

Discover Healthy Foods That Prevent Various Diseases

Brought To You By:

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Foods rich in nutrients help prevent diseases. Scientists have proven that diet plays a significant role in maintaining our health. For example, eating foods with certain nutrients can help reduce the risk of developing heart disease, diabetes, osteoporosis and certain cancers. On the other hand, a diet that *lacks* healthy nutrients increases the likelihood of developing a serious disease. Smart food choices increase our body's natural ability to fight illnesses. This book discusses some of the key healthy foods and nutrients that possess powerful qualities. These foods can reduce the risk of developing serious diseases, including some cancers.

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Table of Content

Chapter 1: The Importance of Nutrition! 5

 1.1 Our Essential Nutritional Needs 5

 1.2 A Healthy Guide to Good Nutrition..... 6

Chapter 2: Eating Fish Can Prevent Cancer! 9

 2.1 What Are Antioxidants? 9

 2.2 Why Eat Fish Weekly? 9

 2.3 Can antioxidants prevent cancer? 9

 2.4 Study Says Eating Fish Leads To Better Health..... 10

Chapter 3: Why Do You Need To Eat Tomatoes? 12

 3.1 Do you Eat Tomatoes?..... 12

 3.2 Which One Is Better, Unripe Or Ripe?..... 12

 3.3 What is Lycopene?..... 13

 3.4 Why Tomatoes Are Beneficial For Health?..... 13

 3.5 Go Ahead With Tomato Food..... 13

Chapter 4: Coconuts Supports Healthy Weight Loss 15

 4.1 Coconut - The Raw Vegan Natural Food 15

 4.2 You Can't Keep A Good Oil Down!..... 15

 4.3 Coconut Oil Increases Metabolism and Supports Healthy Weight Loss..... 15

 4.4 The Many Uses of Coconut Oil 16

 4.5 The Requirement for Good Coconut to look out for..... 16

Chapter 5: What Can Honey Do To You? 18

 5.1 Usefulness of Honey 18

 5.2 Other Related Products Produced By Bees..... 18

Chapter 6: Vegetarian Diets Prevent Diseases..... 20

 6.1 Vegetable Protein Has One Definite Advantage Over Meat Protein..... 20

 6.2 What You Need To Know About Vegetarianism 20

 6.3 Vegetarian Diet: Great For Weight Loss, Health And The Planet 22

Chapter 7: Health Benefits Of Carrot and Hazelnuts..... 24

 7.1 Health Benefits Of Carrot Juice..... 24

 7.2 Health Benefits of Hazelnut..... 25

 7.2.1 Uses of Hazelnut 25

 7.2.1 Vitamin Components of Hazelnut 26

Chapter 8: Fruits And Vegetables - A Healthy Choice..... 27

 8.1 Importance of Fruits and Vegetables 27

 8.2 Fruits Secrets..... 28

Chapter 9: Importance of Water 30

 9.1 Drink Up – Studies Suggest..... 30

 9.2 Drink More Water For More Energy 31

Chapter 10: Dietary Fiber - For Diabetes, Heart and General Health 33

 10.1 What You Should Know About Dietary Fiber 33

 10.2 Dietary Therapy: High Fiber Diets 35

Chapter 11: Fight Cancer With These 10 Foods..... 37

Chapter 12: Eating For Life 39

Chapter 13: Food And Health & Fitness..... 41

 13.1 Foods That Burn Calories!..... 41

13.2 Five Things You Need to Know About Fast Food 42
13.3 Food Selection Table 43
Resources 45

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Chapter 1: The Importance of Nutrition!

1.1 Our Essential Nutritional Needs

I'll bet you've never even taken the time to consider what your nutritional needs might be, or the importance of that nutrition on your health. Did you know that if the brain doesn't get enough protein, it doesn't develop correctly, or if the healthy female body doesn't get enough flax oil, omega-3 and omega-6 her body's metabolism will not function correctly and she is more susceptible to weight gain? All these pieces of information and many more are contributing factors to our nutritional needs, and our nutritional needs are met through our eating habits, good or bad.

Nutrition as it applies to our daily lives means that we take in what we need to maintain our body's healthy state. Nutrition has become an important word thanks to the involvement of the USDA in our daily food requirements, and the FDA's involvement in determining what is and is not dangerous for us to consume.

But what is our responsibility in the nutrition game? Do we understand what our nutritional requirements are, how to fulfill those requirements, and how to look for real nutritional value in our foods? I'm not sure that nutrition has been successfully addressed in its own right. We hear nutrition in relation to our vitamin intake, our fortified cereals and milk, and in the context that we need "nutritional value" from our food choices. But what really is nutrition when applied to our daily bodily functions?

Nutrition refers to the nurturing of our body, in our ability to keep it healthy and functioning as it is supposed to do. Our ability to provide the body with all the necessary food, vitamins, and minerals so that we continue to thrive in our daily life processes.

How do we determine that we are providing the essential nutritional needs? That knowledge comes by educating ourselves about what our individual needs are, the needs of our family, and then taking that knowledge and applying it to the foods we buy, that we prepare, and that our families consume. Our nutritional needs and caloric needs change as we age, the nutritional needs of a 13 year old teenager are much different to those of a 30 year old woman.

