need to ask yourself: Why waste money on flavorless supplements when you can get better antioxidant firepower from a sweet, crunchy fruit?

Cuts your risk of heart disease. Sometimes it's hard to remember which food is good for which part of your body. The next time you pick up an apple, examine it carefully. It's shaped a bit like a heart - and that should help you remember apples are good for your heart.

It's the magnesium and potassium in apples that help regulate your blood pressure and keep your heart beating steadily, and it's the flavonoid quercetin, a naturally occurring antioxidant, that protects your artery walls from damage and keeps your blood flowing smoothly.

In fact adding flavonoid-rich foods like apples to your diet has been scientifically confirmed to lower your risk of heart disease. There's proof of this in a study of Japanese women who ate foods high in quercetin. They were less likely to get coronary heart disease than other women and they had lower levels of total and LDL, or bad, cholesterol.

Strikes at the heart of strokes.

Apples are even a smart choice for helping avoid strokes. Scientists aren't sure which ingredient in this multi-talented fruit to credit, but the connection is clear - people who regularly eat apples are less likely to have strokes than people who don't.

Protects your joints.

In areas of the world where fruits and vegetables make up a large part of the diet, very few people get arthritis. Compare this to modernized countries where fruits and vegetables have been replaced with fast, processed food and you'll find up to 70 percent of the population suffers from some form of arthritis. Just a coincidence? Not according to nutrition experts. They link this trend in part to boron, a trace mineral many plants, including apples, absorb from the soil.

If you eat like most people, you'll get about 1 to 2 milligrams (mg) of boron a day, mostly from non-citrus fruits, leafy vegetables, and nuts. Experts believe, however, you need anywhere from 3 to 10 mg a day to affect your risk of arthritis. To boost your boron intake to this level, you'd have to eat more than nine apples a day.

This is probably an unreasonable amount for most people, but don't despair. Pair an apple with other boron-rich foods like a few tablespoons of peanut butter and a large handful of raisins, and you'll not only have a delicious afternoon snack, but you'll make your joint-saving quota of boron at the same time.

Helps you breathe deeply. Your lungs are assaulted every day by cigarette smoke, air pollution, pollen, and other air-borne nasties.

On top of that perhaps you suffer from asthma, emphysema, or similar lung condition. If all you want to do is take a deep breath, then grab an apple.

A five-year study of more than 2,500 men from Wales found those who ate five or more apples per week were able to fill their lungs with more air than men who didn't eat apples. Experts believe you might be getting some special protection from the antioxidant quercetin. Unfortunately, eating apples can't reverse a lung condition you already have, but you just might add a new line of defense against further damage.

### Pantry pointers

Buy apples that are unbruised, firm, and have good color. Take them out of their plastic bag and store them in your refrigerator - loose in the produce bin or in a paper bag is best. And since they will absorb odors, keep them away from strong-smelling foods like garlic and onions.

## Ayurveda and The Raw Food Diet

The word, Ayurveda, is from the ancient Indian language, Sanskrit, and literally means "Knowledge of Life".

The Ayurvedic approach to life involves listening to and addressing the unique needs of your body, recognizing and balancing your mental and emotional states and deepening your connection with your spirit, your essential self.

The raw food diet is based around the principle that eating a diet high in raw food will normalise and alkalise your body. This, in turn, connects the mind with the body; thus, Ayurveda and the Raw Food diet are very similar.



# The Health Coach's Content Bible

This article will hopefully provide a brief guidance on how you could connect the two in a way that is optimal to your health.

In Ayurveda, the idea is that you eat according to your 'dosha'; vata, pitta and kapha.

Vata is composed of the elements of air and ether

Pitta is composed of the elements of fire and water

Kapha is composed of the elements of water and earth

Vata types are generally thin and find it hard to gain weight. Vatas need to get sufficient rest and not overdo things, as they can tire easily.

Pitta types are generally medium sized and well proportioned. They also tend to be intelligent, with a sharp wit.

Kapha types tend to have sturdy, heavy frames. They are prone to gain weight easily. They often tend to have a positive outlook on life.

So, what does this mean, and how does it apply to you?

In Ayurveda, it is believed that each person is governed by one dominant dosha and you should eat according to that dosha. However, this article is concerned with Ayurveda and Raw Food, so I will only mention the foods that coincide with both these diets.

Vata

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Balances: Sweet fruits, apricots, avocado, bananas, berries, grapes, melons, asparagus, beets, cucumber, garlic, radishes, zucchini.

Aggravates: Dried fruits, apples, cranberries, pears, watermelons, broccoli, cabbage, cauliflower, raw onions.

## Pitta

Balances: Sweet fruits, avocado, coconut, figs, mango, prunes, sweet and bitter vegetables, cabbage, cucumber, okra, potatoes.

Aggravates: Sour fruits, berries, bananas, plums, oranges, lemon, pungent vegetables, garlic, onions.

## Kapha

Balances: Apples, apricots, berries, cherries, cranberries, mangos, peaches, pungent and bitter vegetables, broccoli, celery, garlic, onion.

Aggravates: Sweet and sour fruits, bananas, coconut, melons, papaya, sweet and juicy vegetables, potatoes, tomatoes.

There are many suggestions in Ayurveda, which are very easily translated to a Raw Food Diet.

Such suggestions are:

Eat mainly seasonal fruit, vegetables, nuts, seeds and grains

Eat according to your constitution, or dosha

Fast for one day every two weeks

Establish a regular eating routine

Eliminate or limit caffeinated, carbonated and alcoholic beverages from your life

Drink herbal tea, fruit and vegetable juices

## Basic Meal & Menu Planning

As a basis for meals and menu planning, refer to the pyramid information mentioned earlier to make sure you have the basic food requirements met for all family members. Then cross check and plan by looking over basic food categories to target healthy foods to fit the lifestyles and health of everyone. For example, if someone has depression, add some foods mentioned above to his or her dietary plans that aid in the healing and prevention of depression.

Meal planning also depends upon several factors like the number of people eating, meal times, special dietary concerns, budget, available foods, recipes on hand and likes and dislikes of everyone who will be eating. Begin by choosing foods and recipes that you like and know how to prepare well and that fit into everyone's dietary plans. If one or more people have special needs, like diabetics, plan ahead for substitutions either in the food preparation or food substitution for that individual or for those individuals.

## The Health Coach's Content Bible

There are a few things to note when making meal choices and menu planning. First, some foods may be advertised a certain way, but that doesn't mean you can't experiment. For instance, eggs and sausage can be served for dinner, not just breakfast. And waffles can be made from healthy wheat grains and eaten for lunch with fresh fruits instead of sugary syrup and heavy butter for breakfast.

Add variety, too. Have other family members jump in and prepare meals some nights and on weekends. Kids enjoy making macaroni and cheese, so host mac-n-cheese night on Wednesdays, for example. Then alternate different vegetable combinations, colors and textures to vary the menu on a weekly basis (no need to let boredom take over on Wednesdays with the same routine!)

To help with family food budget concerns, clip coupons from newspapers, weekend inserts, and any place you can find them.

Also note seasonal food selections for savings. Create menus and meals based upon what's on special that week or month. Hint: stock up and store or freeze special-priced items and family favorites when possible and storage room and the budget allows. But don't over do it. With convenience stores and supermarkets for food shopping in practically every neighborhood anymore, there is no need to hoard. An old saying, "Haste makes waste" might apply if you see a great buy, purchase multiple items, then let them become outdated and have to toss them out.

## The Health Coach's Content Bible

One fun way to save is by trading coupons and working out food deals with friends, family, neighbors, your church group and anyone else who'd like to join in. Food cooperatives and farm markets available in your area may offer special pricing to groups or large purchases. So team up for better purchasing power and split everything up between group members. If you're not into that much organization, go one-on-one with a neighbor, other friend or relative. Buy a huge bag of potatoes, onions, oats, and / or other foods, then share.

Here is one special item to note with regards to dietary planning. It's unfortunate, but fast foods, especially those that are high in fat content (fried, greasy foods), are often cheaper than good, healthy food choices. For example, lean beef costs more than high-fat beef; cereals high in nutritional value are often priced much higher than the low-cost, sugary brand names. And low income and homeless people are particularly victims of this situation, many times needing to turn to the less healthier food choices for survival. So whenever possible, your plans might want to include donating a portion to homeless shelters and churches who would probably be more than willing to take extras off your hands.

## Basics Of Nutrition

There are many things to learn about when it comes to nutrition. But the basic concept is “What goes in must come out.” Your body is like a machine: it takes what it needs from what you feed it and gets rid of the rest by urine and the bowels.

If you notice you have a problem about elimination, you should take it seriously, go see a doctor. Many people have this problem. Don't be shy or anything, it can be very serious to your health.

The first step is finding out if there even is a problem. First you should see how many bowel movements you have daily (BM). If you have one per day it's not a problem, however it is better to have 2 to 3 BM's a day and more if you eat more often. But if you find you are having one per week or 2 per month, then you have a serious problem.

For some people they might say they don't find the time. The reason could be they are out all day and would prefer to have their BM at home rather than a public bathroom. But let me tell you, you will keep your colon quite happy if you go several times for the day. If you are looking for a trick it would be to eat a lot of raw fruits and vegetables, steamed beets and using digestive enzymes with your meals. Do whatever you can; it will be beneficial to you.

I have just lightly touched on the subject, but if you have a problem you should consult a doctor and seek help. Because this problem is not good for your health, take care of it today and look forward to tomorrow. May you live a healthy and prosper life.

## Be Healthier With Veggies.

The new food guidelines issued by the United States government recommend that all Americans eat between five and nine servings of fruits and vegetables each and every day. When you first hear that number, it may seem like a lot, but it is actually much easier than you think to fit that many servings of fruits and vegetables into your daily diet. For one thing, the shelves of the grocery stores are fairly bursting with fresh fruits and vegetables. In addition, vegetables and fruits are some of the least expensive, most nutrient rich, foods in the supermarket. With all these fruits and vegetables to choose from, it is very easy to make these nutritious, delicious foods part of your daily meals and snacks.

When you take into account how much a serving really is, it is actually quite easy to get five to nine servings of fruits and vegetables per day. For instance, the recommended daily amount actually equates to a quite reasonable two cups of fruit and two and a half cups of vegetables every day. When you consider how many fruits and vegetables are available, and how low the prices usually are, it is easy to see how easy to reach this daily goal really is.

One great way to get the nutrients you need from fruits and vegetables every day is to take full advantage of the variety of these foods available. Eating the same thing every day quickly becomes boring, so why not pick a variety of fruits and vegetables, in every color of the rainbow and in every conceivable shape, size and texture, to give yourself a varied diet every day.

When shopping for fruits and vegetables, it is important to choose a variety of different colors. This is for more than purely artistic reasons. Different color fruits and vegetables have different types of nutrients, and choosing a variety of colors will help ensure you get all the vitamins and minerals you need each and every day.

Finding new recipes is another great way to ensure you get those five to nine servings of fruits and vegetables every day. Everyone likes to try out new recipes, and these new recipes may just provide the impetus you need to eat all those fruits and veggies.

New recipes can also provide you the important opportunity to try out some fruits and vegetables you have never tried before. For instance, everyone has eaten oranges, but have you tried kiwi fruit or mangoes? How about spinach or kale? Trying new things is a great way to find new favorites while getting the best nutrition available.

Many people mistakenly think that they do not need to eat five to nine servings of fruits and vegetables every day if they just take a vitamin supplement. Actually, nothing could be further from the truth. That is because fruits and vegetables contain far more than the micronutrients identified by science and synthesized in vitamin pills. While these micronutrients, such as vitamin C, vitamin A and vitamin E are important to good health, so too are the hundreds of other elements that are contained in healthy foods like fruits and vegetables. These elements are not available in any pill, they must be ingested through a healthy, balanced diet that contains plenty of fruits and vegetables.



In addition, fruits and vegetables are much less costly than vitamin pills. Fruits and vegetables are very inexpensive, especially when purchased in season and grown locally. In the long run, getting the nutrition you need from the food you eat is much less expensive, and much better for you, than popping those vitamin pills every day.

So don't forget to get your five to nine servings of fruits and vegetables every day. It may seem like a lot, but you can meet this quite reasonable goal simply by including fruits and vegetables as snacks, as garnishes, as side dishes and as meals.

## Beans Could Be The Key To Your Diet

So you're a healthy eating convert, and you want to start making sure all your meals are perfectly balanced. If you're on a limited budget, though, you might have a problem. There's a reason why most people get too much carbohydrate and fat and too little protein: most kinds of protein are expensive. Meat and cheese, two of the best sources of protein, are also two of the priciest ingredients you can buy.

So, if you want to eat healthily on the cheap, what's the answer? Well, it might surprise you. What you need is beans.

Beans are a cheap crop, readily available in large tins for not very much money at all, and yet they are an excellent source of protein, and taste good too. There's no shortage of variety, either: you can get everything from baked beans to kidney beans to butter beans, all lined up there in the same section for you. If you're not sure of what to do with them, find some vegetarian recipes, which tend to be very bean-heavy, and give them a try.

It can even be nice to mix together a few different kinds of beans and have a bean salad with a sauce – a simple side dish, but an easy way to add protein to your meal. Pasta with a dairy-based pasta sauce containing beans is an example of an ideally balanced meal, as long as you don't overdo it with the pasta, as is rice with bean curry.

Of course, I'm not recommending that you stick to beans for your protein all the time, as you're bound to get sick of them eventually. If you can replace meat or cheese with beans even occasionally, though, you'll save a lot of money without affecting the balance of your meal.

## Bee Pollen - A Medical Miracle?

Bee pollen has all the essential components of life. It is considered by many to be nature's most perfect complete food. It is extremely loaded with vitamins and contains nearly all known minerals, trace elements, enzymes and amino acids. Bee pollen is also considered to be a first-rate source of antioxidants.

Bee pollen is a complete food, and taking it helps to balance the incomplete foods that we are all used to eating in everyday life.

Additionally, bee pollen is one of the world's oldest health foods. You can find references to it in the Bible, the Torah, the Koran as well as ancient Chinese and Egyptian texts. And one of our most popular presidents, Ronald Reagan, took bee pollen for years.

And many people swear to the healing properties of bee pollen. They claim that it'll give you increased energy, boost your body's immune responses by increasing your red and white blood cells, increase longevity by repairing damaged cells, and help to cure all kinds of diseases with it's built in antibacterial qualities.

People also say that it is good for the intestines, moderating and controlling the organisms dwelling there and helping to aid digestion and the assimilation of nutrition

But it helps to keep a little perspective and remain at least a little skeptical. Thus far, I am aware of no reputable scientific study that supports the view that bee pollen is effective against any human disease.

So what exactly is bee pollen?

Pollen is created by the male part of the flowering plant. As the bee flits from flower to flower, it carries pollen with it, which cross-pollinates and fertilizes the plant. Some of the pollen also makes it back to the beehive where beekeepers can then collect it.

And it is precisely because of this pollen that many people who have allergies will be negatively affected by bee pollen. In fact, there are documented reports of bee pollen and royal jelly triggering asthma, hives, sore throats, facial itches and even anaphylactic shock in people with allergies to specific pollens. And these reactions can occur with as little as one teaspoon of bee pollen.

But another real hidden danger is that many people will believe so much in the efficacy of bee pollen or some other nutrient of the month that they completely ignore the signs of their own body. Nutritional supplements should never, ever take the place of consultation and treatment of your doctor or competent health care professional and nutritionist.

## Beginners Guide To Healthy Nutritional Eating

If you're currently not eating a healthy diet, it can be difficult to start such a plan. However, healthy eating along with some exercise is very important for maintaining a good bodily function and goes a long way towards living a disease-free life. If you struggle with healthy eating, then you know that breaking unhealthy habits can be the most difficult part of the process. Therefore, if you truly want to live the best lifestyle possible, it is important to follow tips in order to start eating a more healthy diet.

A great first step when you want to start eating your way to a healthy lifestyle is to rid your home of all temptations that will distract you from following better eating habits. Ideally it would be a wise course to keep junk foods and beverages out of your house so as not be tempted to snack during the day. If you're worried about getting hungry, keep healthy snacks like carrot sticks, yogurt, fresh fruit, or whole-wheat crackers on hand. If you find that you just cannot bear to toss out the sweets, try keeping something tiny on hand, peppermints or barley sugar. Eating a few, (emphasis on few) of these won't ruin your diet but also will give you that little sugary fix you rave.

## The Health Coach's Content Bible

Another great step to healthy eating, when you're first starting the process, is to take a few moments to learn what foods are the healthiest for you and how they work within the body. To start eating healthily we must begin by thinking healthily. Most people understand that fruits, vegetables, and low-fat meats and dairy products are good for you, but few people understand why. The key is learning about nutrients. When you understand how specific nutrients work and why you need them, it becomes more reasonable for you to make healthier choices for your body. Knowledge really is power!

Preparation is a major key in commencing a new healthy diet. You must take into consideration your schedule for meals. If you often eat in a rushed hurry at odd times of day, you are probably more inclined to grab a rushed meal which will probably do more harm than good. So plan ahead! Instead of grabbing a fast food lunch on the go, take a bagged lunch to work, complete with a healthy wrap and some fresh fruit and vegetables. Remember not to forget your evening meal, a simple plan to have a meal ready before you get home would be perfect, but in our fast paced lifestyle, sometimes this just can't be done. One way to solve this problem is to plan out your evening meals for the week, on your days off. Perhaps just before you do your weekly shopping. Another warning: when going to the shops, do not venture there hungry because if you're anything like me, one or two chocolate bars won't hurt! That becomes the first break in your healthy eating.

Initially many will find it very difficult to make those necessary changes to healthier eating. Along with the difficulty of change, you may not feel well for a short period of time. Usually this is normal as your body is adjusting to your new and improved life style and is cleansing itself from the unhealthy toxins built up from poor eating habits. However if this feeling continues or you are worried a visit to your doctor would be the correct thing to do.

Start with baby steps. Even if you only replace one soda a day with a glass of water, you are really improving your calorie intake. If you eat fast food every day for lunch, try replacing that half of the time with better quality foods. When you start by taking small steps you aren't cutting out all of the foods you love all at once. By taking your time to learn about your eating habits and slowly replacing them with better meals, by taking the time to learn and understand why you should be doing that and making the necessary changes in an orderly fashion, you will feel much better within yourself physically, mentally and emotionally and well on the road to becoming as healthy as you can be

## Benefits Of Carrot, Carrot Seed Oil And Carrot Root Oil

It may come across as a myth but it is not. Carrot really helps your eyesight. This is due to the beta-carotene which gives carrot the orange color and also the name. It contains vitamin A in large quantities in the form of beta carotene. Due to the usefulness of carrot it has been considered as one of the top most salad requirements.

If you have carrot juice it helps to remove the indigestible fiber. It is also rich in minerals and known to be very useful for your skin. It is learnt that cooked carrots are more nutritional as well as equipped with more benefits.

Carrot seed oil is another way of treating your skin right. The presence of Beta carotene and vitamin A helps to keep your skin alive. It maintains the elasticity of the skin which happens to sag at one point or the other. These oils have been used quite regularly in many skin care products. It protects the sun damaged and wrinkled skin. It keeps the skin firmer and more radiant due to its anti-aging properties.

Carrot oil, another important part of carrot is made useful for your benefit. The presence of carotenoids helps to reduce the damage due to ultraviolet rays. By protecting your skin from ultraviolet rays it also protects you from skin cancer. It provides a natural tanning boost to your skin when applied. Best part about nature is that nothing goes waste. The carrot root oil if mixed with any of the other base oil helps your skin tremendously. It also helps cures dry skin problems and rejuvenates the basal layer.

### Skin Care Remedies

Grate one carrot and mix it with a spoonful of honey. Apply this mixture on your face and leave it for 15 minutes. By using it regularly you will make out the difference.

Carrot juice if applied on blemishes regularly helps them to fade away.

For a carrot skin mask you need raw carrots and lemon juice. Grate the carrot and add some lemon juice and apply this mixture on your face and neck. You can do the same with cooked carrots by blending them and adding 5 tbsp honey or yogurt. Apply it and leave it for 15-20 minutes.

By mixing pineapple and carrot juice you can make a fine blend for glowing skin. Apply this mixture on your face and leave it for 15 minutes. Wash it and pat it dry.

Warning: The reader of this article should exercise all precautions while following instructions on the recipes from this article. Avoid using any of these products if you are allergic to it. The responsibility lies with the reader and not with the site or the writer.



## Benefits of Goji Juice

Modernization is wonderful, but there are also other factors in the modern life we live in that may subject our bodies to harm. Understanding what can harm us and what will help us will be our best defense.

Free radicals, our body's natural enemy subject our body to more than 10,000 hits during a normal day. If our body is not able to combat the harmful effect of free radicals, then it may give us disease and prematurely age our body including our skin.

The pristine valleys of Tibet and Mongolia have a solution to this problem.

What do you think is their secret?

Introducing goji juice, made from goji berries grown in the remote and unpolluted hills and valleys of Tibet and Mongolia. Experts who want to save the people who live in this modern society studied what must be wonderful about these Himalayan diets and why do they live so long and free from diseases. Their studies prove that their diet perpetually includes goji berries.

Further studies on goji berries prove that they are nutritious and contain vital nutrients necessary to combat free radicals.

Goji juice contains potent vitamins, and minerals like no other berry.

Goji juice also contains 18 amino acids, 8 of which are essential for our bodies, but having all 18 adds to the beneficial characteristic of this wonderful red juice.

# The Health Coach's Content Bible

Based on studies by numerous health professionals including Dr. Earl Mindell, the author of The Vitamin Bible, goji juice made from goji berries can give your body all the nutrients it needs to help keep a healthy and happy life.

Goji juice aside from the 18 amino acids also has 21 trace minerals, vitamins B1, B2, B6 and Vitamin E. All of these can help give you a healthy and active life.

Some of the beneficial effects of drinking goji juice are:

Energy and Strength – goji juice is considered as an adaptogen. It increases exercise tolerance, stamina and endurance. Goji juice may also enhance the recovery of ill patients.

Cholesterol level balance – goji juice may also help manage your cholesterol level because it contains beta-sitosterol, which can help in your cholesterol level balance. It will also help avoid cholesterol deposit in the blood vessels, thus heart problems may be eliminated.

Normal Kidney Function – your kidney is the vital organ that may possibly control the brain and other organs in the body. It is thus essential for better health that you keep your kidneys functioning properly. Goji juice is believed to be helpful in keeping this essential organ functioning properly.

Supports General Health – as mentioned earlier, free radicals harm our body in many ways. Thus, eliminating this natural enemy will help keep our body strong and avoid illnesses. Goji juice is a potent antioxidant that may keep our body healthy.

Other beneficial factors which may come from goji juice are enhanced sexual function, blood sugar level balance and vision problems.

This is because goji juice contains more beta-carotene even compared to a carrot. The vitamin C contents of goji juice, which is 500 times more in weight than orange, will help keep the immune system functioning properly to avoid illness.

These are only a few of the helpful and beneficial functions of goji juice and because goji juice is safe even for children.

If drinking this sweet and tasty juice excites you well enough, you can also eat goji berries with your food. You can eat them fresh or the dried goji berries are also available. You may use your imagination as to how you can enjoy these wonderful and amazing berries.