Quite often, our vitamin and mineral needs outweigh our caloric needs. In those instances, we turn to manufactured vitamins and minerals to fill the gap. This is a part of our nutritional needs, also.

Nutrition is one of the most complex areas to gain useful knowledge about, because there are so many components, and because each person has their own individual needs. Women's needs differ from those of men, and older women's needs differ from those of a young girl. As we age, our needs constantly change; therefore continual education about nutrition is a fact of life. The information we have available about the health choices and alternatives available to us change daily. Very few medical doctors ever address our nutritional needs, past the needs of a pregnant woman, or an already ailing patient. What about the needs of the well patient? In order to stay healthy, there is nutrition, exercise, mental, and emotional needs that must be met.

1.2 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 in to 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.

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.

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Chapter 2: Eating Fish Can Prevent Cancer!

2.1 What Are Antioxidants?

Antioxidants are molecules which can safely interact with free radicals and terminate the chain reaction before vital molecules are damaged. Although there are several enzyme systems within the body that scavenge free radicals, the principle micronutrient antioxidants are vitamin E, beta-carotene, and vitamin C.

Selenium, a trace metal that is required for proper function of one of the body's antioxidant enzyme systems, is sometimes included in this category. The body cannot manufacture these micronutrients so they must be supplied in the diet.

2.2 Why Eat Fish Weekly?

Best choices are oily fish rich in healthy omega-3 fatty acids, such as herring, sardines, salmon, lake trout, mackerel and albacore tuna. But forgo fish oil capsules unless you have been diagnosed with heart disease and can't eat at least two meals of fish per week. People with high triglyceride levels who are under the care of a physician may benefit from omega-3 fatty acids in capsules. The U.S. guidelines also recommend two servings of fish per week, but they don't address fish oil capsules in the same detail as AHA.

2.3 Can antioxidants prevent cancer?

That is a good question. Considerable laboratory evidence from chemical, cell culture, and animal studies indicates that antioxidants may slow or possibly prevent the development of cancer. However, information from recent clinical trials is less clear. In recent years, large-scale, randomized clinical trials reached inconsistent conclusions.

Various new researches show that a serving of almonds, for instance, contains the same amount of antioxidants called flavonoids as a serving of broccoli. And a one ounce serving of almonds provides as much of these

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antioxidants as found in a cup of brewed black or green tea, in addition to being an excellent source of vitamin E!

Furthermore, the researchers noted that the main antioxidant compounds found in almonds, catechin, epicatechin and kaempferol, are also the ones that provide the highest degree of protection against cell death from oxidants, a mechanism that appears to play an important role in reducing the risk of chronic diseases.

Antioxidants are abundant in fruits and vegetables, as well as in other foods including nuts, grains and some meats, poultry and fish. We urge you to find out more about Antioxidants today!

2.4 Study Says Eating Fish Leads To Better Health

Eating more fish is good for your health. That's the finding of research conducted by the Harvard Center for Risk Analysis (HCRA) at the Harvard School of Public Health.

The study, "A Quantitative Analysis of the Risks and Benefits Associated with Changes in Fish Consumption," analyzed the potential impact of consumer reactions to federal advisories that warn about the effects of mercury exposure from fish. Advisories could be misinterpreted and keep people from eating fish and seafood.

On average, Americans consume less than half the weekly intake of fish recommended by the federal government, in part due to fears of mercury exposure. However, the immense health benefits of fish and seafood far outweigh the minute risk of mercury contamination from commonly consumed fish.

"Fish are an excellent source of omega-3 fatty acids, which may protect against coronary heart disease and stroke, and are thought to aid in the neurological development of unborn babies," said Joshua Cohen, lead author and senior research associate at HCRA. "If that information gets lost in how the public perceives this issue, then people may inappropriately curtail fish consumption and increase their risk for adverse health outcomes."

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Since the body cannot manufacture omega-3 fatty acids, people rely on fish to provide this essential compound. Eating less fish was also linked to a significant increase in the risk of heart disease and stroke.

The study concluded that pregnant women, who are at far greater risk for mercury exposure, could increase the cognitive development benefits for their unborn child by eating the recommended servings of fish per week and choosing from a variety of fish and seafood low in mercury. The benefit from fish consumption during pregnancy could amount to an increase in IQ level for the newborn.

"There is no debate within the scientific community that the fatty acids in fish are essential for human health. Study after study demonstrates that from birth to old age, omega-3 fatty acids confer important health benefits, from optimal brain function and the reduced risk of heart attack and stroke to improved eye health," said Joyce Nettleton, D.Sc. R.D., author of "Omega-3 Fatty Acids and Health." "Fish is a healthful food for people of all ages."

Clear messages resulting from studies such as this encourage people to continue to enjoy fish and seafood as part of a healthy diet.

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Chapter 3: Why Do You Need To Eat Tomatoes?

3.1 Do you Eat Tomatoes?

The tomato has been called many things throughout history: Peruvian apple, love apple, and even, by Americans at least, a vegetable. Today, however, this lovely fruit is fast becoming known as superfood! Of course you have known that tomatoes are now eaten easily around the world. You can find tomatoes everywhere as part of fruits and vegetables.

Some experts said that tomato is known as a source of power of nutrition, as it contains a large number of vitamins and minerals that can support our body's health. Tomatoes have been first cultivated in Peru, and then brought to Mexico. Now, tomatoes are sold everywhere. In American grocery stores, tomatoes are often picked unripe, and ripened in storage with ethylene.