## Broccoli A Disease Fighting Resource

The name broccoli is derived from an Italian name 'Brocco'. It may not be a favorite vegetable for many, especially kids but it has a great number of properties to benefit your entire body. It can be stated as one of the finest vegetables which fight numerous diseases. With the high vitamin content it tops the list in the vegetables department. It is known that broccoli has more Vitamin C in comparison to orange. It also has a good amount of calcium which you find in abundance in our very own milk.

Just the presence of so many good qualities helps broccoli to combat many health problems. It contains components which fight deadly disease like cancer. Broccoli sprouts contain more cancer fighting elements in comparison to well-developed broccoli. Eating broccoli sprouts on a regular basis prevents stomach cancer. It also minimizes your chance of gastritis and peptic ulcer. Your sun-damaged skin gets a sigh of relief as it protects your skin. This saves you from diseases like skin cancer. Your heart problems are reduced and chances of heart diseases slope down to minimal.

If you want to improve cataract problems, have broccoli sprouts at least twice a week. Your chances of having cataract are reduced immensely. It builds your immune system if you have broccoli in small amounts. It spikes your system due to the presence of zinc and other required minerals. It should be considered as a boon for many pregnant women because it contains folic acid. This folic acid is quite rare due to which broccoli becomes very important. It helps in proper development of the fetus without any defects. It is very good to help you with rheumatoid arthritis. The richness of vitamin C in broccoli saves you from suffering pain by polyarthritis. It is great for asthma patients due to its anti-oxidant and anti-inflammatory factors. Many of your asthma problems are reversed by having broccoli. Deficiency of Vitamin C is the main cause of easy bruising. This deficiency is overcome by eating broccoli.

### Home Remedies

Having par-boiled broccoli is very good to remove heartburn.

Eating broccoli can help you to reduce the high sugar level.

Warning: The reader of this article should exercise all precautionary measures while following instructions on the home remedies from this article. Avoid using any of these products if you are allergic to it. The responsibility lies with the reader and not with the site or the writer.

# Caffeine Addiction - A Problem To Be Solved As Early As Possible

We all have this preconceived notion that only coffee contains caffeine but that is not the case. Beverages like cokes and chocolate products contain caffeine. A hot cup of coffee with the morning sunshine sounds so tempting and revitalizing.

It has the ability to keep you awake and help burn that midnight oil in time of dire need. Coffee becomes a matter for social gathering. It helps you socialize by letting you bump into one of your colleagues in the office which otherwise wouldn't have happened.

It is being considered as one of your friends as it has helped you sit up late at night and clear those grueling Math papers. With all the usefulness one can think of we also happen to know that coffee contains caffeine which is not good for your health.

Having coffee can help you remain alert but it is the aftermath you should be worried about the ill effects it has on your health. It is a stimulus which does wonders to your central nervous system by stressing the hormones in the bloodstream and keeping you alert and awake whenever you have it.

This unnatural way of keeping your body alert takes a toll on your body. The normal way of functioning gets disrupted due to the intake of coffee or any other product which contains a good amount of caffeine.

As caffeine gets into our system it makes us addicted. After knowing the ill effects of caffeine if you suddenly stop taking coffee, you will face caffeine withdrawal symptoms which can be anything from a headache, irritability, fatigue, constipation, lack of appetite, lack of concentration to even forgetfulness.

The withdrawal symptoms can be very harmful leading to stomach ulcers as the coffee can be acidic. This excess acid gets into your blood streams causing loss of calcium in urine. Caffeine which has been freely used in most of the beverages has led kids get addicted to it. The high content of sugar just makes it very popular among children which are the future generation with excess weight.

It is also the cause of abnormal fast, slow or irregular heartbeats. It is also known for increasing blood pressure which leads to constant stress and hypertension. There are increasing chances of heart disease; pancreas and bladder cancer which we all know can be very fatal.

The idea to quit caffeine should be very strong and not one to tampered with. The process should be slow and gradual. As we all know the withdrawal symptoms of caffeine is very bad. Avoid other caffeinated products which would just make matters worse. If you happen to drink 6 cups of coffee a day, cut it down. Try to have 2 cups green tea and 4 cups coffee and similarly as you go ahead you will completely stop til you got rid of caffeine from your life.

## Calcium: When You Take It, It Works

## The Health Coach's Content Bible

Calcium has been recommended and widely accepted as an essential mineral for bone and skeletal health and numerous body functions-regulating heartbeat, conducting nerve impulses, stimulating hormonal secretions and clotting the blood. Now, some conflicting and potentially misleading research is threatening to negate the efficacy of this vital mineral.

One factor that the study, published by the Women's Health Initiative, got right was that the government's recommended daily dosage is necessary to receive the benefits associated with calcium consumption and supplementation. Yet more than half of the study participants did not adhere to the recommended calcium supplementation, making improvements in bone density a nearly impossible result. Meanwhile, those that did comply experienced a whopping 29 percent lower risk of hip fractures.

Americans, both young and old, are failing to meet calcium intake requirements and the incidence of osteoporosis is climbing. During adolescent and teenage years, when 45 percent of bone mass is formed, meeting calcium requirements is essential. According to the Journal of Pediatrics, however, only 10 percent of teenage girls and 30 percent of teenage boys are meeting adequate calcium intake, which places them at serious risk for stunted growth, bone disease and, eventually, osteoporosis.

Calcium is available through dairy products and green, leafy vegetables-yet incorporating adequate amounts into a modern, hectic lifestyle, regardless of age, is often unrealistic. Calcium-fortified foods and supplements, however, can fill the gap.

"It's very important that people do take a supplement if they're not getting enough calcium in their diet," says Nicholina Galinsky, R.N. "Unfortunately, most of us are not aware that we have osteoporosis until we break a bone."

## Calorie requirements for the different type of body characteristics

Understanding your body requirements is an invaluable tool for developing fitness. Your daily body requirements include vitamins, minerals, protein and fiber.

Vitamins and minerals are the elements that are necessary for chemical reactions that unlock energy or enable growth. Although your body can store some vitamins, a regular daily intake is important because some of the most vital vitamins, B and C, are water-soluble, so are quickly flushed out of the system.

- It's important to ensure your daily food intake includes all the nutrients your body needs.
- Eat more fruit and vegetables.
- Eat less starchy foods such as rice, bread, potatoes and pasta (preferably whole grain varieties).
- Eat less fat, salt and sugar.
- Eat some protein-rich foods such as meat, fish, eggs and pulses.
- Eat a variety of foods to ensure your body gets all the nutrients it needs.

Drink 6 to 8 glasses of fluid a day to prevent dehydration. In hotter climates, drink more.



# The Health Coach's Content Bible

The average woman needs around 2000 calories per day to fulfill her body requirements. This calorie requirement rises to 2500 for average men. However, these figures are based on averages and may be completely different for many individuals. If the same person becomes less active then calorie requirements will be lower. For this reason calorie requirements are highly individual and different for the different type of body characteristics such as height, gender, age and activity levels.

Energy is used up in physical work as well as in exercising for pleasure. People who do physically demanding work need to make sure they get enough food to meet their energy needs. It's also important that they find time to rest and relax at the end of the day to let their bodies recover.

Children, and adults with less demanding physical work, have lower calorie requirements than People who do physically demanding work. They should exercise or play a sport to stay fit and maintain a proper weight. Brisk walking, swimming, jogging, cycling or playing ball games are all ideal.

Lack of exercise in the elderly can reinforce age related limitations and handicaps that further reduce physical activity. The elderly should therefore try to take diet according to their calorie requirements, and keep up a comfortable level of physical activity. Gentle exercise such as walking or swimming is ideal. Irregular, strenuous exercise should be avoided.

Those who have been inactive for long periods, especially if this is as a result of illness, should have a health check before starting to exercise or resuming heavy physical work. Activity levels should be built up gradually, taking care not to do too much too soon and fulfilling calorie requirements according to activity levels.

Moderation is the golden rule. Eating in moderation combined with moderate exercise is the best approach for everyone.

Regular exercise and a balanced diet that best meet their body requirements, helps people stay fit and healthy.

## Calories: The Good and Bad

Making a commitment to have healthier eating habits is a tough one. Knowing how to implement that commitment may be even harder. Where do you start? What foods should you eat, and which ones should you stay away from? These are all questions you should answer before going out to the grocery store.

We need nutrients to survive. We need vitamins, minerals and calories everyday. There are two types of nutrients. Micronutrients are our vitamins and minerals and macronutrients are where our calories come from. The three types of macronutrients are fat, carbohydrates and proteins.

Many people think that all fats are bad and recently started thinking all carbohydrates are bad too. That leaves us with just protein. If this were the case, our diets wouldn't be very enjoyable. Fortunately not all fats are bad and the same goes for carbohydrates.

With all the negative publicity recently, you might be afraid to eat any carbohydrates. Carbohydrates are our main fuel source. Our brain can't use anything else to power itself with and our muscles will work the best on it. Don't deprive yourself of it. Carbohydrates that you should stay away from are simple sugars that are found in candy, sodas and many snacks. Good carbohydrates such as whole wheats and fruits will keep you energized throughout the day and avoid sugar highs and lows.

Fats are also very important. Without fat, our body wouldn't be able to utilize some of the vitamins we consume. Fat is found in our cell walls and makes up a big part of hormones. Fats you should avoid are saturated fats that come in meat, milk and dairy products. Everyone should consume good (unsaturated fats) that come from plant sources such as nuts and olives.

## Can Nutrition Help Slow Down the Aging Process?

We all age. That fact is inevitable. But a lot of the negative changes that take place in our bodies are not. As we age, we become more susceptible to such things as heart disease, osteoporosis, diabetes, and arthritis. However, medical research has shown that proper nutrition can slow down and even prevent many of these ailments.

It is estimated that nearly one half of all health problems in the elderly are directly related to poor nutrition. The elderly are by and large some of the most poorly nourished people. Some reasons for this are as you age your sense of taste and smell decreases, it is harder to chew, and you just don't feel hungry.

# The Health Coach's Content Bible

In some cases, financial reasons may affect the food choices made and it may be harder to get out and shop for food due to various physical factors. On top of this, as you get older your body may not be able to absorb some of the nutrition from food as well as it could when you were younger. In some cases a good multivitamin (preferably in liquid form) could help offset this. Your doctor can help you find one that's right for you.

Here are a few things that you can do to plan for better nutrition in your diet and a healthier life as you get older:

Plan out regular meals for each day and try to include vegetables in at least 2 of them every day. If you must snack, use fruits and vegetables rather than junk food like potato chips and candy.

If you have problems chewing meat, try going with things like fish and ground meats. Also try to eat more soups as they can have plenty of nutrition in them and they are great choices if you are on a budget.

Make meals more interesting by inviting a friend to lunch or dinner once in a while. Sometimes it can get boring to always eat alone and having someone over can entice you to get more creative with meals than you might when eating alone.

One thing you can do to ensure that you'll be getting better nutrition is to make each plate colorful. Different color vegetables for example generally contain different nutrients so the idea here is, mix it up.

Growing old may be inevitable but that doesn't mean you can't grow old gracefully and healthier and with a steady diet of proper nutrition, you can maintain better health well into your golden years.

## Carbohydrates and the Glycemic Index

You may have heard about the glycemic index and wondered what it is all about. The glycemic index is a ranking of carbohydrates based on their immediate effect on blood glucose (blood sugar) levels. It compares foods gram for gram of carbohydrate. Carbohydrates that breakdown quickly during digestion have the highest glycemic indexes. The blood glucose response is fast and high. Carbohydrates that break down slowly, releasing glucose gradually into the bloodstream, have low glycemic indexes.

Foods with a high glycemic index convert into sugar very quickly, with negative physical effects. Foods with a low glycemic index turn into sugar gradually, helping maintain your body's chemical balance. In general, foods with a low index are preferable.

Glycemic Load measures the amount of sugar a food actually releases in the body. Foods with a low glycemic load usually have a low glycemic index, yet still have a low glycemic load. Other foods have both a high index and a high load. You should avoid high load foods as a regular part of your meal plan.

When you choose carbohydrate foods, check both their glycemic index and glycemic load. Detailed tables with this information are widely available. Use the chart below to get started.

High Glycemic Index

# The Health Coach's Content Bible

- Fruits and Vegetables

- \* Corn

- \* Cranberry juice

- \* Orange juice\*

- \* Raisin

- Starches

- \* Bagel

- \* Bread (white)

- \* Refined cereal

- \* Granola

- \* Muffin

- \* Pasta

- \* Potato

- \* Pretzel

- \* Rice

# The Health Coach's Content Bible

\* Tortilla (flour)

Medium Glycemic Index

Fruits and Vegetables

Starches

Apricot\*

French Fries

Grape\*

Oatmeal

Pineapple\*

Pita Bread

Watermelon

Waffle

Low Glycemic Index

Fruits and Vegetables

\* Apple\*

\* Asparagus\*

\* Broccoli\*

\* Brussels sprout\*

\* Cauliflower\*

\* Celery\*

# The Health Coach's Content Bible

\* Cherry\*

\* Cucumber\*

\* Grapefruit\*

\* Green Bean\*

\* Green pepper\*

\* Kiwi\*

\* Lettuce\*

\* Onion\*

\* Orange\*

\* Peach\*

\* Plum\*

\* Spinach\*

\* Strawberry\*

\* Tomato\*

\* Zucchini\*



\* \* Low glycemic load foods.

Simply eating more fruits and vegetables is not the answer - they must be the right fruits and vegetables. Starchy vegetables such as peas or lentils (200 to 250 calories per cup) are healthy, but they contain more calories than you may want. If you need to eat more to satisfy your hunger, add low glycemic load vegetables. For example, spinach and asparagus are better choices than higher calorie corn and peas. A cup of spinach topped with 1/2 cup of tomato sauce has only about 90 calories, but it gives you nutrients from two colour groups.

### Why Not Brown and Beige?

When considering which foods to enjoy sparingly, also use colour as a guideline. Many brown and beige carbohydrates, like pasta, beans and potatoes, while healthy, also tend to be high in calories.

## Cause of Asthma: Asthma Cough Treatment

An attack of asthma is an agonising experience, and none there are who would willingly go through a further attack if they knew of any means whereby such attacks could be averted. Unfortunately for the asthma sufferer, Medical Science offers no means of treatment whereby the condition can be really cleared up and the possibility of future dread attacks banished once and for all. Medical methods of dealing with the disease centre solely around the employment of certain drugs to bring relief to the sufferer during an attack, and no more. But such drugs are highly dangerous in the extreme, and the relief they bring is purchased at the cost of the further deterioration of the health of the sufferer. So that asthma treated along orthodox medical lines invariably tends to become worse and worse under treatment.

Asthma may be connected with other respiratory diseases in the same person, such as bronchitis, tuberculosis, etc., but many people suffer from asthma who have no other sign of serious chest complaint of any kind. Thus it can be seen that it is not chest trouble as such which is needed to set up an asthmatic condition in any given individual.

The whole point about asthma is that it is a nervous condition affecting the breathing of the sufferer, and can be brought on from a variety of constitutional causes, the chief of which is disturbance of function of the digestive organs. The stomach and bronchi and bronchial tubes are connected by the vagus nerve, and by reflex action digestive disturbance can so affect the bronchi and bronchial tubes that the passage of air through them is restricted, and an asthmatical attack precipitated. Obviously, a catarrhal condition of the bronchial tubes will tend to make the appearance of asthma more likely than otherwise, and a highly nervous and run-down condition of the system will also conduce to its development.

Still, no matter what combination of causes there may be acting together to set up asthma in any given individual, the method by which the trouble should be tackled is quite simple and obvious really. What is needed is a thorough internal cleansing of the system (especially of the digestive organs and air apparatus), and the building up of the tone of the whole organism. In this way the asthma body can be laid completely in many cases, providing other serious complications do not happen to be present.

## Cayenne pepper could help Stomach Ulcers

If you suffer from a peptic or duodenal ulcer, the last thing you might consider taking is hot Cayenne Pepper. This goes against everything you've ever heard about what aggravates an ulcer, the facts are that most "spicy" foods do just the opposite. Capsicum can reduce pain which serves as a local anesthetic to ulcerated tissue in the stomach and can even help to control bleeding in the stomach.

Some individuals may be bothered by eating "Red Pepper" or spicy foods, these foods do not cause the formation of gastric ulcers in normal people. An interesting note is that people suffering from ulcers usually avoid Cayenne Pepper, in fact those people may actually benefit from its therapeutic action.

Taking Capsicum may significantly reduce the risk of ever developing a peptic ulcer. A Chinese study published in 1995 stated, "Our data supports the hypothesis that the chile used has a protective effect against peptic ulcer disease."

Another 1995 study found that Capsicum can even protect the stomach lining from aspirin induced ulcers.<sup>2</sup> Aspirin can cause stomach ulceration in certain individuals or if taken with too little water or juice. Researchers have concluded after experimenting with human volunteers that the capsaicin content of capsicum has a definite gastro - protective effect on the mucous membranes of the stomach.<sup>3</sup> Eighteen healthy volunteers with normal gastrointestinal mucosa took chile and water followed by 600 mg of aspirin and water. The study was conducted over a period of four weeks. Endoscopy results showed that taking 20 grams of chile before the aspirin definitely demonstrated a protective action on the stomach lining.<sup>4</sup> Capsicum has the ability to rebuild stomach tissue.

Capsicum has the ability to bring blood to regions of tissue at a faster rate and boosts the assimilation of foods that are consumed with it.<sup>5</sup> Several clinical studies support this phenomenon. It has been thought that Capsicum stimulate the release of substances which increase secretions in the stomach and intestines plus can increase an abundance of blood to the stomach and intestines.<sup>6</sup> In fact, Capsicum can increase the flow of digestive secretions from the salivary, gastric and intestinal glands.

### References:

1 J. Y. Kang, et al. "The effect of chile ingestion of gastrointestinal mucosal proliferation and azoxymethane-induced cancer in the rat." Journal of Gastroenterology-Hepatology. Mar-Apr. 1992: 7 (2): 194-98.

2 K. G. Yeoh, et al. "Chile protects against aspirin-induced gastroduodenal mucosal injury in humans." Dig-Dis-Sci. Mar. 1995: 40 (3): 580-83.

3 Ibid.

4 Ibid.

5 L. Lim Wongse, et al. "Effect of capsaicin on gastric acid secretion and mucosal blood flow in the rat." Journal of Nutrition. 1979: 109, 773-77. See also T. Kolat

## Eating For Life

Eating is an essential part of life. We cannot sustain life for long without eating, so it is important that we take the time to learn how to eat well in order to have the best life possible. Our views of eating and the eating practices we adopt will affect our lives and our health in significant ways in the months and years ahead. Eating well can literally change everything.

Eating can be both a blessing and a curse. Many people struggle with eating because they cannot keep it in balance. They end up eating too little or too much and do not live healthy lives because of it. We all know the dangers of eating too little. Probably everyone has at least one friend that struggles with an eating disorder of some kind. That friend just cannot seem to get a grip on their eating patterns and they are unhealthy because of it. They think about or talk about food almost constantly.

Other people struggle with eating too much. Eating more food than we need to live is something that the majority of people, at least in the West, struggle with. Eating is associated with most kinds of social activities and events and therefore people learn to eat for reasons other than to satisfy hunger or prolong their health. Eating becomes a way to experience pleasure or to numb the pains of life.

The bottom line is that whether people struggle with eating too little or with indulging on food too much, they are not using food in ways that are healthy and life-promoting. Eating, while it is definitely meant to bring people pleasure and satisfaction, is primarily to be a means of sustaining a healthy life. Our problems begin anytime eating is neglected or indulged in beyond what is necessary.

Take a look at your eating patterns. You may be surprised to see that you have established unhealthy eating habits over the years. Perhaps your schedule for each day is centered around when you can have meals or a snack. If so, there is a high chance that food has become a bit too high of a priority. Anytime that your thoughts are consumed with food, whether with restraining yourself from it or with consuming more of it, you are thinking of eating and of food in unhealthy ways.

Giving eating a rightful place in our lives without allowing it to become consuming is the key. Make an effort to keep your perspective about eating balanced and healthy. Your life will be better and longer because of it.

## Eating Greens

Eating a lot of greens can have many health benefits to you. You may not know all the good things that greens can do for you, so read on.

A substance that is found in all plants is Chlorophyll. What it does is it acts as a blood detoxifier, which helps increase circulation to all your organs. It does this by dilating blood vessels and it is also a natural deodorant because it helps reduce offensive body odors. Wow, 2 in one can't beat that.

Super green foods come from young cereal grasses like wheat, barley, rye, alfalfa, oats, kelp, chlorella and many others as well. These have a whole lot of nutrients in them; they even have more nutrients than spinach, eggs, broccoli, chicken in calcium, iron, protein and all of the other categories as well. So it would be better for you to opt for super greens.

Did you know that super green foods are the only vegetables that can help animals maintain their weight, strength and good health even if it is consumed alone? Super greens can help boost your immune system. They are powerful antioxidants that can help you grow and have many other health benefits as well. Bottom line is super greens are one of the greatest things you can do to your body. They do so much for our bodies, so we don't have to worry much about being healthy.

Also another good thing is that there is no harm in eating super green foods, they give us so many nutrients and are the most natural way of getting everything your body needs to function and be healthy. So go out there and start eating more greens, after all you want to be healthy right? Don't forget to tell everyone you know about the benefits of greens as well so they can make that same decision as well.

## Eating Out Wisely

Many people I know love eating out at different cafes and restaurants. They love trying out new places almost as much as they love returning to their old favorite spots. They love trying new menu items and discovering new ways to eat the foods they enjoy the most. Eating out can be both a wonderful and very dangerous thing.

In America we are blessed to have restaurants dotting the streets of many streets in towns and cities of all sizes. We are rarely at a loss for places to eat out. One of the greatest things about eating out is that it saves time that many busy people do not have to waste. After spending long hours at our workplaces, few people have the time or energy to return home and cook a gourmet meal. Eating out seems to be a great solution at the end of a long, tiring day.

Eating out can also be great because we can try a wide variety of foods and drinks that we don't have the ability to make ourselves. No one loves eating the same basic foods over and over again, so eating out can be a good way to give our taste buds something new.

However, if we are not careful, eating out can also be dangerous for a couple of big reasons. First, we must use caution in eating out for the sake of our health. Most restaurants and cafes offer huge portions of items that are unhealthy to eat and drink. Eating out often means filling up on appetizers, a main course, a few high calorie beverages, and a dessert to finish off the evening. Think about how many calories you can consume during a meal like this. I am not, of course, saying that we should never enjoy eating out. I am, however, saying that we need to be careful, for our health's sake, about eating out too frequently. We must be careful to watch our choices when we are eating out. Choose healthier items or commit to only eating half of the meal you choose. There are ways of eating out healthily, it just takes conscious effort.



Another huge reason to be careful about eating out too often is your pocketbook and budget. It is no secret that eating out costs more, on average, than cooking meals in your own home. It is easy to accumulate large bills, especially at nicer places. So be careful that you stick to a budget when you make plans for eating out.