While not able to leap tall buildings in a single bound, this super hero of the nutrition world is able to do some pretty amazing things. For example, some studies show the tomato may help decrease the risk of prostate cancer, as well as breast, lung and stomach cancers. And the Herald Sun reported in 2003 that the yellow jelly around the seeds have yet another benefit: They may stop blood cells from clumping together, which sometimes leads to strokes and heart attacks.

3.2 Which One Is Better, Unripe Or Ripe?

Tomatoes that are ripened in storage with ethylene, plant hormone produced by many fruits and acts as the cue to begin the ripening process, tend to stay longer, but have poorer flavor than tomatoes ripened on the plant. They may be recognized by their color, which is more pink or orange than the ripe tomato's deep red.

Based on the nutrition content, red tomatoes have more vitamin A than green tomatoes. But in this case, green tomatoes have more protein. If you eat tomatoes everyday, it is beneficial in preventing cancer to 50%. Tomatoes will fight different kinds of cancer and protect your heart from heart attack.

3.3 What is Lycopene?

What is it about this little red fruit that makes it so amazing? Lycopene. Okay, so the word lycopene doesn't sound very appetizing, but this powerful antioxidant is the chemical in tomatoes that not only is responsible for its red color, but also responsible for its disease-fighting powers.

Just ask an Italian. Italian cooking relies very heavily on tomatoes and tomato products. And, some studies have suggested that this heavy intake of tomatoes by Italians has resulted in a lowering of cancer of the digestive tract.

3.4 Why Tomatoes Are Beneficial For Health?

Tomatoes contain various kinds of ingredients. Here are some of them:

1. Lycopene, one of nature's most powerful antioxidants. It is beneficial to fight different kind of diseases, most of all to fight cancer.
2. Fiber in tomatoes prevents diabetes, asthma, colon cancer, and lowers the amount of cholesterol from the body.
3. Vitamin C and A, antioxidants which fight free radical. They fight against aging, soothe skin and hair.
4. Potassium, vitamin B6, folate, and niacin have proven effect in lowering cholesterol level, lowering blood pressure and works against heart disease.
5. Vitamin K in tomatoes helps to build bone.
6. Chromium and biotin make the body's ability to process sugar and fat, which may improve fighting diabetes and help nerve function.
7. Riboflavin helps with energy metabolism and fights against migraine headaches.

3.5 Go Ahead With Tomato Food

Now, you're probably thinking you have to consume tons and tons of fresh tomatoes to enjoy any health benefits. Not true. In one research study it was reported that people who ate tomatoes at least every other day had greater lung capacity. And, the tomatoes don't even have to be fresh! Again, research shows that the lycopene in tomatoes is more easily absorbed by the body if processed into ketchup, sauce and paste. So, not only are tomatoes a superfood, they're an easy superfood to include in your diet.

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Of course, fresh tomatoes are still beneficial, and packed with wonderful nutrients (not to mention delicious). Just remember the one rule of fresh tomatoes: don't put them in the refrigerator. The refrigerator destroys not only the flavor, it also destroys the nutrients.

So, if you consume ripe, unripe or tomato-based food products (tomato sauce, tomato pasta etc.) all deliver many nutrients with multiple mechanisms of action to prevent you from different kinds of diseases.

So, go ahead, do something good for your health tonight. Have a tomato.

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Chapter 4: Coconuts Supports Healthy Weight Loss

4.1 Coconut - The Raw Vegan Natural Food

A switch to a raw, vegan, natural foods lifestyle requires a little creativity and a lot of getting used to. It may feel at first as if we are giving up more than we are gaining.

When I became a 'raw dude' I expanded my tastes by experimenting and trying different foods that I previously paid little or no attention to. One of these newfound treasures was coconut.

If you are blessed to live in a tropical climate where coconuts grow in abundance, then it will have an influence on your desire to include more coconut in your daily diet. You may have had heard amazing things about the healing properties of coconut oil- some of which will be share in this chapter in hopes that you'll be convinced to give coconut a try.

4.2 You Can't Keep A Good Oil Down!

The false and misleading information that has been widely distributed marking coconut oil, or saturated fats, as bad was pushed by the corn oil industry. As we know, whenever huge profits are at stake, the truth is hidden and replaced with lies to support the profit agenda.

However, coconut oil which is far more nutritious and beneficial than corn oil, safflower oil, peanut oil, soybean oil, and even olive oil- contains no dangerous trans-fatty acids. Trans-fats can raise LDLs, commonly known as 'bad' cholesterol, and lead to heart disease, stroke, diabetes, and more.

4.3 Coconut Oil Increases Metabolism and Supports Healthy Weight Loss.

Coconut oil's saturated fat is a medium-chain fatty acid which means it is digested more easily than other fats. Whereas, other fats are stored in the body's cells, the medium-chain fatty acids in coconut oil are rapidly broken down and converted into energy putting less strain on the liver, pancreas, and digestive system. By activating the metabolism, coconut oil is outstanding for those with thyroid issues.

Coconut oil is antiviral, antimicrobial, and anti-cancerous. It enhances the immune system by destroying lipid-coated viruses such as HIV, herpes, influenza, and various pathogenic bacteria.

There are many uses for pure, virgin coconut oil. If you are interested in getting a more in-depth view of healthy saturated fats that should be included in your diet, Dr. Mary Enig's, "Eat Fat, Lose Fat : The Healthy Alternative to Trans Fats" is a clear, understandable read on 'good' fats. Dr. Enig provides a lot of information on coconut oil as well as other healthy, saturated fats.

4.4 The Many Uses of Coconut Oil

The following are known uses of coconut oil:

- As a stable cooking oil
- salad dressing
- shakes, smoothies, juices
- skin moisturizer
- massage oil

4.5 The Requirement for Good Coconut to look out for

I feel the best and most complete benefits come from the whole, natural coconut eaten regularly as a part of a natural foods diet. But if you don't happen to have a coconut tree in your backyard then you must make sure you are getting the highest quality virgin coconut oil.

Some requirements to look for would be:

- certified organic, USDA standards
- low-level heating to preserve natural nutrients
- made from fresh coconuts, not dried
- no chemical additives
- no refinement
- non-GMO
- no hydrogenation
- no hybridized coconuts

Superior quality makes a big difference, not only in regards to health and safety, but also in regards to taste and cooking quality if you use it in sautés and stir-frys. However you use your coconut oil, you can be assured that you are fortifying yourself with healthy, natural foods that taste good and are good for you!

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Chapter 5: What Can Honey Do To You?

5.1 Usefulness of Honey

If you feel exhausted and want something fresh to release all your fatigue, why don't you take a teaspoonful of honey and add to your tea, then drink it. You are going to feel better then. It's not difficult to find honey as it is easy to get and available everywhere in the market. In fact, honey has been a part of the commodity in the ancient century. They used honey for different purposes such as for health treatment, food and beverage, and other useful matters.

Nobody has doubts the usefulness of this sweet viscous fluid produced by bees. Honey makes a good alternative to sugar in food and beverages. Honey is a source of nutrition. It contains many enzymes, vitamins, minerals and amino acids, as well as fructose, glucose, and water. In addition, honey also contains antioxidants that can fight free radical from human body. Free radicals are molecules that attack human healthy cells.

Current research on honey has shown it's beneficial as an antimicrobial agent that can treat different kinds of ailments. The most common use of honey as an antimicrobial agent is to treat wounds, burns and skin ulcers.

Honey can also help seasonal pollen allergies. Consuming a teaspoonful of honey a day for a few months can boost your immune before the allergy season (mostly during autumn) comes. Thanks to the bees, people can taste the sweetness of honey and take the benefits out of it to improve human's health.

5.2 Other Related Products Produced By Bees

Probably bees are the most helpful insect to human as they produce not only honey, but also something related to honey. Let's see what they are:

Royal Jelly: This is the most nutritious food for the queen bees throughout her life. Luckily, human can take out and consume some of it. Its tastes a little bit bitter, but has so many benefits. It's rich in vitamins, minerals, proteins, amino acid and antibiotic. It can enhance immunity; prevent

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arthritis and multiple sclerosis; treat asthma; slow down the signs of aging; stimulate hair growth etc.

Beeswax: It's a product from the abdomen of the worker bees. Worker bees have some glands on the inner sides of the ventral shield or plate of each segment of the body. The beeswax is useful to make lipstick, capsule, balm, body lotion, candles or as a wood polish or floor polish.

Bee Pollen: It's the male seed of a flower blossom that is gathered by the bees. Whoever consumes bee pollen may have more vitality in life. Most athletes like bee pollen because it sustains and enhances their quality performances. For ordinary people, bee pollen can stimulate organs and glands, rejuvenates human body, and brings about a longer life span.

As you can see, all the products "made" by the bees are beneficial for our health. Why don't you try them for your health's sake?

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Chapter 6: Vegetarian Diets Prevent Diseases

6.1 Vegetable Protein Has One Definite Advantage Over Meat Protein

While it's still controversial which one is better, most recent study shows one definite advantage of vegetable protein over meat protein is that plant protein can help lower blood pressure. Those who consume a lot of vegetable protein have lower blood pressure.

Researchers at Imperial College London did a survey on nearly 4700 people from the UK, the US, Japan and China. They found that the more vegetable protein the subjects said they had, the lower their blood pressure.

The report published in the journal Archives of Internal Medicine suggested vegetarians tend to be lighter than non-vegetarians, and that the amino acids and magnesium found in plant protein may play roles in lowering blood pressure.

Since the study shows plant protein has some benefits that meat protein lacks, it is recommended we add some amounts of vegetable protein in our diet for better health. Good sources of vegetable protein include whole grains such as corn, wheat, oats, milo, barley, soya products such as tofu, soya milk, nuts and seeds like peas, beans, peanuts, almonds, pipe nuts etc. A well balanced diet including certain amounts of plant protein is definitely better than a diet that gets dietary protein from meat only.

6.2 What You Need To Know About Vegetarianism

Living healthy requires maintaining a healthy diet. No diet may be healthier than meals dominated by fresh, all-natural vegetables and fruits. Lately, more and more people have shifted to vegetarian meals because scientific research demonstrated the adverse effects of animal meat.

Nutritionists explain that the high amount of animal fat present in meat, dairy, and other animal products may be probable factors leading to the onset of diabetes mellitus, obesity, colorectal cancer, high blood pressure, and coronary artery disease. To avoid these diseases, nutritionists have long expounded on the health benefits of high intake of fruits and vegetables.