Beware. Eating out can be one of the greatest pleasures or one of the most dangerous things. Enjoy it, but do it with caution.

## Eating the Australian Way

Australians are often divided into the haves, and the have-nots.

But they're not always talking about money.

These days, it's often the haves (too much body fat), versus the have-nots (not overweight).

We can't seem to make up our minds whether to eat at McDonald's, KFC, Pizza Hut, Krispy Kreme, Starbucks, and All-You-Can-Eat fast food restaurants, or whether to grab a protein snack, a freshly-squeezed fruit juice with wheatgrass and go straight to the gym.

Women's Magazines have the same problem. A sample magazine from this month featured diet and exercise routines from three TV personalities and movie stars. Yet the back section of the magazine featured recipes such as luscious mocha fudge cake.

# The Health Coach's Content Bible

The incidence of obesity in Australia rose dramatically in the 90s - 80% for women. And over 20% of children and adolescents are overweight or obese. Our eating habits are often unbalanced.

Yet a trip to the local beach shows a large number of exceedingly fit bodies, often accompanied by personal trainers. Perhaps the rebellion has begun.

Australian authors are now responsible for several internationally-known health and fitness books, such as the Sandra Cabot's Liver Cleansing Diet, the CSIRO WellBeing Diet, and Jennie Brand-Miller's New Glucose Revolution.

So let's assume you've decided to improve your health and fitness, upped your intake of raw fruit and veggies (for Liver Cleansing), are monitoring your intake of white breads and potatoes (for Glucose Revolution), and planning a BBQ based around lean meat for dinner tonight (CSIRO diet).

A November 2019 announcement from Jennie Brand-Miller is good news for the traditional Ocker image of throwing a shrimp on the barbie, while drinking a cold beer.

Apparently moderate alcohol intake has been related to a reduced risk of type 2 diabetes and coronary heart disease. The new study looked at the impact of beer, white wine and gin on a carbohydrate-based meal. The result was that the alcoholic drinks, in particular the white wine, helped to lower the glucose and insulin response after the meal.

So if someone criticises you for that pre-dinner drink this summer, just say that you're making an effort to avoid diabetes. They may just buy you another drink for being so thoughtful.

Cheers.

## Eating The Right Way

When you think about weight loss, what do you think of first? Which aspects of weight loss are important, which are essential, and which ones can you take or leave? You be the judge.

Once you begin to move beyond basic background information, you begin to realize that there's more to weight loss than you may have first thought.

It probably comes to you as naturally as breathing—the art of eating. However, you might never have been taught to eat well. This is critically important because, unless you learn to eat well, you may never master the art of dieting. In our society, certain inappropriate eating habits have become routine. By attacking these habits, you can increase the likelihood that you will actually lose weight.

To begin with, it is important that you learn to eat slowly. At first, this might be quite a challenge. We have been conditioned to live in a fast food world. We rush meals in order to have time to run to soccer practice, to a piano recital, or to school and work. We think that rushing saves us time—but such a routine can easily backfire, leaving us with unwanted pounds. Studies have shown that at least 10 minutes is required before the brain receives the message that the stomach is full. This means that you could be eating long after you are actually satiated. Your meal—whether it's in the morning, afternoon, or evening—should last at least ten minutes. Train yourself to lengthen your meal by engaging in conversation, resting your fork between courses, chewing slowly, and drinking plenty of water between courses. You should also wait at least ten minutes after your main meal before deciding if you need dessert. Within that period of time, you may discover that you weren't really hungry after all.

Another trick is to place serving dishes on the counter and leave them there. As a result, you'll actually have to get up out of your seat in order to get more food. You may decide that it's not worth the bother. Or you may find that you discover that you need no more food between courses. Also, do not eat directly from an ice cream carton, tortilla chip bag, or cracker box. Otherwise, you could find yourself easily overeating.

You should always eat at the table. This prevents you from trying to engage in multitasking, such as surfing the 'Net, watching television, or flipping through magazines while you eat. At the table, you'll be forced to concentrate on how much food you are putting into your mouth. If you eat anywhere else, you may lose track of how much food you're consuming.

## The Health Coach's Content Bible

Abandon the idea that you must clean your plate. It is simply not true.

Research has shown that more than half of adults insist on cleaning their plates, even when they are already full. This means that you are overeating simply out of politeness. Such a habit only serves to add unwanted pounds. Instead of cleaning your plate, try eating only that portion of food that makes you feel full. You'll be healthier and happier that way.

Do not keep food in plain view during the day. If the cookie jar is open or the pretzel bag is out on the table, you'll have a tremendous urge to eat, even if you are not hungry. After a meal, put your food away in the refrigerator, inside your cupboard, or in the Lazy Susan. This way, you'll actually have to do some work to get at food before you consume it.

If you happen to overeat, don't spend a great deal of time sulking. Accept your mistake and move on. If you've veered off course, take corrective action and forget about it. Otherwise, you could find yourself eating out of frustration, or going off your diet entirely. It's better to sabotage a single meal than a lifetime's worth of meals.

You may be self-conscious at first as you attempt to change your eating habits. Realize that your bad habits did not start overnight, so it will take some time to correct them. While it may seem an arduous task initially, it is well worth the effort. You'll quickly find that your new eating habits have helped you to lose unwanted weight. Granted, such techniques as hiding your food and eating more slowly will not in themselves cause you to lose weight, but they will help you to curb your overeating over the long run. And you'll be a better person for it.

Take time to consider the points presented above. What you learn may help you overcome your hesitation to take action.

## Eating to Ease Arthritis Pain

Do aches and pains have you out of joint? Concerns culminating in the withdrawal of several selective Cox-2 inhibitors, like Vioxx, have many arthritis sufferers turning to the supplement aisle in search of relief.

Could diet and exercise provide more reliable solutions? Here's a roundup of recent research into those foods that help support healthy joints:

\* Pineapple: Bromelain is an enzyme that can help ease joint pain and relieve muscle soreness. Scientists at the Dole Nutrition Institute found that fresh or frozen pineapple has as much, if not more, bromelain activity than supplements. Pineapples also provide an excellent source of vitamin C, which helps promote collagen formation and improve iron absorption, and manganese, which supports metabolism and bone density.

\* Cherries: a top source of anthocyanins that reduce inflammation and may protect against gout (an inflammatory form of arthritis). One study found that cherry consumption lowered blood levels of uric acid, which can accumulate in joints, causing pain.

\* Broccoli: Cruciferous veggies such as broccoli contain sulforaphane, which triggers the body's own antioxidant defenses. New research suggests this process may help block effects of Cox-2 enzymes on inflammation. Broccoli sprouts are one of the most potent sources of these compounds, which you'll also find in cabbage, cauliflower and brussels sprouts.

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\* Red bell peppers: Just one contains more than 470 percent of your daily vitamin C needs (yellow peppers contain 450 percent and green peppers contain 190 percent). According to a Boston University study, people getting under 150 milligrams daily of vitamin C had faster cartilage breakdown. Other top sources of vitamin C are citrus fruit, pineapple, kiwi, cantaloupe, papaya, strawberries, tomatoes, kale, collard greens and sweet potatoes.

\* Black cod: Move over, salmon! Black cod has even higher levels of omega-3 fatty acids, which may help rheumatoid arthritis by reducing inflammation. Flounder, halibut and sardines also contain this healthy fat, as do flaxseed oil, pecans, walnuts, tofu and leafy green vegetables.

\* Button mushrooms: an unexpected source of vitamin D, adequate levels of which decrease vulnerability to arthritis pain. Sunshine enables your body to produce vitamin D; other sources include oysters, sardines and fortified nonfat dairy.

\* Kale: one of the healthier sources of calcium, which helps hold the line against osteoarthritis by slowing bone loss. Be adventurous - try collard greens, arugula, soy and beans in addition to some of the better-known calcium sources.

\* Tea: Green and black tea contain flavonoids, antioxidant compounds that may block the production of prostaglandins, which cause inflammation and pain.

While the foods cited above have compounds with targeted joint health benefits, Harvard research found a more general link between high fruit and vegetable consumption and lower risk of rheumatoid arthritis.

What to limit? Red meat. British researchers found that too much red meat increased the risk of rheumatoid arthritis. Those who ate the most red meat were twice as likely to develop the condition than those who limited their intake to less than 1 ounce per day.

Eating less meat and more fruit and vegetables also helps maintain a healthy weight - an important facet of managing joint pain. If you're among the majority of Americans who are either obese or overweight, slimming down can significantly slow progression of joint degeneration and ease pain. In fact, you can reduce knee stress by 40 to 80 pounds with a mere 10-pound weight loss.

## Elements of Good Nutrition

With the amount of information that exists about good nutrition, you would think it was a big mystery. The truth of the matter is, there is no mystery involved in getting the proper nutrients that your body needs. Why should you care about getting the proper nutrients? Many people are under the misconception that eating healthy is for the young because they are growing. Tissue and cells are constantly being renewed in both children and adults. The failure for these elements to repair themselves can result in diseases of lifelong misery or worse, death. To lower your risk of developing a disease, you simply need to follow three simple steps of good nutrition.

Proper Hydration



Plain and simple, your body needs water. Being properly hydrated will benefit you from head to toe. Water keeps your cells hydrated and flowing throughout your body. It doesn't take long to witness the benefits of drinking sufficient water. Just a week of being hydrated and your skin will have a new glow. If you need to lose weight, water can help you achieve your goal. In many instances, people misinterpret thirst for hunger. Unless it's been a few hours since you have eaten, have a glass of water the next time you have hunger pains.

There are numerous guidelines for how much water to drink. Consuming eight glasses of water each day is the most popular guideline. People have different needs. A better indication of how hydrated you are is your urine. When you are properly hydrated your urine is almost clear. There is the possibility of water intoxication so you don't want your urine to be completely colorless.

### Eating Healthy

In addition to being hydrated, you need to eat a variety of foods. Forget fad diets that restrict certain foods. The key to healthy eating is to eat in moderation and variety. Your food choices should include a large percentage from complex carbohydrates, which is sufficient for energy. You should also consume several servings of fruits, vegetables, grains, and dairy every day. You should limit your servings of protein and fats to two or three servings each day. By including all of these food groups in your diet, you are less likely to be hungry or have cravings for sweets and other non-nutritional foods.

### Vitamin Supplementation

As long as you live in a country where food is plentiful and produced safely, you should have no problem obtaining the amount of vitamins and minerals your body needs. However, food allergies, dislikes, and illness may prevent you from eating certain foods. Some people, for example, are lactose intolerant and cannot consume dairy products. In these instances, supplementation should become a part of a plan for healthy nutrition. You don't need a prescription to purchase vitamins, but it is a good idea to discuss your particular needs with your medical doctor. Consuming excessive amounts of some vitamins can cause toxicity and unpleasant side effects.

## Why Fiber Is Key For Dieting

In this article I will reveal some little known facts about the fibers and the beneficial effect they have over your body.

First of all let me explain what fiber is...

Fiber is an indigestible part of all plant foods. It is found in fruits, vegetables, grains and beans. Your digestive system cannot stomach fiber, so it is excreted undigested. Well, you may think you don't need fiber, because it's excreted undigested, but that's not true.

Let's imagine the following picture:

You overeat at least once or twice a week, more often at weekends, and your regular menu doesn't include much fiber. Well, this might be your lifestyle; however you should consider that it may cause you lots of health problems like:

- indigestion

- discomfort stomach aches
- gases in the digestive tract
- constipation
- hemorrhoids
- you get tired faster
- can't concentrate on what you're doing

I mean you become less productive at work and more irritable at home. Besides all this, you gain weight and that's the moment when you realize you have a problem.

In order to solve a problem, you should first find the reason for it. In this case it's the lowered intake of fiber-rich foods and respectively - the higher intake of foods containing no fiber (like meat). The average amount of fiber intake is about 25-30 grams per day. Unfortunately most people's regular diets include less than 10-15 grams daily.

You should start consuming more fiber-rich foods:

- all bran cereal
- beans
- peas

- spinach
- sweet corn
- wholemeal brown bread
- red cabbage
- carrots
- baked potato with skin
- apples, bananas, oranges and all fruits

There are two types of fiber - soluble and insoluble. If you start eating more food rich in fiber, you'll be amazed by its beneficial effects over your body, health and way of life.

Soluble fiber forms glue like gel in the intestinal tract. The gel softens stools (no more constipation) and improves your digestion (no more indigestion).

Fiber slows down stomach emptying and you feel fuller longer. This effect helps you eat less, your body burns additional calories to digest fiber and you can lose weight.

Insoluble fiber is an excellent natural laxative, because of its abilities to hold onto water and to push waste faster along the intestines - this way fiber decreases the risk of colon cancer.

In conclusion I'd like to tell you that you won't be sorry if you start eating more fiber-rich foods. Like many other people I used to take not enough fiber, and I suffered stomach aches. Then I started to eat more fruits and fiber-rich foods in my daily menu. I must admit that it really worked for me, and now fiber-rich food is the most important nutritious part of my regular diet.

## Fight Cancer With These 10 Foods

More than a third of all cancers could be prevented by changes in diet and exercise. One of the most important things you can do to reduce your risk is lose excess weight - and one of the best ways to lose weight is through a filling, fiber-rich diet including plenty of fruits and vegetables.

But that's not the reason why the National Cancer Institute recently approved the dietary guidance: "Diets rich in fruits and vegetables may reduce the risk of some types of cancer and other chronic diseases." These foods are packed with antioxidants and other compounds that protect your DNA and fight free radical damage.

Since these substances work synergistically, it's best to eat a variety of fruits and vegetables rather than relying on one particular produce item to serve as a magic bullet against disease. That said, recent studies have uncovered specific benefits in the following foods that would recommend making them a part of any healthy diet.

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1. Tomatoes: Lycopene, also found in watermelon and pink grapefruit, has been linked to lower risk of prostate, ovarian and cervical cancer. It also targets the free radical that is implicated in lung and digestive cancers.
2. Broccoli sprouts: One forkful triggers a cascade of antioxidant activity that lasts for days.
3. Berries: Blueberries, cranberries, cherries, raspberries, strawberries, grapes - all rich in anthocyanins that repair and protect DNA.
4. Soybeans: Isoflavones such as genistein may help prevent and treat prostate cancer and may reduce breast cancer risk
5. Tea: Both black and green contain powerful compounds shown in countless studies to lower the risk of several types of cancer.
6. Pumpkin: This unsung super-food is a super-rich source of both beta-carotene and alpha-carotene, two hard-working carotenoids that combat lung and ovarian cancer.
7. Spinach: Popeye's favorite may help ward off cancers of the liver, ovaries, colon and prostate. The active antioxidant lutein is also found in kale and other leafy greens.
8. Garlic: Allium veggies (which also include onions and scallions) work to get your body's own antioxidant defense systems in gear. This process provides protective benefits against stomach, esophageal and breast cancers.

9. Pineapple: The enzyme bromelain may inhibit the growth of malignant cells in both lung and breast cancer, while the phenolic compounds also provide a protective benefit.

10. Apples: Can one a day help keep cancer at bay? Studies show quercetin may reduce the risk of lung cancer and impede growth of prostate cancer cells. Other antioxidants together with pectin help halt colon and liver cancer cell replication.

## Finding A Diet That Works

Searching for a new diet that works? If you're a habitual dieter, wouldn't it be nice to stop changing diets? Is there a diet that actually works?

Everyone has a habit or a vice. Some people smoke. Some people bite their fingernails. Some people can't resist having a piece of chocolate before bed time, and others snore when they sleep. Others are habitual dieters, always looking for a new diet that promises astonishing results.

How many new diet plans have you tried? Some people can tick off a list of new diets that they have tried. They yo-yo back and forth. Atkins, weight watchers, the grapefruit diet, the soup diet, the salad diet, the low-fat diet... some people can't even count every new diet they have tried.

Often, each new diet is punctuated by a day of binge eating. Sure, you lost weight on that latest low-carbohydrate new diet, but now you're craving a baked potato, French fries, and a big piece of garlic bread. Wouldn't it be great to find a new diet that allows you to eat all the foods you want while still losing weight?

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The bottom line is that the best option isn't actually a new diet. It's a concept that has been around for ages, but people fail to overlook it with so many new diet choices on the market. If you talk to most doctors, however, they will agree that fad dieting is not the smartest choice to lose weight.

However bombarded we may be with new diet choices; there is one fact that can't be ignored. We lose weight when we limit our caloric intake. This isn't about grapefruit, carbohydrates, fat-free products, or even following a strict new diet plan. It's about eating in moderation. You don't have to go hungry, but you need to use willpower to make sure you don't overeat. Limiting your calories means shedding those unwanted pounds.

What happens when you don't have willpower? Face it; some of us just don't have that extra willpower that we need to turn down a second serving of our favorite food. It's hard to do, especially when your new diet has left you hungry.

Willpower can't be bottled and sold, but there is a new diet concept that will give you the willpower you need to follow through with your weight loss goals. I'm not talking about appetite suppressants. Many of these products still leave you hungry and leave you feeling jittery or overheated.

If you missed the expose on 60 Minutes or Today show, then you probably haven't heard about a new vegetable that could jumpstart your diet. This means no more signing on for a new diet every month because you'll finally have found something that works safely and long term. I'm talking about Hoodia Gordonii. This cactus like plant was introduced to the market recently, but it has been around for centuries. Bushmen in Africa used it for warding off hunger during long expositions.



What does this mean for you today? It means you can limit your calories while not being at all hungry. You'll feel as if you have already eaten. I know, it sounds almost too good to be true, but it actually works. The best news is that Hoodia is all natural, making it totally safe to incorporate this as a part of your daily diet. Stop stressing over food, the latest new diet, or losing that unwanted weight. Watch those pounds melt off safely and quickly.

## Your Obese Child & School Nutrition

Good Nutrition in School Can Help to Fight Childhood Obesity

Perhaps you are trying to help your child lose weight, or you feel he or she may be in danger of becoming overweight or unhealthy because of their eating and exercise habits.

If so, it is important that you consider the impact of your child's time at school as you think about what you need to change.

As the U.S. government has studied obesity, many of their agencies have produced reports and established guidelines to help parents and school systems understand how to make important changes.

These guidelines are designed to encourage our children to eat healthy foods and get plenty of exercise.

Across the country, schools are beginning to offer more good food choices, and look at their physical education and extracurricular activities to ensure that they encourage good habits.

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Of course your involvement and understanding is important if your child is going to get the right support while she or he is in school during the day.

And, you need to ensure that your child understands the importance of CHOOSING the healthy foods and participating in exercise programs, but the first step is to make sure these choices are AVAILABLE to your child.

Working with medical organizations, the USDA published a 'Prescription for Change', and 'Healthy School Nutrition Environments'.

These reports were meant to be used by schools to improve their nutritional program.

Here are some of the recommendations included in those reports.

\*\* The Serving and Dining Environment

\*\* The Federal, State and local government must provide adequate funding for food and eating environs to support healthy eating.

\*\* Dining space will be adequate, pleasant and socially accommodating, and will accommodate all students and staff scheduled to eat at a certain time of day.

\*\* Serving areas will be sufficient to ensure that every student has access to meals with a minimum of waiting time, so that they have plenty of time to eat before their next class.

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\*\* The staff and administration of the school, AND the students and parents will analyze the current environment, working together to create a space that matches the needs of all parties.

## Nutritional Concerns Regarding Meals and Foods

\*\* Meals should comply with USDA nutritional standards and guidelines, and students should have plenty of food choices, with new foods introduced to keep the menu interesting and healthy.

\*\* Food preparation and preferences should be varied enough to comply with various tastes and ethnic preferences or religious requirements.

\*\* Additional food and drink offered, over and above meals served, e.g. vending machines and packaged 'snacks', will represent the 5 major food groups in the Food Guide Pyramid.

\*\* Students must have designated lunch periods, long enough for them to get their food and eat at a healthy pace.

\*\* Lunch periods should be as close to the middle of the day as possible and should allow time for socialization and a relaxed eating pace.

\*\* All decisions made by the school system regarding the type, variety and quantity of food and drink to be sold in the school will be based on nutritional goals and sound guidelines, NOT on the profit the school can make.

## Nutrition and Health Focused Curriculum

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\*\* Kindergarten through Grade 12 classes should include education and information on healthy eating habits and the types of foods a child should eat to stay healthy and help them grow.

Now that you understand the concerns and recommendations of the USDA and the national medical organizations, go to a school board meeting and talk to the board members about what they are doing to comply with these guidelines.

If you don't know what your child's eating environment and food choices are, visit the school and find out. Get involved with the PTA or PTO in your school system and get to work!

## Benefits of Supplementing With Creatine

What is creatine?

Creatine is an amino acid (amino acids are the building blocks of protein) which is made in the body by the liver and kidneys, and is derived from the diet through meat and animal products. Creatine (creatine monohydrate) is a colorless, crystalline substance used in muscle tissue for the production of phosphocreatine, an important factor in the formation of adenosine triphosphate (ATP), the source of energy for muscle contraction and many other functions in the body.

What does creatine normally do in the body?

In the body, creatine is changed into a molecule called "phosphocreatine" which serves as a storage reservoir for quick energy. Phosphocreatine is especially important in tissues such as the voluntary muscles and the nervous system which periodically require large amounts of energy.

Why do athletes take creatine?

Studies have shown that creatine can increase the performance of athletes in activities that require quick bursts of energy, such as sprinting, and can help athletes to recover faster after expending bursts of energy. Creatine is best for the serious bodybuilder. It helps increase muscle mass, rather than muscle endurance, so it's not well suited for athletes participating in endurance activities. However, the increase in muscle mass may be due to water retention and not an increase in muscle tissue.

Why have I been hearing so much about creatine and neuromuscular disorders?

Two scientific studies have indicated that creatine may be beneficial for neuromuscular disorders. First, a study by MDA-funded researcher M. Flint Beal of Cornell University Medical Center demonstrated that creatine was twice as effective as the prescription drug riluzole in extending the lives of mice with the degenerative neural disease amyotrophic lateral sclerosis (ALS, or Lou Gehrig's disease). Second, a study by Canadian researchers Mark Tarnopolsky and Joan Martin of McMaster University Medical Center in Ontario found that creatine can cause modest increases in strength in people with a variety of neuromuscular disorders. Beal's work was published in the March 1999 issue of Nature Neuroscience and the second paper was published in the March 1999 issue of Neurology.

I want to start taking creatine -- is it safe?

For the most part, athletes haven't experienced adverse side-effects from taking creatine, although recently there have been a few reports of kidney damage linked to creatine usage. No consistent toxicity has been reported in studies of creatine supplementation. Dehydration has also been reported to be a problem while taking creatine.

Athletes generally take a "loading dose" of 20 grams of creatine a day for five or six days, then continue with a "maintenance dose" of 2 to 5 grams of creatine a day thereafter.

What are the side effects?

Little is known about long-term side effects of creatine, but no consistent toxicity has been reported in studies of creatine supplementation. In a study of side effects of creatine, diarrhea was the most commonly reported adverse effect of creatine supplementation, followed by muscle cramping.<sup>18</sup> Some reports showed that kidney, liver, and blood functions were not affected by short-term higher amounts or long-term lower amounts of creatine supplementation in healthy young adults. In a small study of people taking 5–30 grams per day, no change in kidney function appeared after up to five years of supplementation. Muscle cramping after creatine supplementation has been anecdotally reported in some studies.