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However, people generally have many misconceptions about vegetarianism or the practice of eating foods from the plant kingdom. This section attempts to clear these misconceptions and bring to light what the said lifestyle is about.

Vegetarians may be classified into four groups. Vegans eat no animal foods, while semi-vegetarians generally avoid meat but consume poultry and selected animal foods. Meanwhile, lacto-ovo-vegetarians avoid meat, poultry and fish, but take in milk and eggs. Finally, lacto-vegetarians consume milk products but not other animal foods. Some vegetarians also go as far as avoiding clothing made from animal products like fleece, fur, and leather. More so, others avoid processed foods, alcoholic beverages, and foods bred with pesticides.

Historically, vegetarianism can be traced from philosophical beliefs, specifically religious traditions and teachings of Buddhism and Hinduism. The said religions shun away from animal flesh due to their doctrine upholding self-denial, reincarnation, and the blessedness of all forms of life. However, during the 19th century, the practice has transcended religious boundaries when the Vegetarian Society, a British non-religious organization, became famous in 1847.

Modern vegetarians uphold the rejection of meat in their campaign for animal welfare, labeling the killing of animals for consumption as a violation of their rights. The practice has already gained worldwide acceptance. Some people contend that the vegetarian diet is insufficient in meeting the daily nutritional requirements. However, dieticians have explained that plant-based meals are low in cholesterol, saturated fat, and salt.

Likewise, plant-based meals may be planned in order to obtain the essential nutrients normally obtained from meat, fish, and poultry. Vegetarians may consume diets dominated by fruits, vegetables, cereals and grains. In place of meat products, lacto-ovo-vegetarians may use nuts, lentils, eggs, nuts, peanut butter, dry beans, and peas. Vegetarians avoiding milk may find other sources of calcium and Vitamin D-enriched foods. Also, vegans may have to take vitamin and mineral supplements to ensure adequate intakes of nutrients that may only be obtained from animal-based meals. Consciousness on healthy living involves awareness on the different options and forms of vegetarianism.

6.3 Vegetarian Diet: Great For Weight Loss, Health And The Planet

Animals are my friends and I don't eat my friends" was how George Bernard Shaw explained his vegetarian diet. Albert Einstein said that the adoption of "the vegetarian manner of living...would most beneficially influence the lot of mankind."

Whether you are interested in vegetarianism because of lofty moral ideals such as those held by Shaw and Einstein, or because you just want to lose weight and feel better physically you are not alone. Throughout the world there is a growing interest in vegetarianism.

Let's take a look at the main reasons for being a vegetarian.

Physical: There is a long list of modern diseases that are aggravated by meat eating: colon cancer, heart disease, kidney disease, arthritis and gout top the list.

In addition, many toxins accumulate in meat, as animals are on the top of an agricultural food chain that is heavily dependent on chemicals and pesticides. Added to the chemicals of the environment, are the hormones secreted into an animal's bloodstream as it faces death. "The flesh of an animal is loaded with toxic blood and other waste products," was how the Nutrition Institute of America described it.

If that isn't enough to make you think about trying a vegetarian diet, there is more:

You Can Live Without Meat: You can get all the vitamins, minerals and even protein that you need without eating any meat products. A diet of fruits, vegetables, whole grains, and dairy products will certainly provide you with what you need. And such a diet is not boring. Have you ever tasted an elaborate vegetarian Indian dinner, or vegetarian Chinese cuisine, or vegetarian Italian food?

While it is possible to be vegetarian and also be fat, it is much harder! A vegetarian diet is not a fad diet that you will do for a period, but something you can follow and enjoy for your whole life.

But there are more reasons why a vegetarian diet makes sense.

Moral and Social Reasons: We all love our cats, dogs, and house pets. We regard them as beautiful creatures that are part of our family. Other animals, cows, sheep, pigs, chickens ducks, etc. are also beautiful creatures and they too want to live. If we can live our lives without killing them, then why should we?

Finally, our Mother earth is small and has limited resources. Feeding humanity with meat takes a big toll on the environment. It makes more sense for us to get nourishment from plant proteins rather than growing grains and then feeding it to animals. Every year millions of people die of hunger in the developing countries, while thousands die of avoidable diseases in the developed countries due to overeating the wrong kind of food. Surely, in the 21st Century, we can do better than this. The spread of the vegetarian diet may be the best way to correct this crazy imbalance.

So, think about it, and try out a vegetarian diet. It will help you to slim down, feel great physically and connect you with the other living beings on planet Earth.

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Chapter 7: Health Benefits Of Carrot and Hazelnuts

7.1 Health Benefits Of Carrot Juice

Carrot juice has a number of health benefits. The carrot provides what is certainly the most important basic juice. The yellow color is due to carotene. Another name for this form of carotene, the transform, is pro vitamin A. Many authors write that carrots contain a lot of vitamin A. This is not actually true; what the carrot does contain is the pro vitamin. That means a substance that is converted by the body into the vitamin itself.

Carrot juice plays the most important part in an infant's supply of vitamin A. When carrot juice is consumed jointly with milk, the utilization of carotene as vitamin A is considerably increased. A carrot and milk juice is the ideal vitamin A source for infants and can in no case lead to the risk of the child having too much A.