### Benefits

- increases athletic performance
- increases muscle mass
- beneficial for muscular disorders

# Benefits of Supplementing With St. John's Wort

### What is St John's Wort?

Extracts of *Hypericum perforatum* L. (St John's wort) are now successfully competing for status as a standard antidepressant therapy. Because of this, great effort has been devoted to identifying the active antidepressant compounds in the extract. From a phytochemical point of view, St John's wort is one of the best-investigated medicinal plants. Researchers in Europe have studied St John's Wort for decades. They discovered a combination of elements in the plant, foremost of which is "hypericin", react with specific chemicals in the brain to temper emotional discomfort, lift depression, and calm the nerves. Working very much like the common synthetic prescription antidepressants (maprotiline hydrochloride and imipramine), natural extracts from St. John's Wort have shown to relax and soothe the psyche with minimal side effects

### St John's Wort Benefits

St. John's Wort today has been found to be very beneficial in healing wounds and is especially good for dirty, septic wounds. St. John's Wort has been used in case of putrid leg ulcers, that nothing heals. Like the leech that was used not too many years ago for wound cleansing it does not destroy the healthy tissues and healthy cells but it cleans the dirt out of septic wounds. It helps reduce the inflammation in septic sores, in boils, in cellulitis and lymphangitis.



The compound Hypericin was isolated from St. John's Wort in 1942 and has been used as an antidepressant for emotionally disturbed people. This tranquilizing quality from small quantities of hypericin increases blood flow to stressed tissue. There is a reduced capillary fragility and enhanced uterine tone due to the increased Hypotensive blood flow.

## St John's Wort Side Effects

The use of St. John's Wort has been shown to demonstrate a side effect producing a photosensitivity. Hypericin is absorbed in the intestines and concentrates near the skin. An allergic reaction takes place when those with light fair skin are exposed to sunlight. That exposure causes tissue damage and in some cases death has resulted. While taking St. John's Wort one should avoid strong sunlight whether the skin is dark or light. There is a photosensitizing substance produced under the skin by this exposure to sunlight that causes the skin to burn.

## Benefits

- relieves mild to moderate depression and anxiety.
- promotes restful sleep.
- improves capillary circulation.
- increases cardiac circulation.
- eases gastrointestinal distress.

- relieves discomfort associated with premenstrual syndrome.
- fights retroviruses.

## Benefits Of Vitamin B12

Vitamin B12 is a safe, reliable and inexpensive vitamin. For health-conscious individuals, a regular intake of a prescribed amount of vitamin B12 is a key element for preserving a balance in the human body. B12 could be obtained from food sources or could be taken in the form of supplements orally or via injections.

In combination with other B-group vitamins, vitamin B12 ensures the smooth functioning of vital life processes of the human body. It is important for maintaining a healthy nervous system and DNA production. Vitamin B12 helps to regulate the formation of red blood cells in the body. Other benefits of vitamin B12 include its role in maintaining and increasing energy levels in the human body.

Vitamin B12 is highly beneficial in various forms. Methylcobalamin, the coenzyme form of vitamin B12 is a body-friendly version, which means that no metabolic steps are required for its ingestion and it can be used in its normal form. It is available as a sublingual tablet that dissolves under the tongue (because the digestive system might modify this molecule). Through this method, vitamin B12 can directly penetrate the bloodstream and yield numerous benefits.

Hydroxocobalamin is another form of vitamin B12 that has been recognized as an effective cure for cyanide poisoning.

Research studies reveal a clear, inverse correlation between homocysteine (an amino acid found in the human body) levels and vitamin B12 levels. Blocking the formation of homocysteine leads to endothelial dysfunction (a narrowing of the arteries) and is a precursor of atherosclerosis; vitamin B12 helps to curb atherosclerosis. A supplement of vitamin B12 also augments the efficiency of folic acid's capacity to lower homocysteine levels. Researchers are of the opinion that in conjunction with folic acid, an adequate dose of vitamin B12 helps to counter heart diseases and thrombosis. The synthesis of S-adenosylmethionine (S-AdoMet), a compound involved in immune function and mood, depends on the association of folate and vitamin B12.

Studies indicate that absorption of Vitamin B12 decreases with an increase in age. Hence, an increased intake of vitamin B12 is extremely useful for adults above fifty. The recommended form of intake is in supplement form, since elderly people absorb this form better than food forms of vitamin B12. A supplementation of vitamin B12 aids in the cognitive function and heals neurological impairment within this group.

In most cases, vitamin B12 should be taken in conjunction with a folic acid supplement and a B-Complex vitamin. The good news is that while an intake of vitamin B12 facilitates functions necessary for everyday existence, an extra dose causes no harm but instead could be stored for future use.

# Health Food Supplements - Consumer Guide

Health food supplements are one of the hottest selling products in the market these days. Their total consumption values billions of dollars in the U.S. alone. Recent surveys show that more than half of the adults in the U.S. consume health food supplements in different forms, such as tablets, capsules, powders, soft gels, gel caps and liquids.

The increased consumption of health food supplements can be attributed to public awareness of health issues and improved standard of living in our society. Many studies have shown that there is a close correlation between health and nutrition. Insufficient supply of nutrients can weaken our body defense mechanism, causing medical problems from common ailments to more severe illnesses in the long term.

There are different types of health food supplements, including macronutrients (amino acids, proteins, essential fatty acids), micronutrients (vitamins and minerals), enzymes (digestive enzymes and antioxidant enzymes), probiotics (beneficial bacteria in the gut), and herbal supplements. These supplements have unique functions in our body. They are either essential for life and good health, modulate our immune system or help with liver detoxification, digestion, mental clarity, etc.

Many people argue that there is no need to consume health food supplements as long as you have a healthy lifestyle and eat a balanced diet. While this may be true, the fact is maintaining a healthy lifestyle and proper diet is difficult to achieve by many people.

Over the past few decades, the green revolution has changed the farming practices over the world. We use more chemical fertilizers, more pesticides to grow the food produce in order to increase harvest and shorten the growth period. As a result, soil nutrients and the population of beneficial soil bacteria are depleted rapidly, and the produce we grow today contain less micronutrient than before.

A stressful lifestyle, improper eating habits, imbalanced diet and increased exposure to chemicals such as environmental pollutants (air, water) and pesticides, drugs, hormones, heavy metals in foods also weaken our body gradually.

Although health food supplements can be beneficial to our health, consumers should still choose the products carefully. Currently, there is little regulation on the quality of health food supplements. Composition of some health food products may not match the label claims and the quality of raw materials and finished products is not guaranteed. Therefore, consumers should only buy from reputable health food manufacturers, read the labels carefully and read more related literature.

Here are some general rules for buying health food supplements:

- 1) Supplements made from whole foods, natural sources are better than the synthetic ones. They are more bioactive, can be absorbed readily, and less likely to be contaminated by chemicals such as coal tars used in chemical synthesis.
- 2) Protein-bonded vitamins and minerals (vitamins and minerals in organic form, binding to amino acids) are more bioactive than the inorganic forms.

- 3) Buy supplements using safe extraction methods, such as cold pressed extraction or supercritical extraction. This can avoid the harmful residue from chemical extraction.
- 4) Herbal concentrate and extract are usually more effective than the raw herbs.
- 5) Organically grown or wild crafted herbs are less likely to be contaminated by heavy metals, pesticides and other chemicals.
- 6) Read the labels, do not consume more than the recommended dose.
- 7) Be careful when consuming certain herbal supplements, such as Ma Huang / ephedra, Kava Kava, comfrey, etc. Some studies have shown that these herbs may cause severe side effects to some people. Stop use if unusual signs appear after consumption.
- 8) Some health food supplements may interact with drugs, either by decreasing or increasing their effects. Consult your doctor if you are currently taking medications.
- 9) Pregnant and nursing women, people with specific medical conditions such consult the doctors when consuming health food supplements.
- 10) If in doubt, contact the supplement manufacturers or distributors for more information of their products.

11) Health food supplements are available in many places, such as grocery stores, health food stores, drug stores, pharmacies, supermarkets, department stores, online stores, etc. Be a smart consumer, compare the price and service before purchase.

# Health, Medicine, and Glyconutrition: The Future Isn't What It Used to Be

This is what they call "Hope"?

We've all gotten used to the idea that certain maladies will be around for a while... like until the Second Coming. Maladies such as cancer, heart disease, diabetes, arthritis...and many more are expected to be around, in epidemic proportions, longer than we think we will be alive...and anyone who tries to tell us otherwise is looked upon with real skepticism. In fact, when anyone tries to tell us "there's hope" for such maladies as, say, diabetes, we are more likely to believe that the person is trying to sell us something...and usually we are right.

But, what's even worse is the fact that the "hope" we do receive is usually something like the following:

Studies show people at high risk for type 2 diabetes can prevent or delay the onset of the disease by losing 5 to 7 percent of their body weight. You can do it by eating healthier and getting 30 minutes of physical activity 5 days a week. In other words: you don't have to knock yourself out to prevent diabetes. The key is: small steps that lead to big rewards. Learn more about your risk for developing type 2 diabetes and the small steps you can take to delay or prevent the disease and live a long, healthy life.



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Of course, this is good advice. No denying it. As a medical doctor, I had to dispense advice like this for years, for diabetes and other conditions. Funny, as good as it is, I NEVER saw anyone become ecstatic, do cartwheels or celebrate because they had just received such counsel. Why? BECAUSE WHAT WE REALLY WANT FROM THE MEDICAL WORLD IS A CURE!

And why not? It just doesn't seem fair that the only real answer to conditions like diabetes or obesity is the "hope" that we stop eating almost everything we enjoy, sweat till we drop, "pop" prescription pills 'till we're bloated, and think positive... forever.

A new future?

So, of course, I was skeptical too when I began to hear the claims associated with glyconutrition. As a long time medical professional and scientist, I know that "claims" are easily made... And who ever heard of "glyconutrition" anyway?

In 1999, the Nobel Prize for Medicine was awarded to Dr. Gunter Blobel for his work in the science of Glycobiology (the biology of glyconutrition). Out of the last eight Nobel Prizes awarded in medicine, four Nobel Prizes have been awarded for discoveries made in this ONE field. Believe it or not, this field (glyconutrition) affects maladies such as diabetes, cancer and heart disease directly. Why? Because, eight sugars have been isolated for their support of the immune system and cell communication. Additionally, human life cannot be supported without them.

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This information got my attention. When a single Nobel Prize is won in medicine, everyone is paying attention. When four of them are won in the SAME field, as in this case involving glyconutrition, the medical world is "on fire" with the news.

As that information made its way through the medical world, other issues made the news too. For decades the American Medical Association, the powerhouse of medical professionals, taught that nutritional supplements were not necessary for good health. But, in June 2002, the AMA admitted that nutritional supplementation was vital to good health and helpful in treating diseases.

Also, the prestigious MIT published its findings. It wrote that these "sugars" were one of ten technologies it believed would change the world in the next decade. Nutritional supplementation was again vital to the conventional medical world... and at the center of the storm was glyconutrition.

But, what really jolted me professionally was this: Until these discoveries, scientists had NO idea how the cells of your body could tell the antibodies of your body you had an infection and that they had to "get on over here" to deal with it. Until these discoveries, scientists had NO idea how the cells of your body told the rest of your body that they needed nutrition, oxygen, waste elimination, infections healed...and a thousand and one other necessary functions of every cell. Goodness! We in the scientific world hadn't known just exactly HOW even aspirin made its way to that nasty headache of yours. We just knew it worked. So, we prescribed it.

Sugar? Say it ain't so, doc!

But, my attention was riveted to the news that scientists like Dr. Gunter Blobel had discovered what it was that let the cells COMMUNICATE with the other systems of the body. And would you believe it? What he found was amazing. Sugar...SUGAR! (Glyco = Greek for "sugar") No...not table sugar (else diabetics wouldn't be so excited over this new-found help for their diabetes). There are over 200 sugars in nature but, eight of them are VITAL to our good health. In fact, eight of them are the glyconutrition "backbone" for helping the body prevent or heal:

- " auto-immune diseases such as diabetes, psoriasis
- " overactive immune disorders such as allergies and asthma
- " under active immune disorders such as cancer, TB, strep
- " inflammatory disorders such as colitis, ulcers, Fibromyalgia
- " other conditions such as Alzheimer's, infertility, heart disease

Suddenly, the medical world was on fire over glyconutrition. The "anecdotal evidence" concerning glyconutrition is mounting rapidly as people are finding conditions which have long grieved them...to be a thing of the past. For so many, the expectation for the future is not a "long, long, road" fraught with impossible dieting, grueling workouts, thousands of dollars of prescriptions, and the need to dream positively. People are getting relief - from diabetes, heart disease, cancer, allergies, and many others - with glyconutrition...and without prescriptions! (Glyconutrition products are NOT prescription items...they're food.)

Oh yes. I almost forgot. If you go to your doctor and he isn't aware of glyconutrition, don't panic. Your poor doctor CANNOT possibly keep up with all of the signs, symptoms, conditions, and their myriads of treatments, chemical make up and complications associated with thousands of maladies and the millions of prescription antidotes for those maladies. I couldn't as a doctor, and I had several DECADES of experience in the field. "Been there ... done that" as they say.

Incidentally, doctors don't usually find out first what works. They're just too busy being overwhelmed with the medical conditions they face, day to day. They usually find out like everyone else...They read about it or attend some seminar. Often, the marketplace produces antidotes - or research finds the right treatment, as in this case - long before they do. But, I can tell you this. Glyconutrition is helping conditions as diverse as diabetes and Alzheimer's ... and a lot of people have hope that these conditions CAN be and are being...overcome...

Suddenly, the future isn't what it used to be...

# Health Supplements, Antioxidants and the FDA

The Food and Drug Administration understands that people may not eat properly. That is why they have listed recommendations for consumers about health supplements – and specifically those with antioxidant properties. The simple fact is the human body cannot work properly without antioxidants. The FDA acknowledges that a lack of antioxidants in a person's diet is detrimental to their health. They also recognize that health supplements are coming to the aid of many people.

Most people -- even those who eat healthy -- do not consume the proper amounts of vitamins and minerals they need on a daily basis. When the human body lacks the proper nutrients that include antioxidants (foods that contain vitamins C and E, along with beta-carotene and selenium) the immune system is not as strong as it should be. This means that common illnesses and even serious diseases can arise.

Antioxidants are a protection from free radicals. Free radicals should be thought of as dangerous, deformed enemies who are out to hurt us. Actually, free radicals are mutated oxygen molecules. They are "mutated" by pollution, sun and other hazards. When free radicals are allowed to run free inside the human body, they will attach to cell walls and start to change the cell. Changes in the cells can bring on early aging and even cancer.

Health supplements, such as Resveracine, are the soldiers that guard us against the outside, enemy forces. Resveracine is a combination of super nutrients. This “superhero” is specially formulated to provide the human body with the highest level of free radical scavenger hunters in the world today.

It should be noted that nothing will ever take the place of whole foods. However, the simple fact remains that in today's world of processed foods, adding a health supplement such as Resveracine to your diet is the only sure way to ensure that you have a ready supply of antioxidants available to fight off disease and signs of early aging.

Only in recent years has the importance of antioxidants been relayed to the general lay person. Education by cancer and disease organizations has prompted many to purchase health supplements for themselves and their families. People are coming to understand that if they take in enough antioxidant through healthy eating and health supplements, their bodies will have a strong defense system in place.

The fact that antioxidants slow down the aging process is the added benefit. Doesn't it just make sense to make sure you are getting all of the nutrients you need?

## Healthy Diet For Your Child

It is the belief of most parents that children are eating a relatively healthy diet, but if not, they throw up their hands and give up. Children are then plied with multivitamins. Though this is not a bad thing to do, many children think they are candy especially now that they come in gummy candy, gumballs, and cute animal and cartoon characters.

This is extremely serious because if they are with a kids reach, they could be taking more than you know about. If there is the remotest chance your child has ingested too many, immediately call Poison Control and get them to the emergency room.

If your child overdoses with multivitamins with iron your child could become seriously ill or die. All manner of medications must absolutely be kept out of the reach of children. If you think your child needs them generic multivitamins are fine but for the most part, children get a lot of their vitamins in their diets.

If your child is either allergic to dairy products or won't eat them, calcium will need to come from other sources. A consultation with your child's pediatrician is important. One vitamin daily is all a child needs even if his diet has been questionable for that week.

The absorption of other vitamins could be blocked if there is too much of any one vitamin. For example, too much calcium can prevent the absorption of other vitamins such as iron. Healthy food choices are not a child's priority you can expect to be giving your child vitamins well into their teens.

Before buying vitamins you should know that opinions about vitamins with iron for children vary greatly. One belief is that you should, in fact, be giving vitamins with iron. Another philosophy is that never should a child be given vitamins with iron in them.

## The Health Coach's Content Bible

In infancy my own child showed signs of iron deficiency as an infant. Always check with your child's doctor; my child's doctor put him on iron fortified vitamins and he is healthy now. A disease called Hemochromatosis is caused by too much iron in the blood.

The iron becomes unusable by the body and it is not washed out of the body easily. It is almost always a fatal disease and can cause serious health issues. Calcium helps build strong bones and muscles and is a very important part of your child's diet.

Calcium is a mineral. Kids who eat ice cream, yogurt, and cheese or who drink milk usually get enough calcium from their diets. Some do not like dairy products, still others are allergic to them. Children can be assisted in getting what they need by consuming calcium fortified juices, cereals and vitamins.

Drinking fluoride treated tap water and bottled water and/or using fluoridated toothpaste is enough for most children. Your child should not be given fluoride supplements without checking with your pediatrician. Your child's teeth could be permanently stained if they get too much fluoride.

This defeats the purpose of the treatment of water and the use of toothpaste meant to protect your child's teeth. Infant multivitamins in liquid form are available and usually administered with an eye dropper.

The drops contain vitamins A, C, and D and may have added iron. Also they may have other vitamins and minerals such as thiamin, niacin, riboflavin and vitamin B-12. Chewable children's vitamins are available in the forms of cartoon characters and/or animals. Now vitamins are available in gummi candy and gumballs.



Try buying gumball vitamins or cartoon characters if your child is difficult about taking vitamins. Your child should always be supervised while he's taking his vitamins. My son never gets to take his vitamins on his own, I give them to him.

He may or may not take it or he could take too many. Children's vitamins could be a very good thing but too much of a good thing could be fatal. They should not be left in the reach of children. Eating what is right is not your child's top priority so giving him vitamins may offset some of that.

Adjustments to child's diet should always be discussed with your child's pediatrician, it's better to err on the side of caution. It's fine to have fun shapes but your child could think they are candy and they should be kept out of reach of children or locked in a cabinet.

## Losing Weight the Healthy Way

Almost 108 million Americans were overweight or obese in 1999. Until now, obesity continues to be a serious problem and is predicted to reach epidemic levels by the year 2020.

One way to prevent this scenario is to make people aware of the risks of being overweight or obese.

Here are some diseases that you are putting yourself in risk of if you are carrying a lot of extra pounds:

1. heart disease
2. stroke

3. diabetes

4. cancer

5. arthritis

6. hypertension

Losing weight helps to prevent and control these diseases.

The quick weight loss methods which have spread like fire these days do not provide lasting results. More often than not, dieting methods which involve dietary drinks, foods and supplements or pills do not work. If they do, the results are just temporary.

It is better to rely on a healthy weight loss option which will provide lifetime results. You have to set realistic goals and not expect to lose a lot of pounds in a short span of time.

Here are some tips on how you can lose those unwanted pounds the healthy way:

1. Do not starve yourself.

The key to a healthier way of losing weight is: Do not diet.

You may seem happy and feel that you are losing those unwanted flabs on your belly and thighs by skipping meals. But remember that this would not last long. Your body cannot tolerate having insufficient food to fuel the energy that you use up everyday.

If you get used to skipping one or two meals a day, your stored calories will be used up instead of the energy that should have been provided by your meals. So if you just eat one huge sandwich in one day, it will end up straight to your problem area (i.e. highs, buttocks, hips).

## 2. Start your day right.

Mothers always say that breakfast is the most important meal of the day. Have a healthy meal in the morning to jump-start your metabolism.

Your food intake after you wake up will be used to burn fat all day long.

## 3. Eat small, healthy meals frequently.

Five small-serving snacks per day is better than three hearty meals. Eating more frequently, and in small servings, can prevent overeating. This will also increase your metabolism and make calories burn faster.

## 4. Decide on how much weight you want to lose.

Keep your goals realistic. In the long run, it is virtually impossible for you to lose 40 pounds in 2 weeks. Have a mindset that you want to eat healthy to stay healthy for the rest of your life.

Once you have decided on a weight loss plan or program, stick to it and make sure that you follow your own set of dieting rules.

## 5. Drink lots of water.

Your body needs sufficient water to burn fat and keep your cells hydrated and healthy.

### 6. Avoid too much sugar.

Plan your meals around lots of fruits and vegetables, some bread, rice or pasta for that carbo fix that you need, plus lean meat and protein rich-foods. Sweets, sodas and pastries should be once-in-a-while indulgences only.

### 7. Watch your fat intake.

Fat is not the culprit to being overweight. You need this to keep your weight at the proper level.

There is such a thing as healthy fats. Olive, peanuts and canola oil have them. Tuna, salmon and mackerel have omega-3 fats which is good for the heart.

### 8. Exercise.

Leave your car if you are only going a few blocks from home, take the stairs instead of the elevator, jog, cycle or skate. Use these activities and other home chores if you are too lazy to go to the gym and take exercise classes. Make sure that you do this regularly and you will not even notice that you are already shedding pounds with these mundane activities.

It does not matter how much weight you plan or need to lose. What is important is that you set realistic goals for yourself.

Go slow. If you have already lost 5 or 6 pounds, give yourself a break then try to lose the next 5 pounds.

Eat healthy, drink lots of water, have enough sleep and exercise. This will give you a higher chance of losing weight and improving your health, which would result in a new, healthier you.

## Heart Health with Herbal Cholesterol Supplements

The body needs cholesterol for digesting dietary fats, making hormones, building cell walls, and other important processes. The bloodstream carries cholesterol in particles called lipoproteins that are like blood-borne cargo trucks delivering cholesterol to various body tissues to be used, stored or excreted. But too much of this circulating cholesterol can injure arteries, especially the coronary ones that supply the heart. This leads to accumulation of cholesterol-laden "plaque" in vessel linings, a condition called atherosclerosis.

When blood flow to the heart is impeded, the heart muscle becomes starved for oxygen, causing chest pain (angina). If a blood clot completely obstructs a coronary artery affected by atherosclerosis, a heart attack (myocardial infarction) or death can occur.

Heart disease is the number one killer of both men and women in the United States. More than 90 million American adults, or about 50 percent, have elevated blood cholesterol levels, one of the key risk factors for heart disease, according to the National Heart, Lung, and Blood Institute's National Cholesterol Education Program.

Cholesterol lowering supplements containing Policosanol or Red Yeast Rice are known to assist in lowering cholesterol levels.

## Policosanol

Policosanol is a natural supplement derived from sugar cane. It is a mixture of eight higher primary aliphatic alcohols isolated and purified from sugar cane wax. One of the newest and more successful substances that benefits those suffering from high cholesterol is Policosanol, which is a safe and natural extract from sugar cane wax. It works by helping the liver control production and breakdown of cholesterol. Policosanol promotes healthy platelet function and helps to maintain cholesterol levels that are already within the normal range.

## Red Yeast Rice

Red Yeast Rice is the product of yeast ( *Monascus purpureus* ) grown on rice, and is served as a dietary staple in some Asian countries. It contains several compounds collectively known as Monacolins, substances known to inhibit cholesterol synthesis. Red Yeast Rice is proposed to be a mild aid for gastric problems (indigestion, diarrhea), blood circulation and spleen and stomach health.

# Herbal Dietary Supplements and Their Benefits

Herbal dietary supplements often contain more than one herbal ingredient meant to enhance your everyday diet. Some ingredients are vitamins, minerals, amino acids, and other dietary substances. These herbal dietary supplements are not intended to treat or cure various diseases, or conditions, but to help prevent certain ailments, and to also add nutrients to the body. But, undeniably, herbal dietary supplements have healing properties for several body conditions.

There are many supplements that help treat a wide variety of conditions. Some of these are:

" Ephedra is a dietary supplement that helps prevent colds, treat asthma and other upper respiratory ailments.

" Magnesium is herbal dietary supplements that aids in preventing kidney, thyroid or heart disease.

" St. John's wort is effective herbal dietary supplements for depression

" Vitamin E is herbal dietary supplements that are potent antioxidants.

" Copper is herbal dietary supplements that aids in the absorption of zinc in the body and maximizes its beneficial effects. It helps the body function normally, prevent heart disease, promotes healthy skin and hair color and other benefits.

## The Health Coach's Content Bible

" Folate is herbal dietary supplements that contribute to the production of red blood cells, manufacture of DNA for cell replication and aids in metabolism of amino acids.

" Iron is herbal dietary supplements that supplies energy to every cell in the body and a vital component of hemoglobin which supplies oxygen to muscles.

" Vitamin B6 and B12 belong to Vitamin B complexes which treat a host of ailments such as alcoholism, depression, diabetes, hair problems, lupus, multiple sclerosis and stress.

" Tea is herbal dietary supplements that contain antioxidants effective in preventing cancer, heart disease and reducing blood pressure among numerous other benefits.

" Vitamin D is essential herbal dietary supplements in preventing osteoporosis.

" Selenium contains antioxidants that could counter various ailments including cancer.

" Vitamin A and carotenoids are herbal dietary supplements that promote good eyesight.



# Herbal Natural Supplements - Allergy Relief

Learn the best natural allergy treatment methods, strengthen your immune system, provide adrenal support, and review the best vitamins, minerals, and herbs for fighting allergies...

There are cures for allergies. Allergies can be managed with proper prevention and treatment. Many people seek allergy relief naturally since this can be a powerful method of strengthening the immune system, minimizing allergy symptoms, and obtaining relief. However, alternative health treatment is steadily on the rise as it contains the vitamins which are natural and cures the disease with no side effects.

When I talk about natural allergy treatment, by the way, I'm not just referring to vitamins, minerals, and herbs. This alternative allergy treatment has proven to be quick, reliable, and very effective.

Allergies occur when the immune system overreacts to a normally harmless substance, such as pollen. Although there are many different types of allergies, including food and skin allergies, allergies to airborne and many more are affected.

Allergies are grouped by the kind of trigger, time of year or where symptoms appear on the body: indoor and outdoor allergies (also called "hay fever," "seasonal," "perennial" or "nasal" allergies), food and drug allergies, latex allergies, insect allergies, skin allergies and eye allergies

Allergies are diseases of the immune system and are characterized by an overreaction of the human immune system to certain substances that usually cause no reaction in most individuals. “Antigens,” or protein particles like pollen, food or dander enter our bodies through a variety of ways. If the antigen causes an allergic reaction, that particle is considered an “allergen” – and antigen that triggers an allergic reaction. These are substances (or “allergens”) that are eaten (peanuts, shellfish, etc.), breathed into the lungs or inhaled (pollen, dust mites, etc.), injected (bee stings, certain medicines, etc.) or touched (poison ivy, latex, etc.).

The immune system overreaction can result in symptoms such as coughing, sneezing, wheezing, itchy eyes, runny nose, sore or hoarse throat, difficulty breathing, sinus congestion, excessive drowsiness or low energy, headache, facial swelling, skin rashes or hives, itching and itchy and scratchy nose and throat. In severe cases it can also result in rashes, hives, lower blood pressure, difficulty breathing, asthma attacks, and even death. Allergy symptoms can range from mild to severe. The above symptoms are generally considered mild. See a doctor immediately if you begin wheezing or have difficulty breathing, which could be signs of an asthma attack.

This is among the country's most common, yet often overlooked, diseases. Allergies are not only bothersome, but many have been linked to a variety of common and serious chronic respiratory illnesses (such as sinusitis and asthma). Additionally, allergic reactions can be severe and even fatal. Allergies have a genetic component

Anaphylaxis is a potentially life-threatening allergic reaction. Although it often begins with itching of the eyes or face, within minutes it can progress to such severe swelling that make it difficult to breathe and swallow. Abdominal pain, vomiting, and diarrhea may also occur. This is a medical emergency and requires immediate treatment.

The foods you eat can boost your immune system and prevent symptoms. People with allergies may also have a sensitivity to certain foods. For example, several studies have found that people allergic to grass pollens also react to tomatoes, peanuts, wheat, apple, carrot, celery, peach, melon, eggs and pork. But almost any food can cause delayed allergies if it is consumed often enough. Try keeping a food diary for one week and look for foods or ingredients that you eat every day or almost every day.

Good allergy treatment is based on the results of allergy tests, medical history, and severity of symptoms. Some people don't take allergy medicines because they don't take their symptoms seriously and say "Oh, it's only my allergies." The result may be painful and worse complications such as sinus or ear infections. Don't take the risk because there are other options available to treat allergy symptoms with the traditional allergy medications.

There must be a remedy to each and every disease in the same way here we at our center treat you with the herbal medications which are natural to cure the allergy without any side effects. We treat you on the basis of the condition of the allergy and make you free from it. To stress it again do not neglect the allergy by just saying it cures slowly but it may bring you to the incurable diseases or even to death. So, get treated when you see a symptom has occurred in you.

## How To Easily Obtain HGH

How is HGH purchased?

HGH supplements are accessible in an assortment of forms, including the HGH releaser, which is developed to assist your body extend the production of natural growth hormone.

But why should an adult want to include HGH dietary supplements in their everyday regimen? The reasons can be summed up in only a few words, anti aging and higher vitality levels. Since many of us wish to stay younger and HGH is a way to increase energy levels, it just makes sense to find the human growth hormone supplement that works best for you, and then to make it a daily part of your daily existence.

You can find HGH dietary supplements in the shape of pills, capsules, powder and even a spray. The array of options for introducing a human growth hormone supplement into your daily programme means that there's something that's likely to work for you. Take time to do a bit of research on the HGH products. You can buy HGH supplements that will fit seamlessly into your lifestyle.

What happened next..

This wasn't often the situation. The human growth hormone was first discovered in the 1950s. It's a protein compound manufactured in the pituitary gland and researchers were quickly at odds over what the role of this special protein was. Two decades would pass by before that query began to be answered. The protein, as researchers discovered, was the reason certain kids grew and physically developed at a normal pace while others remained smaller or grew more obese. It was later discovered that the HGH protein even played roles in boosting energy levels and slowing the aging process.

When the idea to supplement the body's natural production of human growth hormone first came to be, the only method for processing was to extract the protein from human cadavers, process it, then insert it to the recipient. It would be several years until a supplement was created to be widely available in tablet, spray or powder configuration.

A purpose is the eternal condition for success.

There are several points to consider as you're choosing HGH dietary supplements. The construction is clearly one of the most important. If you're the type of person who simply hates to swallow a tablet any tablet you'll likely wish to look at the other options. You can choose a human growth hormone supplement in powder form. Just add it to your morning orange juice and you're ready to take on the day. For those who favour to simply take a pill and be done with it, that's also an option.

Another important factor in choosing your origin of HGH dietary supplements is the manufacturer. Like all products of this type, look for a company with a commendable reputation who is willing to rise behind their products. While cost is important, quality is even more so. A reputable company will furnish excellent product descriptions along with proven benefits and potential side effects. If you possess doubts about the HGH products listed on a particular website, proceed on.

Actions speak louder than words. But without thought and focus those actions are like a meandering river. Michael Ross.

Taking this all into consideration...

Finding quality HGH supplements could be just the boost you require to make you feel, act and look younger.

## How useful are Vitamins?

Let me tell you what a vitamin is and how useful they can be. A vitamin is an organic compound and these are essential to help your body grow and remain healthy. What this means, in simple terms, is that a vitamin is a natural chemical. Of the essential vitamins, there are thirteen major ones, the lack of any one of them can mean you are deficient in a certain vitamin.

Vitamins come in two distinct types, those soluble in fats and those soluble in water. Of the major vitamins, A, D, E and K are the ones soluble in fats and Vitamins B and C Are water soluble. The water soluble vitamins are not stored by the body and so these need to be topped up regularly.

On the whole, if you have a normal well balanced diet this should provide your body with the vitamins it needs, but if your diet is not fully balanced then you may need to supplement the vitamins you receive in your diet. This shows that vitamin supplements can be useful. Some of the following may suggest if you may need help with your vitamin intake.

Vitamin B12 is found in meats so this is something vegetarians need to look out for. Vitamin C and B can be lacking in elderly people. People working on night shifts could have a lack of vitamin D as your body produces this during sunlight hours. Overworked people, people under pressure and people suffering from stress could be lacking in vitamin B and C. People on diets can also have a lack of these 2 vitamins. Vitamin B can be lacking in heavy drinkers and vitamin C deficiency can be a problem area for heavy smokers as well as heavy drinkers.

The usual way to get vitamins into your body is orally. Some vitamins can be taken by injection such as vitamin B12 but it is important that this is only carried out by a fully qualified medical practitioner. By taking vitamins orally they have to pass through your digestive system and the strong acids in your stomach can destroy much of the usefulness of the vitamins so you have to ensure you take the recommended dose, not more or less, but the recommended dose.

I hope I haven't spoilt your views on vitamins but you must remember that even though you may have a healthy and well balanced diet, the natural processes of your body can destroy some of the value of the vitamins you absorb. If you want to help preserve their effectiveness than eating fresh foods and only cooking foods lightly will help increase the usefulness of the vitamins.

Vitamin supplements can be used to help boost any vitamin deficiencies you may have and extra vitamins are most easily obtained, (and used), in tablet form.

Vitamin tablets can either be multivitamins or single vitamin types. The decision as to what you take is up to you, unless of course you have been advised to take a vitamin supplement by your doctor. Vitamin C is often taken in the winter and the time leading up to it. This has been shown to help keep the common cold at bay.

You must only take vitamins to help supplement a well balanced diet and do not go overboard, so take vitamin supplements in moderation. Take only as much as you need and no more, and if your diet is as good as it should be, then you may not need any vitamin supplements. You must remember that they are, as the name suggests, supplements and they are not designed to replace a well balanced diet. Be sensible and use vitamin supplements carefully.

## Human Growth Hormone - The Weight Gain Catch 22

As a person ages it's more arduous to find the time and drive to exercise. Add to that the fact that metabolism naturally slows and you've got a recipe for weight gaining. As you gain weight, it becomes even more difficult to get up and get the exercise you require. This is the definition of a vicious circle.

As a general rule

There's commendable news and bad news. Foremost, the bad news. It's truly a circle and it doesn't get easier without some serious effort on your part. Now the good news, human growth hormone supplements can help break the cycle.



HGH is the acronym for Human Growth Hormone. The natural human growth hormone is produced in the body's pituitary gland and this protein blend has several roles. Primarily, it aids in the routine growth of children. But it's also been proven to increase energy and to combat the aging process. Imagine winding back the clock just by adding human growth hormone dietary supplements to your everyday schedule!

By the same token, how many times have you watched youngsters playing and reflected how much better your life would be if you only had the vitality of those kids? It brings to sense the old saying, if only you could flask that energy and sell it! While a human growth hormone supplement doubtlessly isn't going to have you turning cartwheels by tomorrow, it is likely to help you find the energy to get started on a realistic exercise regimen.

Do you ever think that your existence would be better if you could simply shed a few pounds? Many adults have that thought on a regular basis. Or maybe you're just going into that phase of your life where you require to watch your weight before it gets out of hand. There are all sorts of weight reduction aids out there, but energy is the biggest factor in taking command of your life. With that in mind, human growth hormone supplements may be just the lift you need to get your life and your weight back on line.

Have you ever considered...

Increased energy isn't the only effect of human growth hormone supplements, though it's closely woven to others. Some folks take human growth hormone supplements only for the known anti aging benefits. Before you dismiss the feasibility that human growth hormone can slow the aging process, contemplate the link between those people who look younger and those who often exercise. Isn't it true that most people who pay regard to weight and have an exercise program invariably look younger? You can see that the connections are extremely interwoven.

Besides providing the lift to get you started on a regular exercise regimen, the increased energy has another positive side effect. How frequently are you simply too exhausted to properly care for your skin? You may be giving your features a speedy cleanse before bed, but ignoring all the other help your skin needs to remain young and flourishing. It's not that you're unconcerned only that you're too tired to pay appropriate attention.

In closing; a focused mind is one of the most powerful forces in the universe.

A human growth hormone releaser and other human growth hormone dietary supplements can deliver you the energy you need to make the most of your life.

## Human Growth Hormone - Playing An Anabolic Role In The Body

HGH or human growth hormone is a protein hormone of 190 amino acids, which is synthesized and secreted by the Somatotroph cells (hence called Somatotropin) in the anterior pituitary. The genes for human growth hormone are localized in the q22-24 region of chromosome 17. The structure of HGH includes four helices necessary for functional interaction with the GH receptor. Structurally, HGH is homologous to prolactin and chorionic somatomammotropin and it appears as if the three share some evolutionary connection. The triad is known to promote growth and aid the lactogenic activity.

### Human Growth Hormone Secretion

Synthesis and secretion of HGH is controlled by many factors such as exercise, nutrition, sleep, stress and sometimes even by growth hormone itself. The control, however, are wielded by two hypo-thalamic hormones (Growth hormone-releasing hormone or GHRH and Somatostatin or SS) and one hormone present in the stomach (Ghrelin).

### Functions of HGH

Human growth hormone contributes to the building up of the human body. HGH has two different types of effects on the human tissues and the human system as a whole – direct and indirect. The direct effects are the upshot of the growth hormone binding its receptor to the target cells. Indirect effects are stimulated by an insulin-like growth factor-I (IGF-I), a hormone secreted by the liver and other tissues in response to growth hormone action. In fact, most of the growth promoting effects of HGH are the consequence of IGF-I acting on the target cells.

Thus, it is apparent that HGH or Somatotropin plays a vital role in major physiological processes, including growth and metabolism.

### HGH & Growth

The major role of growth hormone in effecting body growth is to stimulate the liver and various other tissues to secrete IGF-I. IGF-I. This, in-turn, provokes proliferation of Chondrocytes (cartilage cells), resulting in bone growth.

### HGH & Metabolism

Human growth hormone has been found to have important effects on protein, lipid and carbohydrate metabolism. These effects in some are direct, others indirect and a few showing mixed effects.

Although height growth is an all-too-manifest effect of HGH on the human system, it has several other specific and essentially functions. These functions range from protein synthesis to building muscle mass, calcium retention to mineralization of bones, stimulating the immune system to maintaining fuel homeostasis, etc.

This is all about real human growth hormone. Biosynthetic human growth hormone, also known as recombinant human growth hormone and abbreviated as rHGH was first used for remedial use in the U.S. in 1985. Since then, the biosynthetic variety of HGH has nearly sidelined the pituitary-prompted human growth hormone, especially in therapeutic use.

## Hypnosis Weight Loss: What Is It??

Controlling your weight and avoiding weight gain as you get older are important ways to prevent a host of weight-related health problems.

Indeed, if you are more than 20 pounds over your ideal weight, you are at greater risk for a rogues' gallery of potentially deadly conditions, including diabetes, high blood pressure, coronary heart disease, endometrial cancer, obstructive sleep apnea, and breast cancer.

What's more, most people who are overweight tend to avoid exercise, and that avoidance just adds to the toll paid for extra pounds.

If you have a sedentary lifestyle and are overweight, you are at a higher risk of cardiovascular disease and other health problems. And, if you already have a medical condition such as high cholesterol, being overweight puts you at higher risk for complications.

The good news is that even modest amounts of weight loss can improve your health significantly. Loss of 10% of body weight can reduce blood pressure, high cholesterol, triglyceride, and high blood sugar levels.

Today, there are many procedures that can contribute and help people lose weight effectively. One of the known procedures in losing weight is through hypnosis.

However, many misconceptions have come up with regards to the application of hypnosis in losing weight. And because it does not involve drugs or any kinds of medications and surgery, many people tend to think that losing weight through hypnosis seems to be one of the safest weight loss programs.

To know more about hypnosis and its effects on losing weight, here is a list of some facts that will give you an insight about what it can do to your body weight.

1. Hypnosis can be imminently risky if not done properly and not utilized by people who are highly trained with the real concept of hypnosis.

Even if many people tend to think that hypnosis will not pose imminent danger to their health, still, it is important to know that the person who will do the procedure is skilled enough and that he or she knows what factors to consider before doing the procedures.

2. Hypnosis alone cannot eliminate excess fat from the body and, therefore, make somebody lose weight.

Most health experts contend that hypnosis should only be a part of a whole assimilated process. It should never be used as the sole weight loss procedure.

Moreover, one session of hypnosis will only have very minimal results on an individual's weight. When losing weight, hypnosis matched with psychotherapy will be more effective than hypnosis alone. This is because hypnosis is only a state of deeply relaxing the mind, in which one can still be in control of his or her own body.

3. Hypnosis is one way of getting into the subliminal state of a person. When a person is on the "hypnotic stage," the body is more responsive to suggestibility because of its intensified state of concentration.

However, this does not necessarily mean that through hypnosis, one can already "reprogram" the mind of an individual.

In reality, hypnosis can only run the range from trouble-free relaxation conditions to proper initiation managed by professional hypnotists. Hence, it should not be considered paranormal and magical in its upshots.

Boiled down, people should be more aware that hypnosis is not a sole effective process in losing weight. It is more of a facilitator of various treatment techniques.

Therefore, it should be combined with other weight loss management programs to be effective in making people lose excess weight. In this manner, people will be able to lose more weight with a more relaxed and refreshed state of mind.

As they say, a healthy mind is a healthy body.

## Vitamins, Supplements, And A Healthy Weight Maintenance Program

If you have spent a great deal of time and exerted a great deal of effort on losing weight, it goes without saying that you do not want to put those ugly pounds back on. Done correctly, a weight loss program is an investment. As a consequence, you are going to want to embark on a program through which you will be able to maintain a healthy weight now and into the future.

Of course, there are two fundamental keys to maintaining a healthy weight. First of all, you need to eat a balanced diet. Such a diet needs to be rich in fruits and vegetables, have a limited amount of lean meat products and should fatty foods as well as refined sugars.

In addition to eating correctly, exercise is also an important part of a program designed to maintain a healthy weight both after a weight loss program reaches its goal as well as on into the future.

Many experts maintain that the glue that holds both elements of a weight maintenance program together is the proper usage of vitamins and nutritional supplements. A vast majority of weight control experts and nutritionists maintain that a person has a better chance at weight maintenance success through the use of vitamins and nutritional supplements.

What you do need to keep in mind is that vitamins and nutritional supplements properly used are not designed as replacements for a healthy diet. Rather, these products are created to help aid and advance the benefits that you can derive from both eating a well balanced diet and from regular exercise.

If you are interested in obtaining various vitamins and nutritional supplements, but are living on a budget, you will want to develop ways in which you can save money on your diet product purchases. The Internet has proven itself to be a reliable resource for men and women looking for reasonable prices on vitamins and nutritional supplement products. By spending a bit of time surfing around the Net, you will be able to find a significant selection of different types of vitamin and nutritional supplement products in a wide price range. Indeed, although the saying may seem trite, in the final analysis, there really is something for everyone when it comes to the availability of vitamins and nutritional supplement products on the World Wide Web.

## Information About Chromium Supplements



An essential trace mineral, chromium is needed for the growth and health of the body. Among other things, it is needed for the breakdown of fat, carbohydrates, and protein. Chromium has become the most popular mineral supplement in America, after calcium. It is also one of the most controversial.

Chromium offers a mixed bag of good and bad effects. In the positive light, it was reported that chromium supplements would help burn fat and lower blood sugar levels. Chromium supplements are also supposed to build muscle mass, lower cholesterol, and reduce the risk of heart disease. A recent study shows that chromium seems to have a mild cholesterol-lowering effect. Further research may prove that chromium is helpful in lowering triglyceride levels, while raising the HDL (good) levels. However overdose may lead to complications and chromium supplements are best used under medical supervision.

Chromium may help to:

Control diabetes: In people with type 2 diabetes, the pancreas tries to regulate blood sugar levels by secreting insulin. A molecule called “Glucose Tolerance Factor” (GTF) increases the sensitivity of cells to insulin. The GTF molecule contains chromium. Therefore, chromium supplements may help normalize blood sugar levels. Several clinical tests have proven that diabetics who were on chromium supplements were able to reduce their dosage of medication. The effects of chromium are enhanced when taken with niacin (vitamin B3). Studies have also revealed that chromium may have a stabilizing effect on people with hypoglycemia (low blood sugar), thus doing away with symptoms like headache, nausea, fatigue, and irritability.

Assist weight loss: Chromium picolinate assists people with obesity to lose weight. It helps to improve body composition by increasing muscle mass and reducing fat. But studies reveal mixed results because people using chromium supplements lose just about the same amount of weight as people using placebos. It is possible that when combined with a healthy diet and a rigorous exercise program, chromium supplements may aid weight loss.

Prevent heart disease: Chromium may help raise the HDL ('good') cholesterol and lower the LDL ('bad') cholesterol levels. There is no proof regarding this and a good diet program combined with exercise can accomplish the same thing.

Chromium is naturally available in the food we eat, and most people who eat a healthy diet do not need chromium supplements. But supplements (not just of chromium) become indispensable in a high-fat diet that depends on over-refined ingredients. Therefore some people develop a chromium deficiency, and in such cases, chromium supplements are necessary. Chromium comes in the form of a capsule, softgel or tablet. While there is no recommended dosage for chromium, 50 to 200 mcg taken on a daily basis is adequate for adults. Most basic vitamin-mineral combinations have enough chromium to prevent a deficiency. The body seems capable of absorbing all forms of chromium equally well. For optimal absorption, it is better to combine chromium with vitamin C. Taking antacids may impair absorption of this mineral. Excessive amounts of chromium may lead to a deficiency in zinc.