Carrots are widely used. Indeed it is estimated that in Germany carrots account for 10% of the total vegetable consumption. From the carrot juice point of view, the varieties to be employed are ideally those with the most carotene. It is fortunate that the pro vitamin is strongly colored for this means that so long as you use good colored carrots they are likely to be the best nutritionally speaking too.

As a general rule, early carrots are pale and low in carotene. Because carotene is not water soluble, but is fat soluble, there is not a very great deterioration in the vitamin content on storage.

Nursing mothers are well advised, for the sake of the quality of their milk, to take carrot juice throughout lactation. When the baby is on its way it is good sense not only to drink the juice but also to nibble a carrot when you feel hungry. For although a good sized one will provide your minimum requirement of vitamin A, 7oz (200g) of carrot contain only 50 calories, which cannot be considered to be a fattening snack.

The carrot is recorded as being used in medicine by the early Greeks and has been cherished ever since. Its juice is one of the most delicious and healthful, and alone or in combinations should be in every daily diet

providing, as it does, the essential vitamin A, without the saturated fats with which this vitamin is associated in eggs and butter.

7.2 Health Benefits of Hazelnut

7.2.1 Uses of Hazelnut

Hazelnut, which is a very important nutritional value in a well-balanced diet, has several important health benefits in protecting against diseases. Having special combination of oil (especially oleic acid rich oil structure), proteins, carbohydrate, beta-sitosterol, essential vitamins and minerals, giving hazelnut a special place among other nuts for its unique ability to protect against diseases. It is known that consuming only 25-30 grams of hazelnuts a day, is enough for daily vitamin E needs and a very good way of protecting against heart-vein diseases and cancer

Hazelnut and hazelnut oil is the best known source for Vitamin E which is essential for the healthy heart muscles and other muscles of the body as well. It is also necessary for normal functioning of the reproduction system. Vitamin E prevents the disintegration of red blood cells, thus it serves as a protection against deficiency of blood which is called anemia. Another benefit of Vitamin E which is found in hazelnut is to prevent the factors which prepare the basis for cancer disease. If cancer is already formed in the body, then it fights to defuse the harmful cells. Beta-sitosterol, which is found amply in hazelnut, is an important mean of decreasing cholesterol and preventing cancer (breast cancer and prostate cancer). Thus, consuming 25 gr. Hazelnut a day protects the body both for heart-disease and cancer.

Hazelnut is rich in oil. Indeed 60-70 % of hazelnut consists of oil. This structure provides not only energy to organisms, but also protection of body temperature, protection against outer factors and helps to the movement of vitamins which melt in the oil. In the combination of hazelnut oil, there are some oil acids which carry out important duties for organisms. For instance; oleic acid which is found in hazelnut oil prevents the rise of cholesterol in the blood, decreases cholesterol by 26,2%, arranges the blood sugar, increases the protective Apapratein A-1 for health-vein diseases by 25% and decreases risky Apapratein B by %7,5.

Another beneficial acid in hazelnut oil is Linoleic Acid which can be found heavily in hazelnut oil. Linoleic Acid plays very important role for the growth and healthy development of organisms.

7.2.1 Vitamin Components of Hazelnut

Hazelnut is a good source for B1, B2 and B6 vitamins. These vitamins are essential in blood formation and mental health, especially for those of children in development age.

The following vitamins can be found in substantial amounts in hazelnut:

- Calcium which is essential for healthy bones and teeth;
- Iron, which has blood production function;
- Zinc, which has an important role in the development of sexual hormones;
- Potassium, which is necessary for the stimulation of nervous system and the properly functioning of muscle system.

Consuming hazelnut is very important for healthy life. Eating only 25 grams hazelnuts a day can be a very good protection against many diseases including cancer and heart diseases. According to results of a research, people who consume hazelnuts or hazelnut oil, have 50% less risk of dying because of hearth attack when compared to those who never consume hazelnuts. It is the most beneficial nutraceutical element for heart health. For more information visit <http://hazelnut-health.blogspot.com/>

Cancer: From Diagnosis To All Clear In 11 Months.

Glenn Johnsons Personal Story Of Victory Over Esophageal Cancer Without Surgery. This Book Includes His Medical Reports And The Nutritional Regime He Followed.

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Chapter 8: Fruits And Vegetables - A Healthy Choice

8.1 Importance of Fruits and Vegetables

Most people know that eating fruits and vegetable are good for your health. Yet many people still don't eat enough of fruits and vegetables. Experts say that everyone should get at least 5 servings of fruits and vegetables a day. Increasing your vegetable and fruit intake will boost your health, you can also lose weight.

You might think 5 serving or even 9 serving is a lot to ask for. But you should still try your best to achieve the goal because after all you are doing if for yourself and your loved ones. Here is list of things you can eat for 1 serving to help you out.

A medium fruit or vegetable, for example an orange, apple or banana will be one serving. So will two small fruits, such as kiwi or plums. ½ cup of fresh, frozen or canned fruits and vegetables. ½ cup of 100% juice will do the trick as well. And other options could be ¼ cup of dried fruit or a cup of green salad. These are ideas that will get you started.

Many studies have proven that a diet full of fruits and vegetables can lower the risk of some cancers, heart disease and other chronic diseases and conditions.

Antioxidant vitamins can be found in many fruits and vegetables, such as vitamin A, vitamin E and vitamin C. Not only that, but fruits are also a source of dietary fibre. Many people may not know but not only do citrus fruits like oranges and grapefruits have a great source of vitamin C, they are also a good source for fibre.

The list goes on and on for the benefits of eating more fruits and vegetables. The bottom line is to just try and add fruits and vegetables to your diet if you haven't already. And if you have, to keep eating them and eat as much of them as you can.

8.2 Fruits Secrets

Fruits, goldmine of vitamins, minerals and fibre are ideal to consume at least 4-5 servings in a day. Since they are in the natural form, account for largest part of water and 100% bad cholesterol free, it's much easier for the body to process and absorb the vitamins and minerals from the fresh fruit.

Apple – Round fruit with lots of fibre, vitamins A, C, E and folate. Available in green, red or yellow skin when ripe. Apples reduce the risk of colon cancer, prostate cancer and lung cancer. They also help with heart disease, weight loss and controlling cholesterol.

Bananas – Long thick skinned fruit yellow in colour when ripe. Good source of fibre, potassium, vitamins A, C, B6, E & folate. Unripe or green bananas are used in cooking.

Cherries – small round fruit with a seed, red or black in colour when ripened. Cherries always have to be ripe to eat. Cherries contain anthocyanins that reduce pain & inflammation.

Figs – Eaten either dried or fresh, figs contain vitamin A, C, folate and niacin. A small sweet fruit full of small seeds.

Kiwi – A rich source of vitamins A, C, E, B - complex, calcium, iron and folic acid, kiwi is a small oval fruit with thin brown skin, soft green flesh and black seeds. The skin is a good source of flavonoid antioxidants.

Lime – Lime or lemon is the most cultivated citrus fruit with green to yellow colour loaded with vitamins A, C and folate. Juice of lime is good for detoxification and has antioxidant properties.

Peach - Round juicy fruit with a yellowish red skin & flesh having a taste of acidic tang and sweetness contains a rough stone. Always to be picked and eaten ripe.

Orange - A round thick-skinned juicy edible fruit that is a reddish-yellow colour when ripe with sweet to sour flavour. Peeled and eaten fresh or squeezed to make juice. Contain vitamin C, flavanoids, provides pectin and rich in sodium when ripened in sunshine.

Plum - soft round smooth-skinned fruit with sweet flesh and a flattish pointed stone. It is high in carbohydrates, low in fat and calories. An excellent source of vitamin A, C, calcium, magnesium, iron, potassium, fibre and free of sodium and cholesterol.

Papaya - A melon like fruit with yellow- orange flesh with dozens of small black seeds enclosed in skin that ranges in colour from green to orange. Either round, pear-shaped, or long like a banana. Rich in vitamins A, B, C, and D; calcium, phosphorous and iron. It is high in digestive properties and has a direct tonic effect on the stomach.

Pear - A sweet juicy yellow or green fruit with a rounded shape narrow towards the stalk. Best eaten at room temperature, pear contains kalium and riboflavine. It is good for skin and contains plenty of fibres.

Strawberry - A triangular shaped red colour fruit. It is one of the richest sources of Vitamin C and fibre. It has high content of sodium and iron. It helps in whitening of the teeth. Used to relieve rheumatism.

Watermelon - a type of melon with smooth exterior rind and juicy sweet red interior flesh. Extraordinarily refreshing to drink as juice or eaten when ripe and fresh. Valuable for minerals, vitamins and sugar with useful amount of fibre and iron.

[Eczema Diet Secrets](#)

An Essential Guide To Healing Ones Skin Condition From The Inside Using Nutritional Therapy. A Step By Step Dietary Approach To Reverse Eczema Is Detailed.

[How To Eliminate Eczema Without The Use Of Steroids, "Miracle Creams" Or Any Bitter Medicine That Your Mum Makes You Drink.](#)

Chapter 9: Importance of Water

9.1 Drink Up – Studies Suggest

As in America and many other parts of the world, drinking water is a routine. We keep bottles of water in our cars, at the office, in our gym bag and in our briefcase or purse. Travelers bring water onto planes and trains. I don't remember what we did before bottled water became so popular, but I bet we didn't drink as much.

Most Americans get plenty of fluids, according to a report by the Institute of Medicine (IOM), the scientific body that establishes nutrition recommendations for Americans. In fact, aiming toward a goal of eight daily glasses of water in addition to other fluids in your diet probably is not necessary.

The IOM recommends a total of about nine daily cups of fluid for women and about 13 cups for men. Keep in mind, however, that everything that we drink counts—water, milk, coffee and tea, juice and soft drinks—as do water-rich foods like fruits and vegetables. Of course, water is calorie-free, which makes it an attractive option.

"Use thirst as your guide," advises Jo Ann Hattner, R.D., a nutrition consultant in San Francisco, Calif. "Drink when you're thirsty and you probably will get enough fluids over the course of the day." Hattner points out that older adults are the exception. "Older adults often don't have a good thirst mechanism so they won't feel thirsty even though their body needs fluids." Be sure to drink a lot if you are physically active, live in a hot climate, or are taking a vacation to a warm and/or dry climate.