While there have been no indications regarding side effects, overdose may lead to kidney failure. A woman who was on a 1,000 mcg daily dosage developed kidney failure after a few months. Long-term and high-dose chromium supplements may damage the body. Chromium picolinate may cause a chromosomal damage that leads to cancer. Diabetics must consult with a doctor before taking chromium supplements. Chromium picolinate also alters certain brain chemicals like serotonin and dopamine. Therefore people with any behavioral disorder should consult a doctor before taking chromium supplements. Chromium may have unknown effects on pregnant or lactating women.

## Information About Germanium Supplements

Dietary supplements containing germanium started becoming popular in the 1970s in Japan. From there it spread to other countries, where it became known as an elixir against certain diseases. Germanium is found in the Earth's crust. Plants and the human body also show traces of germanium. This element is available in plenty of plant foods such as vegetables, leguminous seeds, wheat and bran; while it is almost nonexistent in animal foods. Germanium is considered to be the prime reason why nutritional practitioners recommend taking garlic, ginseng, mushroom, and comfrey. Some organic complexes of germanium have shown the capacity to curtail the growth of tumors in animals.

A lack of germanium is associated with infection and immune disorders, but the biological role of germanium is still unclear. Germanium is not an essential element. The nutritional supplement form of germanium is known as germanium sesquioxide or Ge-132. This is a synthetic organic product found naturally. This form of germanium has been used to boost the immune system and improve body system functioning. Germanium products have been used to treat a variety of problems like arthritis, heart disease, AIDS, cataracts and cancer. People suffering from neurosis, asthma, diabetes, hypertension and hepatitis also find relief after taking germanium. It is said that germanium causes the production of interferon, which is a naturally occurring anti-cancer agent. By boosting the activity of the natural killer cells in the body, germanium helps the immune system to fight invading germs. To some extent, disease states like osteoporosis and heart disease have responded favorably to germanium therapy. Strong oxygen regulation and antioxidant activity is undertaken by germanium in the human body.

But there is no scientific evidence as to the benefits of germanium. Many herbal supplements containing germanium are mixed with possibly harmful impurities/additives, rendering them dangerous. The use of germanium has been associated with various side effects, so it is dangerous to use this product without consulting a physician. Though its actual toxicity is low, the Food and Drug Administration (FDA) has reported that supplements that contain germanium present a potential hazard to humans. Therefore the FDA has banned the import of germanium. At least 31 human cases have linked prolonged intake of germanium supplements with kidney failure and even death. Interestingly, germanium found naturally in food products does not appear to be toxic.

Germanium products are available in powdered form or as capsules. The peculiarity of the structure of germanium causes it to be easily contaminated with inorganic germanium, which is more toxic. It is unclear whether the side effects associated with it are due to organic germanium or due to the supplement's interaction with inorganic germanium. In a study conducted on a small group of humans, even small levels of germanium have been found to be toxic. In many patients, their symptoms got worse, and illness was compounded by side effects. Scientists are vociferous in their warning that inorganic germanium may lead to permanent kidney damage and even death.

Germanium may also interfere with other medications and make certain symptoms worse (seizures, for instance). Very little is known about the effects of germanium on pregnant women. Therefore such women should never take germanium, unless advised by a physician. Other ill effects include weight loss, anemia, vomiting, muscle weakness, and numbness in the hands and feet. The deadly effects of the toxin builds up with time, and in the long run, symptoms get worse.

## Joint Pain Relief

Sports-related activities, as well as falls and other trauma, can injure the cartilage within a joint and, if it is not provided sufficient time to heal, chronic pain and persistent disability can follow. These activities and incidents may increase the risk of osteoarthritis, especially if there's impact involved or there's the risk of injury to ligaments. Additionally, damage to the bone surface can start a biological process that results in joint degeneration. This, in turn, often leads to rheumatoid arthritis or osteoarthritis.

Arthritis is often a chronic disease meaning it can affect the person afflicted over a long period of time. It cannot be cured, but it can be treated through a variety of methods and products. Learning how to manage your joint pain over the long term is an important factor in controlling the disease and maintaining a good quality of life. This is a brief overview of some of the methods that arthritis sufferers can use to alleviate many of the symptoms associated with arthritis, especially joint pain. Products, both prescription and over-the-counter, for relieving arthritic joint pain are described in Joint Pain Products.

### Heat and cold

Heat and/or cold therapy is not recommended to alleviate symptoms associated with all types of arthritis and as such, the decision whether to use it or not should be discussed with your doctor or physical therapist. If your care provider determines that the use of heat and/or cold is appropriate for use on your arthritis pain, it must be determined which kind of temperature treatment should be used. Moist heat, such as a warm bath or shower, or dry heat, such as a heating pad, placed on the affected joint for about 15 minutes may relieve the pain. An ice pack or bag of frozen vegetables wrapped in a towel and placed on the sore area for about 15 minutes may help to reduce swelling and stop the pain. If you have poor circulation, do not use cold packs.

### Joint protection

In order to relieve the stress of everyday activity on an afflicted joint, which can exacerbate the condition and may lead to additional injury, a splint or brace can be used to allow joints to rest and keep them from being used. As with many other treatments, a medical care provider such as a physician or physical therapist can make recommendations and possibly provide you with the brace.

### Massage

Massage is associated with temporarily relieving joint pain, one of the major symptoms associated with arthritis, rather than treating the underlying cause of a loss of cartilage. A massage therapist will typically lightly stroke and/or knead the muscles around the joint, which increases blood flow to the stressed area. It is important to realize that arthritic joints are very sensitive, so the massage therapist must be familiar with the disease and problems associated with the affected joints.

### Exercise

Low-impact exercises such as stretching exercises, swimming, walking, low-impact aerobics, and range-of-motion exercises may reduce joint pain and stiffness while increasing joint mobility. A physical therapist or gym trainer can help plan an exercise program that will give you the most benefit with the least stress on the arthritis-stressed joints.

### Weight Reduction

In addition to alleviating some symptoms, the weight loss associated with an exercise program is beneficial in relieving the extra stress that extra pounds put on weight-bearing joints such as the hips and knees. Studies have shown that overweight women who lost approximately 10 pounds substantially reduced the development of osteoarthritis in their knees. In addition, these studies suggested that if osteoarthritis has already affected one joint such as the knee or hip, weight reduction would reduce the chance of it occurring in the other knee or hip. A physical therapist or gym trainer can help plan an exercise program that will give you the most benefit with the least stress on the arthritis-stressed joints.

### Transcutaneous electrical nerve stimulation (TENS)

Transcutaneous electrical nerve stimulation uses a small device that is placed near the joint afflicted with arthritis and directs mild electric pulses to nerve endings in and around the arthritic joint. It is theorized that TENS blocks the pain messages sent to the brain from the nerves and modifies the body's perception of pain. Although TENS relieves some joint pain associated with arthritis, it doesn't offset the joint inflammation that is associated with arthritis.

### Surgery

In some extreme cases of persons with arthritis, surgery may be necessary. The surgeon may perform an operation to remove the synovium, realign the joint, or in extreme cases, replace the damaged joint with an artificial one. Total joint replacement provides not only dramatic pain relief but also significant improvement in joint motion and mobility for many people with arthritis.

## Know Your Bodybuilding Supplement - BCAA's



BCAA stands for branched chain amino acids and is increasingly being recognized as an important supplement in the field of sports nutrition. In short the term refers to three essential amino acids - leucine, isoleucine and valine.

Amino acids are widely known as the building blocks of protein. When protein food is eaten it gets digested into individual amino acids and short chains of amino acids that are sufficiently small to be absorbed into the bloodstream. They are then used by the body to build and repair tissues amongst other things.

Amino acids are split between those classed as essential and those labelled non-essential. This simply means that essential amino acids cannot be made by the body, whereas non-essential amino acids can. There are nine essential amino acids and each must be obtained from the diet. The nine essential amino acids are histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan and valine.

Non-essential amino acids are just as important as the essential variety and the term simply means they can be made by the body from vitamins and other amino acids. The non-essential amino acids are alanine, arginine, asparagine, aspartic acid, cysteine, cystine, glutamic acid, glutamine, glycine, proline, serine and tyrosine.

The BCAA's are especially important to athletes because they are metabolized in the muscle rather than the liver. This means that they can be used either to build new proteins or be burned as fuel to create energy. Supplementing with BCAAs has been shown to result in measurable gains in both muscle strength and size. Taken before a workout BCAA's can improve performance and delay the onset of fatigue. They also operate as anabolic agents allowing the body to burn fat and not muscle.

As a supplement that has no reported side effects, branched chain amino acids offer many benefits to the serious bodybuilder.

## Know Your Bodybuilding Supplement - L-Arginine

Arginine is a semi-essential amino acid that the body cannot make naturally. It is found in nuts, seeds, chocolate and raisins.

Arginine is used by the body in the execution of many important physiological processes including hormone secretion, output of growth hormone, removal of toxins from the body and enhancement of the immune system. It is also a precursor of nitric oxide which vasodilate vessels in the body. For this reason arginine is often used to treat conditions such as angina, high blood pressure, cardiac disease, sexual dysfunction and infertility. Recent research has also highlighted arginine's ability to scavenge free radicals, remove bad cholesterol, enhance fat metabolism and regulate salt levels.

There are several reasons why arginine appeals to bodybuilders:

1. It prevents the retention of water under the skin thus minimizing bloating and helping to create a ripped appearance.
2. It helps the body to retain nitrogen that is essential to the muscle building process.
3. Its vasodilating abilities support muscle growth.
4. It enhances protein synthesis.
5. It helps to boost the immune system allowing harder training and minimizing the minor illnesses that come from overtraining.

With any amino acid supplement overdose can lead to weakness and nausea so care should be taken in applying small doses and increasing them gradually until an optimum level is reached. Bear in mind that many protein powders and other supplements are fortified with amino acids so check the labels carefully. The manufacturer's instructions should be followed in all instances.

# Know Your Bodybuilding Supplement - Tribulus

Tribulus terrestris is a herb that comes from a plant found in Asia. It has been used in the past by many cultures for the treatment of liver, kidney and cardiovascular diseases. It has also been used as a diuretic and to treat infertility. In recent years strength athletes in eastern Europe are reputed to have used it to enhance performance.

It is believed to enhance testosterone levels by encouraging the production of luteinizing hormone. Studies have shown that when luteinizing hormone levels are increased, the natural production of testosterone also increases.

It is difficult to assess the validity of tribulus as a muscle growth enhancer because none of the studies carried out have appeared in peer-reviewed scientific journals. Its proponents do suggest that it can prove useful when stacked with 100 mg of DHEA and 100 mg of androstenedione but this takes us into the equally uncertain territory of prohormones which we have covered in a separate article.

If you do wish to experiment with tribulus you can take 750-1250 mg per day divided between meals. Some people experience stomach upsets but this can be minimized by taking it with food. There's no guarantee that tribulus terrestris will help you grow bigger muscles but many users report a much improved sex drive!

## Dangers of Using Laxatives For Weight Loss

One popular weight loss supplements available in the market today take the form of tea. Stores all over sell slimming tea, dieter's tea and others but all of them are actually the same. They may appear to be effective, but what is not seen may actually harm you.

One of the effects of drinking dieter's tea is frequent bowel movement. This gives people the feeling of body cleansing. These people may get toxins out of their body but it isn't exactly the only thing that slimming tea actually does to the body. Slimming tea contains herbs which are natural laxatives. These include aloe, senna, rhubarb root, cascara, buckthorn and castor oil. These are products which are derived from plants and have been used since ancient times because of their potency in treating constipation and inducing bowel movement.

Cascara, castor oil and senna are substances which are recognized as laxatives available over the counter and are also regulated as drugs. Scientific studies show that diarrhea induced by laxatives does not absorb significant amounts of calories taken in the body.

The reason for this is that laxatives do not act on the small intestines where most of the calories are absorbed. Instead, they work on the large intestines. If taken in large amounts for prolonged periods, it can affect fat absorption of the body. This may lead to greasy diarrhea and loss of weight. Abuse of laxatives is common practice among people who suffer from bulimia and anorexia nervosa.

While weight loss can be guaranteed by overdosing on laxatives, it may also cause permanent damage to the gastrointestinal tract and the weakening and softening of the bones, a condition known as osteomalacia. Drinkers of slimming teas may actually patronize the product because they are less expensive and taste better than other laxatives sold in the market. Other people, such as those with eating disorders like bulimia and anorexia nervosa drink dieter's tea because they work fast and produce watery stool and having loose consistency.

Women may even be more susceptible to the effects of slimming teas. Although they may not be known to interfere directly with the woman's menstrual cycle and fertility, they should watch out if drinking them causes them to rapidly shed off weight. It is also not safe for pregnant women to be taking in laxatives of any kind. Wise and responsible herbalists also discourage the use of senna and other herbal products with laxative properties for pregnant women and women who are trying to conceive.

One should be wary about these findings because the labeling of slimming teas in the market today can be absolutely misleading. For instance, they commonly refer to the laxative qualities as "natural bowel cleansing properties" and not specifically use the word "laxative". Some even use the term "low-calorie" on their labelling. These products in fact, contain essentially no calories or nutrients whatsoever; unless of course, if they are sweetened.

Adverse effects of misusing laxatives in the form of slimming tea generally occur when taken in more than or longer than recommended. These include nausea, stomach cramps, vomiting, diarrhea, fainting, rectal bleeding, electrolyte disorder and dehydration as well as injury and worse, death. It was also reported that excess use of stimulant laxatives cause severe constipation and pain for long periods (as much as for decades) due to the colon losing its function. It eventually led to surgery removing the colon altogether.

## Making Vitamins Plain And Simple

It's no wonder we are pretty confused when shopping for vitamins. We've been told, for example, that a good vitamin supplement would boost our energy level. In fact, we're told this constantly: in magazine articles, television media, the plethora of vitamin-promoting infomercials, web sites, and pop-up ads on the Internet.

So when you arrive at the vitamin shoppe, you're already at a complete loss (and may have forgotten altogether) why you're even there, and end up like many of us, just not taking any vitamins at all because it's all so...so...confusing!

Vitamin World, Vitamin Gallery, The Vitamin Patch, Vitamins for Vegetarians -- the vast array of shops, whether online or in your neighborhood, all beckon, promising renewed everything. If you have any health problems or complaints known to man, you'll find a good vitamin supplement (or 12 to 15 of them) to straighten out your suffering right away.

The good thing about vitamins (just one of many) is that they're really largely "natural," with very few containing harmful or otherwise irritating, toxic chemicals.

## The Health Coach's Content Bible

To put it plainly, vitamins are good for us because they are derived largely from natural plants and minerals. That's the basic fact. And the benefits are many; it's difficult to take the "wrong" vitamin, and it certainly can't hurt you, so why not give it a swing? But remember: Take everything in moderation.

Beta-carotene, for example, is thought to protect against cancer and heart disease. It can dramatically boost the immune system and is a powerful antioxidant, which controls those "free radicals" we've all heard about and prevents them from causing damage to cells that lead to premature disease and aging.

Biotin metabolizes protein, fats, and carbohydrates. It also helps in energy production, and there is some proof that it can help people with diabetes by keeping glucose levels reduced. Other benefits include healthy hair, skin and nails, and reducing fatigue, heartburn and some allergies.

Folic acid is famous among women who are trying to conceive and those already pregnant. Other benefits include keeping your heart strong, increasing energy and helping ward off Alzheimer's disease.

Vitamins and minerals are now seriously recognized in playing a role in the health and vitality of every organ in the body, from skin and bones to the nervous and immune systems, right up to the brain. Vitamins can lower cholesterol levels, help wounds heal more, raise your sperm count and make you more resistant to colds and flu, asthma, cataracts, and even gum disease.



Again, you really can't go wrong with vitamins. Look beyond the fancy marketing and packaging. The key is to focus on your particular ailment and go straight to the natural remedy. Don't let all the hype distract or confuse you; all you really need to do is keep it plain and simple.

## Malic Acid - A Good Supplement

You may not know what malic acid is, which is okay because many people don't exactly know what it is anyway. It is an organic acid that helps the process of deriving ATP. That is the energy currency that runs the body from food. Basically malic acid helps in the production of energy.

Malic acid can also be called fruit acid, because it is found in apples and other fruits. But Malic acid is also found in some plants and animals including humans. I won't get into too many details as it can be confusing, but the acid is a chiral molecule. Some people also refer to malic acid as apple acid, hydroxybutanedioic acid and hydroxysuccinic acid.

The acid is absorbed from the gastrointestinal tract. This is then transported to the liver. Again I won't go into details as it is pretty complex. Malic acid is derived both from food sources and synthesized in the body through the citric acid cycle. As I have stated before, the importance of Malic acid is for the production of energy in the body, which is really all you need to know. Other benefits from the supplement are helping respiratory problems and chronic fatigue.

Many people in the medical industry think that Malic acid can have benefits when you use it in connection with fibromyalgia. The only problem is that the results for the studies have been mixed. They will probably need more time to have 100% proof of the benefits connected to fibromyalgia. But that doesn't have to stop you from taking Malic acid supplements.

We already know that Malic acid is a good way to boost your energy. If you find you are always tired try out Malic acid supplements and see if they will help you. They can give you the boost you need to get through the day.

# Managing Anemia Associated With Chemotherapy Treatment

This year, an estimated 1.3 million cancer patients will undergo chemotherapy and more than two-thirds of these patients will develop anemia, a low red blood cell count. Anemia is one of the most common side effects of chemotherapy and can negatively affect patients and impact their daily activities.

"Chemotherapy attacks fast- growing cancer cells, but it can also kill normal cells like red blood cells that transport oxygen from the lungs to the body's muscles," said Dr. Ralph Boccia, director of clinical research, Center for Cancer and Blood Disorders, Bethesda, Md. "As a result, the body's tissues are starved of oxygen, making a patient feel short of breath, very weak, faint and tired."

More than half of chemotherapy patients report that fatigue, a common symptom of anemia, affects their daily lives more than any other side effect, including nausea, pain and depression. Further, anemia is often undertreated, despite the availability of treatments for more than a decade.

Typically, anemia treatment takes more than two hours per visit. Now, there is a treatment option that provides added convenience from current weekly dosing. Recently, the U.S. Food and Drug Administration approved every-three-week starting dosing of 500 mcg of Aranesp® (darbepoetin alfa) for the treatment of chemotherapy-induced anemia in patients with certain types of cancer. This allows physicians to synchronize anemia treatment with most chemotherapy schedules, increasing convenience for patients and caregivers by reducing the number of clinic visits and injections for anemia treatment.

"Receiving anemia treatment every three weeks on the same schedule as my chemotherapy was convenient for me and my family," said Danielle Mannix, who suffered from anemia. "We had fewer visits to the doctor for anemia treatments, which gave me more time for my regular daily activities."

Aranesp is contraindicated in patients with uncontrolled hypertension.

Erythropoietic therapies may increase the risk of thrombotic events and other serious events.

## Natural Arthritis Remedy To Reduce Inflammation

Arthritis, whether it is osteoarthritis, rheumatoid arthritis, or gout, have the common symptoms of inflammation of one or more joints. This is accompanied by pain, swelling and sometimes joint deformity. Traditionally, with herbal medicine, anti-inflammatory herbs such as black cohosh, feverfew, yucca and wild yam were recommended. And a naturopath might prescribe vitamins like vitamin A, the B complex, vitamin C, and vitamin E. Plus a host of minerals like chelated zinc, chelated calcium and magnesium, copper salicylate, selenium and bromelain. And supplements like evening primrose and fish oils, glucosamine, and superoxide dismutase, which is found in good quality dehydrated (but not juiced) green barley powder.

But scientists have found some very effective anti-inflammatory agents in our own kitchen. Some of them, like ginger, can be bought as a supplement. And due to ginger's strong taste, this might be a preferable way of taking it to get the quantities you need for a significant anti-inflammatory effect. But others, like olive oil, can easily be integrated into the daily diet. Cinnamon is not commonly used as a supplement here, but in India it has a rich traditional use and may be available as part of an Ayurvedic supplement.

### Ginger

One of the active constituents in ginger is a phenolic compound known as gingerols. These have been found to have a strong anti-inflammatory effect. In a study reported in the Osteoarthritis and Cartilage Journal, the participants who took the ginger compound had significantly less pain during movement than those who took the placebo. This study followed 29 people over 12 months, and also found that swelling in the knees was also reduced.

However, if you are taking blood thinning medication like warfarin, you may need to be careful about the amount of ginger you take, as ginger can thin the blood also. (Australian Healthy Food)

### Cinnamon

This rather delicious spice has a number of health benefits. Specific to inflammation and arthritis, cinnamon can help inhibit the release of inflammatory fatty acids. (Australian Healthy Food)

### Yellow and Orange Fruits and Vegetables

Some of the carotenoids in yellow and orange fruit and vegetables help reduce inflammation. Carotenoids are what gives these vegetables and fruit their color. (Australian Healthy Food)

### Olive Oil

Extra virgin olive oil acts similar to the anti-inflammatory drug ibuprofen, though it doesn't have the immediate pain relieving effects that ibuprofen does. But a compound found in extra virgin olive oil, called oleocanthal has been found to inhibit the COX enzymes like ibuprofen, in what researchers describe as a 'dose dependant' manner. This research was originally reported in the September, 2005 issue of Nature magazine by Paul Breslin and his associates from Monell Chemical Senses Center. He describes oleocanthal as a natural anti-inflammatory compound that is potentially as strong as ibuprofen. He suggests that taken over the long term, it will have the same potential benefits that long term use of ibuprofen does. Their results found that taking 50 grams of extra virgin olive oil is equal to approximately 10% of the dosage of ibuprofen recommended for pain relief for adults. Olive oil also has a host of other benefits, including a heart protective effect.

Interestingly, scientists have also found that a diet high in refined grains, sugary soft drinks, processed meat and even diet soft drinks can encourage both inflammation and type 2 diabetes.

# Natural Cholesterol Control Supplements

The body needs cholesterol for digesting dietary fats, making hormones, building cell walls, and other important processes. The bloodstream carries cholesterol in particles called lipoproteins that are like blood-borne cargo trucks delivering cholesterol to various body tissues to be used, stored or excreted. But too much of this circulating cholesterol can injure arteries, especially the coronary ones that supply the heart. This leads to accumulation of cholesterol-laden "plaque" in vessel linings, a condition called atherosclerosis.

When blood flow to the heart is impeded, the heart muscle becomes starved for oxygen, causing chest pain (angina). If a blood clot completely obstructs a coronary artery affected by atherosclerosis, a heart attack (myocardial infarction) or death can occur.

Heart disease is the number one killer of both men and women in the United States. More than 90 million American adults, or about 50 percent, have elevated blood cholesterol levels, one of the key risk factors for heart disease, according to the National Heart, Lung, and Blood Institute's National Cholesterol Education Program.

Cholesterol lowering supplements containing Policosanol or Red Yeast Rice are known to assist in lowering cholesterol levels.

Policosanol



Policosanol is a natural supplement derived from sugar cane. It is a mixture of eight higher primary aliphatic alcohols isolated and purified from sugar cane wax. One of the newest and more successful substances that benefits those suffering from high cholesterol is Policosanol, which is a safe and natural extract from sugar cane wax. It works by helping the liver control production and breakdown of cholesterol. Policosanol promotes healthy platelet function and helps to maintain cholesterol levels that are already within the normal range.

### Red Yeast Rice

Red Yeast Rice is the product of yeast ( *Monascus purpureus* ) grown on rice, and is served as a dietary staple in some Asian countries. It contains several compounds collectively known as Monacolins, substances known to inhibit cholesterol synthesis. Red Yeast Rice is proposed to be a mild aid for gastric problems (indigestion, diarrhea), blood circulation and spleen and stomach health.

## Natural Growth Hormone Supplements

A hormone is a naturally occurring substance that is actually a chemical messenger for our body, helping it go about daily tasks everyday. A natural growth hormone is one that is responsible for the overall development and sustenance of normal body functioning for persons and while these natural growth hormones are composed of amino acids that produced in the endocrine glands to stimulate certain activities, their job doesn't end there. Let us learn more about these hard working natural growth hormones and the role they play in helping us about our daily needs.

Natural growth hormones facilitate optimum body performance and determine muscle, tissue and cell functioning

The endocrine gland produces the natural growth hormone and proceeds to send it all through the body through the blood stream so that it helps our body maintain optimum performance levels for various tasks like eating, walking, sleeping. One prime example of a **natural growth hormone** is Insulin, which helps the human body digest food while others decide on the limitations of factors such as scope of bodily growth, digestion, reproduction and sexual functions. Thus, we find that the natural growth hormones play an integral role in ensuring peak performance of a person, especially during adolescence when there is maximum production of HGH, the **human growth hormone** occurring naturally in the body. Beyond the age of 22, there is considerable decline in the production levels of the natural growth hormone with the pituitary gland, one of the endocrine glands, situated in the center of the brain, producing less of this highly complex hormone. What makes the HGH a natural growth hormone that is immensely complex is the number of amino acids it takes to function (all of 191 amino acids) - a rather large number for any protein produced by the pituitary.

Adolescence is the time when the body needs to grow and the secretion of natural growth hormones like **HGH** helps it to do so. However, beyond adulthood, falling **HGH** levels and the slackness of the natural **growth hormone** production ability of the pituitary gland makes for lesser hormones in our body, which has a tremendous impact on our physical and mental abilities. This is the main reason why many people are keen to try out the numerous supplements and synthetic solutions as a replacement means for the lack of natural growth hormones, but such persons are best warned to first learn about the costs (not just financial but physiological as well) of ordering a substitute for this natural deficiency.

Benefits of safe and real **HGH** enhancers: natural growth hormone replacement and acceleration aids

The availability of real HGH and homeopathic HGH sprays, powders and pills is a welcome deal for those looking to boost natural **growth hormone** production without the negative side-effects and exorbitant costs of synthetic enhancers or injections. Real HGH supplements are a blend of all natural growth hormones and replicate the role naturally occurring HGH would have played in keeping metabolism and energy levels high; increasing the body's ability to burn fat, hold on to lean muscle mass and not fat while combating wrinkles, greater libido and great looking hair and skin are other advantages of high natural growth hormones levels.

## Natural Health Supplements

# The Health Coach's Content Bible

These days, you can't be too concerned about your health. With possible toxins and lower nutritional values found in the foods we eat and the things we drink, many people have taken to buying supplements to help aid their health. Here's a list of natural health supplements that can lead you to a more sound and healthy way of life:

**Saint John's Wort:** Used for over 2,000 years, this supplement is a simple plant that can greatly aid depression. One of the most widely used natural health supplements, in a double-blind clinical study, Saint John's Wort was proven to be equally as effective as pharmaceutical antidepressants, while giving less side-effects than their drug company counterpart.

**Bee pollen:** People take bee pollen in supplement form to help increase energy and vitality. In addition to offering several required vitamins and minerals, bee pollen acts as an enhancer to the immune system, as well as being a useful tool in cleansing the body of harmful toxins.

Athletes have been known to take bee pollen regularly to help enhance their endurance, stamina, recovery time from exercise, and more. It may also prove to be helpful in alleviating the pesky symptoms of hay fever. With all these possible uses of bee pollen, it's amazing to find out that it can also be used to aid in weight loss. A substance in the pollen known as lecithin helps to stimulate your metabolism and flush fat from your system. This is another one of the most widely used natural health supplements.

**Fish Oil:**

Harvested from the bodies of fish, fish oil is purified through a scientific process and turned into supplement form. Containing Omega-3 fatty acids, these natural health supplements can have numerous effects on your body for the better. For one, fish oil can aid in preventing the onset of Alzheimer's disease. It has also been associated with better memory, clearer thinking, and health of the heart.

One of the best nutrients for brain health, this supplement's effect on your body can be vast. Be sure to only purchase pharmaceutical grade fish oil, however, since this is the process which removes the heavy metals found in fish due to pollutants. If your fish oil is not pharmaceutical grade, you run the risk of consuming such dangerous materials as mercury.

## Natural Mood Enhancer Supplements

What is 5 HTP Mood Enhancer? The Griffonia Extract is rich in 5-HydroxyTryptophan (5-HTP), which comes from an African vegetable, the Griffonia simplicifolia seed, and contains 30% 5-HTP. 5-HTP is an amino acid that is a direct precursor of serotonin, an important neurotransmitter having pain soothing and relaxing effects. 5-HTP is not present in significant amounts in a typical diet. The human body manufactures 5-HTP from L-tryptophan, a natural amino acid found in most dietary proteins. However, eating food that contains L-tryptophan does not significantly increase 5-HTP levels.

5-HTP mood enhancer is the precursor to serotonin. It improves mood, anxiety and is beneficial in weight loss. 5-Hydroxytryptophan (5-HTP) is an amino acid that is the intermediate step between tryptophan and the important brain chemical serotonin. There is a massive amount of evidence that suggests that low serotonin levels are a common consequence of modern living. The lifestyle and dietary practices of many people living in this stress-filled era results in lowered levels of serotonin within the brain. Read more about 5 HTP Mood Enhancer supplements, [click here](#).

What is GABA? A non-essential amino acid found mainly in the human brain and eyes. It is considered an inhibitory neurotransmitter, which means it regulates brain and nerve cell activity by inhibiting the number of neurons firing in the brain. GABA is referred to as the "brain's natural calming agent". By inhibiting over-stimulation of the brain, GABA may help promote relaxation and ease nervous tension.

GABA or gamma-aminobutyric acid, discovered in 1950, is the most important and widespread inhibitory neurotransmitter in the brain. Excitation in the brain must be balanced with inhibition. Too much excitation can lead to restlessness, irritability, insomnia, and even seizures. GABA is able to induce relaxation, analgesia, and sleep. Barbiturates and benzodiazepines are known to stimulate GABA receptors, and hence induce relaxation. Several neurological disorders, such as epilepsy, sleep disorders, and Parkinson's disease are affected by this neurotransmitter.

What is St John's Wort Mood Enhancer? Extracts of *Hypericum perforatum* L. (St John's wort) are now successfully competing for status as a standard antidepressant therapy. Because of this, great effort has been devoted to identifying the active antidepressant compounds in the extract. From a phytochemical point of view, St John's wort is one of the best-investigated medicinal plants. Researchers in Europe have studied St John's Wort for decades. They discovered a combination of elements in the plant, foremost of which is "hypericin", react with specific chemicals in the brain to temper emotional discomfort, lift depression, and calm the nerves. Working very much like the common synthetic prescription antidepressants (maprotiline hydrochloride and imipramine), natural extracts from St. John's Wort have shown to relax and soothe the psyche with minimal side effects.

## Natural Sexual Stimulant Ingredients

Sexual stimulants claim to arouse or increase sexual desire, or libido. A broader definition includes products that improve sexual performance. Aphrodisiacs, named after Aphrodite, the Greek goddess of sexual love and beauty, the list of supposed sexual stimulants includes anchovies and adrenaline, licorice and lard, scallops and Spanish fly, and hundreds of other items. Here is a very partial list of some herbal ingredients commonly found in sexual enhancers/stimulants:

### Avena Sativa (Wild Oats)

Avena sativa, or oats, have long been used by breeders to help male animals "sow their oats" or boost their fertility. Avena Sativa is one of the best remedies to feed the nervous system when under stress and strengthen it to handle the situation. It works to calm down performance anxiety.

## Brazilian Catuaba Bark

Brazil's most famous and highly regarded libido booster. It is considered a central nervous system stimulant and used for sexual weakness and lowered libido in both men and women.

## Horny Goat Weed (Epimedium)

This Chinese herb is also known as Goat Sex Herb. It has been used for centuries to help improve sexual functions. It has androgen-like effects. Androgens are involved in sexual desire in both men and women. Horny Goat Weed may help improve circulation and kidney function.

## Longifolia Jack (Tongkat Ali)

A popular Malaysian tree, it is proper for its aphrodisiac properties for both men and women. The researched focus is towards improved desire and sexual initiation.

## Maca

Grown high in the mountains of Peru, Maca root tends to significantly boost libido and sex drive in men and women by enhancing the endocrine function. The endocrine system includes all of the glands, and the hormones they secrete, that exist in the body and that control such conditions as fertility, sexual function, digestion, brain and nervous system physiology, and energy levels.

## Mucuna Pruriens Extract



A rare and powerful Ayurvedic herb that has unusually high levels of naturally occurring L-Dopa. L-Dopa is an amino acid that has been the subject of over 25 years of extensive scientific and medical research. It may help with improving sexual dysfunction, loss of libido, stimulating arousal, and increasing intensity and frequency of orgasms for both men and women.

### Muira Puama

Found in the Amazon, this extraction is very potent and has an impressive research history of helping restore libido and has been used to help prevent erectile dysfunction.

### Tribulus Terrestris

Also known as Puncture Vine and Gokshura, may help to increase seminal fluid, not by volume but sperm count, and at the same time may increase sexual desire, arousal and performance in men and women. Tribulus may help to increase the duration of erection and assist in achieving orgasm in those previously unable.

### Yohimbe

A tree that grows throughout the African nations of Cameroon, Gabon and Zaire. (A similar plant in South America is called Quebracho). The bark has been smoked as a hallucinogen and has been used in traditional medicine to treat angina and hypertension. The herb is a sensual stimulant for healthy men and women.

### Natural Supplements - Help Your Body

Vitamins and mineral supplements are a good way to supply your body with nutrients that you might not be getting from your diet. Go down any vitamin aisle in a drugstore, market, or health food store. The first thing you will see is all the 'natural' supplements and vitamin complex tablets that all claim to provide all kinds of benefits. There are supplements that claim to help you lose weight without exercise. Does it sound too good to be true? It is. You have to burn more calories than you consume and exercise will help you accomplish that but I digress. If you are considering adding supplements to your diet, having a discussion with your doctor will help to determine whether or not adding supplements would be beneficial for you or not.

Are vitamins necessary for optimum health? Most people, if they eat a healthy diet, do not need them. Most vitamins are fine and are not harmful. If someone does not eat a healthy diet or because of illness has a limited diet a vitamin supplement could be very helpful. Fruits and vegetables have important vitamins in them and should not be eliminated from a diet unless a doctor orders it. In this case a supplement would almost be necessary. Your body needs vitamins to keep it functioning.

# The Health Coach's Content Bible

Most people think that vitamins are a source of energy that is not the case. Vitamins help regulate the body's metabolism. Vitamins also help the food we eat to release its energy. It's the food that when absorbed and broken down into the nutrients the body can use that provides our body with energy. The body more easily absorbs calcium if you are also taking Vitamin D. Most calcium supplements are already fortified with vitamin D. There are thirteen vitamins that are all important to achieve optimum health. Vitamins E & C contain antioxidants. Antioxidants help to release free radicals, which are high-energy particles. These high-energy particles damage healthy blood cells. Studies are now coming out that indicate that the consumption of vitamins and supplements may aid in fighting cancer and preventing other chronic diseases. The research is by no means conclusive in this regard. Studies continue to be conducted in an effort to provide us with the ultimate health.

There is such a thing as too much of a good thing. An excess amount of vitamins in your system could cause bleeding, negative interactions with some prescription medications.

Listed below are some vitamins and how overdoses can affect you.

Vitamin A - Too much vitamin A can cause neurological problems

Vitamin D - Too much vitamin D disrupts the balance of calcium in the body that can lead to calcium deposits in the soft tissues of the body.

Vitamin C - Too much vitamin C can lessen the effectiveness of other medications.

Vitamin E - Too much vitamin E can cause blood not to clot and can cause other bleeding issues.

Vitamins are just one tool among many that are available to us to help us get healthy and remain healthy. Vitamins alone will not do this. A healthy diet, exercise, and regular health checkups will do this.

No one knows better than I do how important it is to eat properly and take care of my body. Also, like many others I have a tendency to be drawn to junk food much to my own detriment. You don't have to be an Olympic athlete to get some exercise in. I also take vitamins and other supplements to help my body work better.

There are a variety of opinions about vitamins, supplements, and healthy eating. Vitamins are generally ok unless they are fortified with iron. The effectiveness of vitamins with iron is often hotly debated. Too much iron can cause iron overload and it doesn't get 'washed' out of the blood as efficiently if at all. There is a disease called Hemochromatosis, which is fatal, as it attacks liver function. It can be controlled and there must be liver function tests done among other things. The controversy continues to reign.

You have complete control in this area. Do your research; there are a great number of websites that provide information on supplements and how they work. You should sit down with your physician and discuss your options. S/he may suggest you meet with a nutrition specialist as well. Get smart and be healthy. A little knowledge is a very good thing and in the case of vitamins the more you know how they work and how they could be harmful, the safer and healthier you will be. Trust your instincts, know your body, and get help if you need it. Good eating, good exercise, plenty of water and common sense will help you to meet your goal of good health.

# Natural Supplements for Women's Health: Menopause

Menopause can go one of two ways. It can be a miserable experience characterized by aggravating menopause symptoms. Or, it can be a pain-free transition that's barely noticeable. In fact, choosing the right menopause supplement can make all the difference. nutraOrigin, makers of high quality vitamins for women, shares the secrets of natural treatment for menopause.

Menopause symptoms: Common but avoidable

Every woman experiences her own unique set of menopausal symptoms, which can include hot flashes, night sweats, mood swings, heart palpitations, vaginal and urinary changes, and decreased memory and concentration. Most experts agree these symptoms are caused by low or fluctuating estrogen levels, which throw everything off kilter. But that doesn't mean a difficult menopause is unavoidable.

Between 75-85% of American women going through "the change of life" report experiencing menopausal hot flashes. Yet only about 10% of Japanese women do. Why the discrepancy? It's all in the diet. Japanese women eat several servings of soy a day, which naturally contain anti-hot-flash substances called isoflavones. American women don't.

Natural Hot Flash Remedies and Menopause Treatments

Isoflavones help you get control of hot flashes – but they also provide relief for a whole range of symptoms. How? These phyto-nutrients have the remarkable ability to imitate the biological activities of female hormones. That means that even if your own natural levels of estrogen are plummeting, isoflavones can trick your body into thinking it has enough.

Soy is well-known for its natural content of isoflavones, but most of the research studying isoflavones for menopause relief has been performed on red clover. The formula additionally protects cardiovascular health, with patented Actifolate folic acid and resveratrol; supports bone integrity, due to the synergistic activity of isoflavones and vitamin D; and provides protection to hormone-sensitive tissues, with rosemary and turmeric.

### Black Cohosh Essentials Supplement

Scientists have conducted numerous studies demonstrating the efficacy of black cohosh for relieving the discomforts of menopause, with minimal or no side effects. In fact, one double-blind, placebo-controlled trial found the herb was 47% more effective than conjugated estrogen at beating menopause hot flashes! Cohosh has also been shown to help alleviate headaches, heart palpitations, and nervousness and irritability associated with menopause. The evidence is so strong that the German Commission E (similar to our FDA) has approved black cohosh as a treatment for menopause.

### Iron-Free Multivitamin

Studies show older women are more likely to be deficient in key vitamins like B1, B2, B5, folic acid and D than younger women. That's why multivitamins are so important. It delivers all the necessary vitamins and minerals needed to create a foundation of health – including 500 mg of calcium – but leaves out the iron, since too much can be harmful to menopausal women.

## Natural Supplements for Women's Health: PMS

Once dismissed as something that was just in our heads, premenstrual syndrome is finally acknowledged as a real disorder. PMS affects women in different ways – making us edgy, emotional, crampy or bloated. Other symptoms include breast tenderness, headaches, backaches, impaired concentration and focus, and food cravings. Most women figure they just have to live with it. But the truth is that taking all-natural supplements can help you feel loads better.

### Who Gets PMS?

Up to 80 percent of women of childbearing age suffer from PMS. It usually strikes women in their mid-20s and tends to get worse as they get older, until they finally stop menstruating altogether.

Premenstrual dysphoric disorder, also called premenstrual disorder, is a more severe form of PMS that affects 5 percent of women in their reproductive years. Women with PDD are so negatively impacted by mood changes such as anger and depression that they have difficulty functioning.

### PMS Prevention



The good news is that there are 100% natural products that help ease PMS symptoms. nutraOrigin, makers of high quality vitamins for women, developed a PMS remedy called PMS Balance, which combines both Western and Eastern approaches to treating the disorder. PMS Balance contains the following ingredients:

**Magnesium:** It's been documented that women with PMS are often deficient in this muscle-relaxing mineral, which could account for some of their symptoms.

**Vitamin B6:** A large body of clinical research shows that vitamin B6 helps relieve premenstrual symptoms. In fact, a review trial found that B6 is twice as likely as placebo to provide PMS relief.

**Vitamin C:** If you experience heavy bleeding during your menstrual cycle, fragile blood vessels could be to blame. Vitamin C helps strengthen blood vessels, making them less likely to leak.

**Choline & Taurine:** Both of these nutrients play an important role in the health of the nervous system, which can be negatively affected by PMS.

**Rambling Powder:** This traditional Chinese herbal formula, consisting of bupleurum root, peony root, dong quai root, and licorice root, has been used for nearly 1,000 years to ease premenstrual discomfort. Chinese herbalists believe it works by relieving "stagnant liver chi," allowing life energy to flow and the spirit to ramble.

Together, the ingredients in this PMS product provide PMS cramp relief, support a positive mood, and ease muscle tension, irritability, bloating and breast tenderness – without any harmful side effects.

# Natural Supplements for Women's Health: Cardiovascular Health

More women fear breast cancer than any other disease. Yet cardiovascular disease (CVD) claims over ten times as many women's lives as breast cancer. In fact, CVD is the nation's leading cause of death for both men and women. That's the bad news. The good news is that CVD is almost entirely preventable.

What influences cardiovascular health?

One way to support cardiovascular health is to play by the numbers. All five of the following measurements tell you something about the state of your heart.

Cholesterol: excess cholesterol gets deposited in, and narrows, the artery walls

Triglycerides: elevated triglycerides are associated with a higher risk of coronary artery disease

Blood pressure: high blood pressure puts stress on the artery walls and increases the heart's workload

Homocysteine: too much homocysteine degrades the structural integrity of the arteries

C-reactive protein: elevated C-reactive protein is associated with a higher risk for hypertension and CVD

Supplement secrets for heart health:

Everyone knows that eating a healthy, whole foods diet and getting regular exercise are important for cardiovascular wellness. But did you know that select nutritional supplements can also make a big difference? Here are three to consider.

## Omega-3 Essentials

Chances are you've heard about Omega 3 fatty acids, because they're good for so many things. Supplementing with Omega 3 fish oil is one of the best things you can do for your heart. Here are just some Omega 3 benefits:

- Helps maintain healthy levels of triglycerides and C-reactive protein
- Promotes a desirable blood pressure
- Supports a regular heart rhythm

You can buy these essential fats as liquid Omega 3 oil, but most people prefer the convenience of Omega 3 pills. Whichever Omega 3 supplement you choose, just keep in mind that quality differs tremendously among different brands..

# Natural Supplements for Women's Health: Metabolism

Here's a test: define metabolism. Go ahead, what is it? If you said it's how fast you burn calories, you're partially right. Your metabolic rate does determine the number of calories your body burns. But your metabolism governs more than just your metabolic rate. It also keeps everything in balance – like your blood sugar, cholesterol, triglycerides, and blood pressure.

### When metabolism goes wrong

In ideal circumstances, your metabolism works like a well-oiled machine. You eat energy in the form of food. The body breaks the food down into sugar. The sugar is transported out of the blood and into the cells by the hormone insulin. Simple.

But most of us don't lead ideal lives. We tend to eat diets high in simple carbohydrates (like bread, rice, and pastries), which cause a rapid spike in blood sugar levels. In response, the pancreas secretes loads of insulin. That's okay occasionally, but when we consistently eat simple carbs, so much insulin is flooded into the system that we can eventually become resistant to it. In fact, one in five Americans suffers from insulin resistance, a precursor to diabetes and metabolic syndrome – both of which increase your risk of heart attack and stroke. That's why it's important to learn how to lower blood sugar.

### Balance your blood sugar

## The Health Coach's Content Bible

There are a number of things you can do to support normal blood sugar levels. Exercising regularly and eating a healthy diet top the list. But natural supplements can also help. Glycemic Balance addresses all three critical aspects of blood sugar balance. First, it increases your body's sensitivity to insulin, with chromium, cinnamon, and EGCG from green tea. Second, it imitates the effects of insulin with the mineral vanadium. And third, it ignites glucose metabolism, with a high-potency dose of biotin.

When you balance your blood sugar, you're investing in your long-term health. But you also get short-term benefits, like higher energy levels and an easier time losing weight.

Love your heart

If you're resistant to insulin, chances are it's putting a strain on your heart. That's why any program aimed at supporting optimal metabolism will also address cardiovascular health.

Give yourself a good foundation

Your body can survive even the most nutritionally deficient diet. But for your metabolism to really thrive, it needs a multitude of vitamins and minerals – in just the right quantities.

## Natural Testosterone Supplements

Testosterone Support Supplements (or Testosterone Aids) are meant to enhance your performance, increase muscle gains and make you bigger. Testosterone is the master male hormone. Testosterone supplementation can increase male sex drive, strengthen bones, muscles, decrease body fat, improve thinking ability, boost energy levels and guard against the onset of depression and heart disease.

### Testosterone

Testosterone is a powerful anabolic hormone that stimulates and controls the development of muscle, bone, skin, sex organs, and most other masculine, physical features. Recently, scientists have discovered that testosterone also aids mental function, enhancing both visual and perceptual skills. Male testosterone is produced in the testes by a group of cells known as the Leydig cells. These cells begin secreting high doses of testosterone during puberty to trigger increased lean muscle mass, sex organ development, bone formation and higher energy levels. Testosterone levels peak during a man's early to mid twenties.

### Testosterone in Elderly Men

As a man ages, the amount of testosterone produced by the cells decreases. By the age of sixty, the average man will have lost nearly 50% of his testosterone supply. In addition, other factors (such as stress, lack of sleep, physical inactivity, the use of prescription medication and drinking) can cause testosterone levels to drastically decline. Although there is a growing awareness of the vital role testosterone plays in a man's overall health, the vast majority of men still don't recognize the key symptoms of testosterone deficiency.

## Testosterone Deficiency & Symptoms:

Testosterone deficiency symptoms include depression, fatigue, low sex drive, irritability, loss of facial/body hair, thinning and/or wrinkling of skin, weight gain, and the weakening of both bone and muscle tissue. Eventually, imbalances of testosterone can set the stage for the development of more serious disease. Low testosterone levels can also disrupt the body's blood sugar metabolism, leading to obesity and diabetes. Chronic deficiencies may also promote the early onset of osteoporosis and heart disease.

## Benefits of Testosterone Support Supplementation

- testosterone supplements can increase your sex drive
- testosterone supplements increase muscle while decreasing fat
- testosterone supplements improve energy levels

## Natural Vitamin Sources

There are a lot of people who do not have enough natural vitamin sources in their diet and therefore suffer from a deficiency of one or more vitamins. Obviously, it is possible to buy vitamin supplements to help overcome any deficiencies but for the majority of people it should be possible for them to obtain the majority of their recommended daily allowance of vitamins from natural vitamin sources. The key to gaining the correct amount of vitamins from natural vitamin sources is to eat a healthy and balanced diet.



There are certain diets, such as vegetarian, that provide a limited number of natural vitamin supplements and therefore a supplement may be necessary. Also, the intake required of these natural vitamin sources at certain periods may need to be increased and a supplement may be the best option. It is important to be aware of each of the different types of vitamins and their best natural vitamin sources so that a person can incorporate as many of these as possible into their regular diet. Water soluble vitamins cannot be stored in the body and need to be replenished on a daily basis so it is natural vitamin sources for these vitamins that are the most essential to know.

- Natural vitamin B1 sources are brewer's yeast, whole grains, blackstrap molasses, brown rice, organ meats, egg yolk
- Natural vitamin B2 sources are brewer's yeast, whole grains, legumes, nuts, organ meats, blackstrap molasses
- Natural vitamin B3 sources are lean meats, poultry & fish, brewer's yeast, peanuts, milk, rice bran, potatoes
- Natural vitamin B4 sources are egg yolks, organ meats, brewer's yeast, wheat germ, soybeans, fish, legumes
- Natural vitamin B5 sources are organ meats, egg yolks, legumes, whole grains, wheat germ, salmon, brewer's yeast
- Natural vitamin B6 sources are meats, whole grains, organ meats brewer's yeast, blackstrap molasses, wheat germ

- Natural vitamin B7 sources are egg yolks, liver, unpolished rice, brewer's yeast, sardines, legumes, whole grains
- Natural vitamin B8 sources are whole grains, citrus fruits, molasses, meat, milk, nuts, vegetables, brewer's yeast
- Natural vitamin B9 sources are dark-green leafy vegetables, organ meats, root vegetables, oysters, salmon, milk
- Natural vitamin B12 sources are organ meats, fish, pork, eggs, cheese, milk, lamb, bananas, kelp, peanuts
- Natural vitamin B13 sources are root vegetables, liquid whey
- Natural vitamin B15 sources are brewer's yeast, rare steaks, brown rice, sunflower, pumpkin & sesame seeds
- Natural vitamin B17 sources are whole kernels of apricots, apples, cherries, peaches, plums
- Natural vitamin C sources are citrus, cabbage family, chilli peppers, berries, melons, asparagus, rose hips.

## Natural Weight Loss: When you do not have to Go Over

Eat right, keep moving.

You just have read all that you need to know about how to prevent being overweight. That simple set of instructions should be easy to follow, but not for 35% of Americans who are unable to prevent being overweight.

Of course, once we are overweight, we usually want to trim down for a whole lot of reasons, some related to health, others having to do with looks.

In addition, it is never too late to lose weight. But the fact is, it is a whole lot easier to prevent putting on pounds than to try losing them later on. And if there is one thing we all know, it is that weight gain is likely to happen if we do not take forward-looking steps to stop it.

Health experts say that most people who are into losing weight usually stray. They tend to go back to their old eating habits even after they learn to enjoy low-fat eating. They tend to return to sedentary ways even though they enjoy exercising.

But despite the momentum toward weight gain, you can stop it from happening, experts say. And there are plenty of good reasons to avoid excess pounds, reasons that go beyond vanity or social acceptance.

In fact, some health experts contend that the significance of excess weight is more than cosmetic. They say that it takes a huge toll on people's physical health.

### The Way to Losing Weight...Naturally

The nuts and bolts of eating right and maintaining a healthy weight is not all that complicated. In fact, it is a good bet that most people know pretty well what is best. Hence, losing weight the natural way should not be a problem at all.

## The Health Coach's Content Bible

Consequently, a reasonable approach for losing weight naturally is to stick to a diet that is high in complex carbohydrates, high in fiber, moderate in protein, and low in fat.

A complex carbohydrate is a baked potato. Fat is the sour cream and butter you should not put on it. Fiber in vegetables. Fat is the oil you should not fry them in. Protein is a lean cut of meat. Fat is the gravy you should not pour over it.

Moreover, health experts say that dietary fat promotes weight gain because it is a very dense source of calories. Also, when you consume excess calories from dietary fat, you store those calories as body fat more efficiently than excess calories from other sources.

On the other hand, it can also help you lose weight naturally if you will not fall into the so-called “fat-free” trap. Manufacturers keep coming out with low-fat or fat-free versions of their best-selling foods, but Americans keep getting fatter anyway.

One of the greatest delusions of the 1990s is that “no fat” means “non-fattening.” The truth is, you are often getting just as many calories from the no-fat version, even if the calories are not coming from fat.

The term fat-free can be a trap if you start to believe that you can eat any amount of the foods that are advertised that way.

What's more, it is best to respond to hunger with healthful snacks. Health experts say it would be better to try eating every three to four hours, which may mean a nutritious low-fat snack between lunch and dinner.

When you feel the urge for food coming on, snacking on something healthy such as a slice of whole-grain toasted bread is a better alternative. Never skip a meal and eat snacks instead because that is the worst thing you can do if you are trying to control your eating habits and weight.

Remember, if you want to lose weight naturally, you have to keep track of every food you eat and of every activity that you do. When you say natural weight loss means that you do not have to use some accessories or helpful aids just to lose weight.

Losing weight naturally is a process and not a fad. Hence, it would take a lot of dogged determination, self-control, and discipline just to achieve your ideal weight.

## Nutritional Benefits From Protein Sports Supplements

One of the best ways that a person can benefit from a healthy diet and exercise routine is the addition of sports nutrition in the form of extra protein. Protein is found naturally in many of the foods we eat. But a person who exercises often should get one gram of protein per pound of their body weight. This presents a problem in our fast breakfast (or no breakfast) and fast food lunch lifestyles. We don't always get the protein our body needs to benefit from our daily workouts. This needed protein can be acquired safely from sport supplements promoting extra protein.

Protein nutritional sports drinks and mixes can provide many benefits other than increasing muscle mass and body tone. Proper protein sports supplements can help your body repair damaged cells, such as repairing muscles and bones that may get damaged during a workout. Like carbohydrates, protein can give you energy throughout the day, but unlike carbohydrates, protein offers a lower level of energy that last much longer, keeping the weight off that generally comes from a high carbohydrates diet. Getting the right amount of protein, even through sports nutrition supplements, can help the body make essential amino acids as well.

One type of protein sports nutritional supplement you may see is one called whey protein. Whey comes from milk and is one of the highest quality forms of protein with a rich amount of amino acids. And unlike other forms of protein (red meat for example) whey offers protein in a low fat and low cholesterol form. Whether you just run every other day or you are a professional athlete, protein sports supplements can help increase your body's energy and strength. Most athletes consume a protein shake of some kind before and immediately after exercise or an event to help repair and rebuild damaged muscles.

## Nutritional Supplements And A Balanced Diet

If you are a person who is interested in eating a balanced diet in order to enjoy a healthy life, you may be contemplating the use of vitamins and nutritional supplements. There are some definite benefits that can be derived from the proper use of vitamin products and nutritional supplements. However, in order to make vitamins and nutritional supplements an effective and appropriate part of an overall health diet program, it is necessary to understand how these products fit within an overall healthy eating regimen.

In reality, before you embark on any diet plan that includes the use of supplements and vitamins it is important for you to obtain and seek medical advice. Each and every year people embark on a diet plan that includes the use of nutritional supplements without first consulting a health care or nutrition specialist. Some of these people end up suffering serious health problems due to a diet plan (which includes supplements) that they embark on without a professional consultation. Of course, in the end, you want to improve your health through the use of nutritional supplements as opposed to causing health problems through the use of such products.

Nutritional supplements (and vitamins) can be utilized as a means of supporting an otherwise healthy eating and exercise program. In simple terms, nutritional supplements can be used to better your overall balanced diet plan on two fronts:

1. Nutritional supplements can be used to fill in some minor nutritional gaps in your overall healthy diet.
2. Nutritional supplements can be used to assist in boosting the effectiveness of your overall healthy diet plan.

As an aside, nutritional supplements can also be utilized to make any companion workout routine more effective. By properly balancing your overall diet, your exercise routine and the proper utilization of nutritional supplements, you will be well on your way to establishing a complete plan for healthy living. Through such a regimented and appropriately crafted program you will enjoy better health and you may be able to add years to your life.

There are a number of different resources that you will want to consider when it comes to making decisions regarding incorporating nutritional supplements into your overall diet plan. You would be well versed in consulting these resources -- whether from the brick and mortar world or online -- in addition to seeking professional guidance from a doctor or nutrition specialist.

## Nutritional Supplements And How They Help Your Health

From ancient times people have been taking nutritional supplements. They started with natural herbs often homegrown which were usually brewed into teas and tonics.

Now they have become more sophisticated and are available in all sorts of pills, capsules, liquids and of course teas of all sorts.

What are nutritional supplements? Nutritional supplements are used to add nutrients to our diets that are missing or not taken in large enough quantities. They are available in pills capsules, liquids and teas. They can be synthetic or from natural sources. They will contain one or more of the following ingredients:

- Vitamins



- Minerals
- Herbs
- Amino acids
- Saccharides

Why do we need nutritional supplements? These supplements are not intended to replace meals but enhance our diets. There are several reasons that we would be taking them:

- Environment: our environment has deteriorated over the years and we are now getting more toxins from the air, the water and even in the foods we eat, than ever before. Our bodies have to work more to protect and rid ourselves of these unwanted substances. Therefore it is wise for us to take nutritional supplements to help our bodies to do this.
- Stress: Stress will cause your body to function less efficiently. This will put your body at risk for a number of things, especially low resistance for disease. Supplements, especially Glyconutrients will help your body's immune system get stronger and also help your body function better.
- Poor eating habits: Due to busy lifestyles, our ways of growing food and green harvests we are not getting the important nutrients our bodies need to keep us in good health. We often do not even stop to eat proper meals. This makes it necessary for us to take supplements to enhance our diets and add important nutrients to our diets.

- Athletic activities: when we take more exercise than normal our bodies need more nourishment. A professional athlete or even someone doing extra workouts needs more nutrition. Dietary supplements would include, Proteins, minerals, vitamins and saccharides (Glyconutrients).

- Part of a weight loss plan: when you go on a diet to lose weight you will be eating less and running the risk of not getting enough of the essential nutrients in your diet that your body needs. Therefore you would often be taking some nutritional supplements. Some of these substances even claim to help you to lose weight.

How do they improve your health? Different supplements will help you in different ways.

Glyconutrients: The latest nutritional supplements to come on the market are the saccharides. These are known as Glyconutrients. There are 8 of these essential nutrients:

- Mannose
- Glucose
- Galactose
- Xylose
- Fucose (not fructose)
- N-acetylglucosamine

- N-acetylneuraminic acid
- N-acetylgalactosamine

These nutrients have only lately been researched with a technology known as Glycobiology. These nutrients have been shown to be vital to our health especially regarding our immune system and the ability of the body to heal itself.

Ambrotose: is a supplement made up of these Glyconutrients. Taking these supplements will help you to feel healthier and enjoy your life to the fullest.

## Nutritional Supplements: Adding To Your Health?

Nutritional supplements refers to a wide range of products that are designed to enhance your health, improve athletic performance, or otherwise affect your physical or mental well being. These can include vitamins, sports supplements, weight loss products, teas, herbs, and antioxidants. Nutritional supplements can be found in almost all health food stores and many traditional stores as well.

Throughout history, nutritional supplements have been used to treat a wide range of ailments and to improve health. Many traditional medicines come from what may be considered supplements. Perhaps one of the most common forms of nutritional supplement is the vitamin. Many people take multivitamins, and doctors often recommend such use. Some vitamins can be risky if taken in excess, however, so an awareness of the safety of such vitamins is essential. An excess of Vitamin A, for example, can lead to liver damage and other unpleasant side effects. Consult with a doctor before taking anything vitamin supplements.

Other popular supplements are used in sports, where they are used to enhance performance and speed recovery. Many supplements used for these purposes cause debate as to effectiveness, and some have been pulled from the shelves. Ephedrine is one recent example. Used in many weight loss products, ephedrine caused serious heart problems for some users and is now a regulated substance. Creatine is another supplement of possible unknown side effects. Some people claim that it causes liver damage, while others say that it is safe when used appropriately.

One of the most important things to know about nutritional supplements is that they are not regulated by the Food and Drug Administration (FDA). This is why many product claims on packaging labels and advertising materials include the message, "These statements have not been evaluated by the Food and Drug Administration" or something similar. Because supplements are not regulated, the manufacturing, processing, and packaging methods can vary a great deal from one product to another. When using supplements, be sure to research the company and choose a reputable supplier. The safety of supplements may also be unknown due to the lack of regulation. Again, careful shopping is necessary.

Many producers and users of supplements claim that they are safe because they are natural or made from "all natural" ingredients. While this may seem like a logical claim, consumers must use their best judgment when considering the use of supplements. Many substances found in nature are not safe, and are in fact toxic, poisonous, and even deadly. After all, poison ivy is "all natural," but you likely won't want to rub it all over your skin, even if a great sales pitch tried to convince you that it's the best moisturizer around.

Some nutritional supplements can be useful and aid your health. Just as with any consumable, careful shopping and research is essential to your good health. If a claim seems too good to be true, it likely is. Be aware of product pitches and use good judgment before purchasing and using any nutritional supplements. Buy supplements from a reputable company and manufacturer, and when in doubt, consult a physician before beginning a supplement routine.

## Supplement Your Diet With Vitamin B12

Lack of a proper blood level in human beings is the major cause of the condition known as anemia.

Shortage of blood means erythrocytes or red blood cells will not be produced in the correct quantity.

The anomaly can be rectified with diets. Specifically, diets containing a large amount of Vitamin B12 (cobalamin).

Studies show that some cases of Vitamin B12 anemic condition can lead to permanent brain damage.

The good news however, is vitamin B12 is present in almost all varieties of foods.

So long as you eat meat regularly, even just once a week, you are getting vitamin B12 in your diet.

Eggs, cheese, and dairy products are other examples of foods that contain this essential nutrient.

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For vegetarians, fortified cereals and soy products offer plenty of vitamin B12.

But tarry a while, experts say the class of people most susceptible to low level of vitamin B12 intake are vegetarians.

The reason?

These people do not eat any kind of animal products. And some, apart from their disdain of animal products, do not eat fortified grains or cereals.

It is highly recommended that vegetarians should take vitamin B12 supplements regularly to compensate for its absence in their diets.

Don't be among those who live under the illusion that certain vegetables have vitamin B12. The fact is only one plant has been proven to have a form of vitamin B12 that can be utilized by humans.

That plant is a Chinese herb known as Dang Gui. And it is not available in appreciable quantity everywhere.

So most vegetarians don't really have any option than to take supplements.

The decision to change your diet to that of a vegetarian is not one only you can make. It's a good idea to talk it over with your physician.

If you've been a vegetarian for sometime and haven't had a medical check up and a blood test, then it's about time you go in for one as soon as possible, even if you are feeling fine.

This is because vitamin B12 deficiency can take years to develop, and by the time you start to experience the anemia symptoms, you might already be in danger of permanent brain damage.

People, who due to surgery have had parts of their stomach removed are also very susceptible to deficiency of vitamin B12.

The parietal cells in your stomach (the same one that produces the acid which aids digestion) also produces a glycoprotein called "intrinsic factor". This "factor" must be present in the body for vitamin B12 to be absorbed.

In the absence of the intrinsic factor, you will require diets that contain a large quantity of vitamin B12 to avoid anemia.

People in this situation should also take vitamin B12 rich foods like liver for instance, to get the right amount of the nutrient.

If these suggestions don't appeal to you, then you can take vitamin B12 injections.

## Supplements And Nutrition

A well-balanced diet and affinity for all food groups ensure right amounts of much-needed nutrients. However, not all people are blessed with a liking for vegetables or tolerance for milk. There are also people with allergies to nuts and poultry which are excellent sources of protein and good fat. What if you are one of them? How can you be sure that you get proper nutrition without force-feeding yourself broccolis? This is why supplements and nutrition should work together.

Before taking supplements, it would be wise to seek your doctor's advice. After all, you want to be sure to have the proper supplements and nutrition. The wide variety of supplements include multivitamins, protein supplements, minerals, and specialized supplements. Multivitamins are the most prescribed supplements. Regulated and concentrated amounts of essential vitamins are packed in a tablet or gels. Protein supplements are commonly used by people who want to build more muscle such as athletes. Mineral supplements include calcium for bone growth. Dietary supplements and memory enhancers are commonly classified as specialized supplements.

Supplements and nutrition must be complementary. For example, a person who consumes large amounts of carrots and squash need not take a supplement of Vitamin A. This is because too much of Vitamin A can cause a yellow or orange tinge to the skin. Other overdoses on minerals and vitamins can even disrupt normal hormonal function. After all, even too much of a good thing can be hazardous to health.



Hence, a proper supplements and nutrition scheme must be discussed with the doctor in order to prevent overdoses or taking unnecessary supplements. The US FDA in recognition of the growing market and need for supplements has taken steps to regulate the production, dosage, and sanitation of supplements. This was done to ensure good-quality products. This move is also partly due to the rising number of unprescribed supplement use among consumers. The agency also stressed the importance of informed use among supplement users. It is not enough to know the name of your supplements. You should know what deficiency it corrects and how it works. Studies show that many use different supplements whereas tests done to them indicate only a minimal lack which can be corrected by a single kind. Also, despite the supplement rage, doctors and health experts still stand by natural correction of deficiencies by means of a proper diet. They suggest eating alternative sources of nutrients found in allergy-inducing foods. Hey, real food tastes better than capsules anyway.

## Supplements for Athletes in Training

One common misconception that people have regarding exercise is that performing it on a regular basis will prevent them from developing any health problems. When you exercise, your body uses its nutrients to fuel the energy necessary to perform the exercise. Depending on the intensity of your workout and the amount of nutrients in your body, you can actually put yourself at risk for nutrient deficiency, which can result in infections. This is especially true for athletes during training.

Consuming sufficient amounts of nutrients is an important concern for everyone. The more physical demands you place on your body the more nutrients it requires. Consuming more foods that contain essential vitamins and minerals to compensate for the stress on the body may seem to make sense. However, the demands of a strenuous training routine make it nearly impossible to consume a sufficient amount. Vitamin supplementation can help create the stores of nutrients that you need to achieve your training goals successfully.

Many of the vitamins that your body uses during an intense workout are antioxidants. It is important that you maintain adequate amounts of these in your system because they keep infections at bay. Vitamins C and E are two of the most beneficial antioxidants for athletes in training. These vitamins not only prevent infection, but they help to enhance your stamina so that you can endure the intense workout. In addition, vitamins C and E can help rebuild muscle tissue that suffers minor damage during a hard workout. You should not rely on vitamins alone, but be sure to eat protein and carbohydrates in between your workouts, which can also help to rebuild the amount of glycogen you lose during your workout.

The amount of vitamin C supplements an individual should take varies, but should not exceed 1000 milligrams. Excessive amounts of vitamin C are not considered toxic because the nutrient is water-soluble and excess is excreted in the urine. However, consuming more than 1000 milligrams can cause nausea and diarrhea. If you are considering taking vitamins E supplements, you don't want to take more than 200 milligrams. There are varying reports on the effects of excessive vitamin E so you should discuss taking this vitamin with your doctor.

# Supplements That Can Help Boost Brain Power

Would it not be great if you could just pop a pill and remember everything for an exam? Realistically, there are no supplements that can boost your brain power to such astounding levels. But, studies have shown that regular intake of certain supplements increases the ability to memorize. There are many herbs, supplements and foods that can improve your brain; the effect of which can mean improvement of memory, learning, concentration, attention, reasoning, social skills, decision making, and focus. If you can combine these 'brain foods' with sufficient rest and exercise, you will have boosted your brainpower in no time.

The brain requires a variety of nutrients to produce neurotransmitters – these are substances that control mood, behavior, and mind. Studies have proved beyond doubt that nutritional supplements increase IQ and enhance learning ability. 'Smart nutrients' (cognitive enhancing supplements) are natural substances that improve human intelligence.

Ginkgo Biloba:

This substance has been used for thousands of years in Eastern cultures and is perhaps the most well-known of all memory enhancing herbs. It works by diluting the blood vessels in the brain and enhancing blood flow to the brain; thus supplying lots of oxygen to the brain. It also gets rid of harmful free radicals that damage brain cells. However, the results are not immediate. Taking the supplement continuously for a few weeks will start yielding results.

## Green Tea and Black Tea:

Recent research has shown that these common constituents of the kitchen are very effective in combating the dreaded Alzheimer's disease. The most significant result seems to be that these prevent the breakdown of acetylcholine. This is a key chemical involved with memory and is lacking in Alzheimer's patients. The effect of green tea is more lasting than that of black tea, which lasts only for a day.

## Sage and Rosemary:

A recent study shows that students who took sage performed better at a memory recall test. Scientists believe that sage contains substances that may increase levels of a chemical that transmits messages to the brain. Rosemary also helps stimulate the memory and alleviate mental fatigue. It also strengthens mental clarity. How exactly these substances help the brain remains ambiguous.

## Vitamin B Supplements:

A healthy diet should provide you with all the vitamins that are needed by the body. But at times of stress and fatigue, the body gets depleted of Vitamin B. This deficiency prevents the functioning of acetylcholine. Vitamin B also helps carry oxygen to the brain and this does away with harmful free radicals. Some natural foods like liver, eggs, soybeans, lentils, and green beans are rich in Vitamin B. Vitamin B Supplements also help to boost the level of these vital vitamins in the body.

## Iron deficiency:

The most common deficiency in most parts of the world is linked to iron deficiency. Poor concentration, diminished intelligence, and a short attention span are all attributed to iron deficiency. Iron helps carry oxygen to the blood and its deficiency leaves the brain sadly lacking in oxygen. Iron deficiency can be detected by a simple blood test. Iron-rich food like lean meat, beans, iron-fortified cereals, and iron supplements help raise the levels of iron. But absorption of iron becomes possible only in the presence of vitamin C. Garnishing iron-rich food with lime juice is one of the most effective and natural ways to ingest

Vitamin C with iron.

Water is an often overlooked but important necessity of the brain. The brain is 70% water, and a dehydrated brain works at a slower pace. Therefore it is necessary to keep the brain hydrated with plenty of water.

# The Health Coach's Content Bible

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