Include foods that are high in liquid to help keep your body hydrated. Start the day off with Whole Grain Total topped with milk and fresh fruit. Enjoy soup or a large salad with your lunch. Include vegetables at dinner, along with fruit for dessert. Hattner suggests being aware of the color of your urine to determine whether you've had enough fluids. "If it's light in color, you're fine. If the color is dark, then your urine may be too concentrated and you need to drink up!"

Do coffee and tea count? Yes, coffee and tea do count. Contrary to popular belief, coffee, tea and other caffeinated beverages are not dehydrating, though they may have a temporary diuretic effect, and do not cause the body to lose extra fluids.

9.2 Drink More Water For More Energy

What makes up 70-80% of our planet? Water. What makes up 70-80% of our body? That's right, water. Water is the single most important nutrient you will give your body apart from oxygen. Water rejuvenates us and carries vital nutrients all round the body where it's needed. Water picks up all the leftovers, wastes and debris that the cells throw off into the lymph system and transport them out of the body via the channels of elimination.

So when you drink more water it has the double combination of feeding your body and clearing you of all the waste products that were built up in your system. Your brain needs water, and plenty of it. Without water, your brain will operate worn out, tired and sluggish. Water is the ultimate gift to give yourself to think with clarity. In addition, water acts as a kind of healthy lubricant moistening tissues and joints.

When you drink, you want to avoid tap water. Tap water is more like a dazzling mix of chemicals. It contains fluoride, chlorine, and many others. The amount of chemicals in water will fill up books - it's more like a chemical soup. The evidence that fluoride is poisonous is so overwhelming that it's being pushed to be banned in many countries by action groups. The thirst mechanism when having been turned off for a prolonged period is often mistaken for hunger. As you drink more water your thirst mechanism will return to its natural state. Not only will you begin to feel thirsty when you need water again, but your appetite will decrease.

This brings us to the next big thing you need to understand about water. If I asked you the difference between inorganic and organic minerals, chances are you couldn't tell me, right? Well let's briefly explain the difference. It's a simple difference. Organic minerals come from plants; inorganic minerals come from rocks and volcanic sources. Organic minerals can be broken down by the body. Inorganic minerals are not used by the body and are stored until suitable water can come and carry them out. Organic minerals can be broken down by the body, while inorganic cannot. One is derived

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from natural plant life; one is derived from rocks, filings and small pieces of grit. Which one makes more sense to use?

It's better to get your plant minerals through the food you eat rather than the inorganic form in water. Bottled water is often taken, tested and found to have bacteria and very often isn't rated much better than tap water.

Do you know the best water to use? The best water to use is the same water you use in your iron. The purest water in the world is distilled water. It's as pure as rainwater should be if our atmosphere wasn't polluted. If you haven't yet heard that 70% of the world's population is dehydrated - you will soon, as the UN push to get proper water supply to people in the third world. The second best method of filtering is a type of filtering called "reverse osmosis". Unfortunately the standard bench top filter isn't enough.

Most of the nasty contaminants in our water simply don't have a taste. Some people feel it's a case of out of sight out of mind. This may work for things people think, yet when it comes to your body, the life of your children, the health of those you care about and the line between getting cancer and surviving it's far short of acceptable. The opportunity for energy, for vitality, for a quality of life is only known to a select few who choose to raise their standards and take action to apply what they know. New discoveries are being made all the time as new research comes out of the United States, out of Germany, and out of Australia and other countries. How does this apply to me you may ask? Well, these contaminants can kill you. Is this a reason to get upset? No, it's simply an action signal to act smarter.

The best bit is when you're drinking absolutely pure distilled water it is so much easier to drink. It's so easy to refreshingly flood your body with purity that will flush out chemicals, clear out the lymph system and contribute to expelling excess weight in the body. Distilled water is so easy to drink and be absorbed by your body without having to flush out the other nasties first that many people report who were struggling to drink half a litre of water a day, are now drinking 4 litres a day and up, with ease! If you can't get distilled water, reverse osmosis filtered or table water is the next best option.

Many people in third world countries don't have access to a clean water supply. We in developed countries have currently almost unlimited access to clean water. My suggestion to you is to use it!

Chapter 10: Dietary Fiber - For Diabetes, Heart and General Health

10.1 What You Should Know About Dietary Fiber

Most people understand the importance of dietary fiber in their diet. Much has been said about its importance in heart health, diabetes, cancer prevention, and even weight control.

What is less well understood is how different types of fiber affect the body. Some provide fecal bulk, some are absorbed more quickly into the blood stream than others, and thus raise blood sugar levels more quickly, and yet others provide benefits to the heart.

Thus, despite the apparent simplicity, fiber is a complex topic. And whilst all types of fiber are important, if you are looking at preventing or managing specific conditions, it's not enough to just look at the total dietary fiber as written on food packaging.

Dietary fiber is broadly classified into soluble and insoluble fiber. Soluble fiber is fermented in the colon, and plays a role in slowing the absorption of glucose into the bloodstream. It also encourages the growth of the 'friendly' bacteria that help break down bile, and are involved in the creation of B vitamins like folic acid, niacin, and pyridoxine.

Insoluble fiber, on the other hand, acts a bit like an intestinal broom. It provides bulk to the stools, and makes sure they pass through easily and quickly. This is the type of fiber that keeps you 'regular', not insoluble fiber.

Insoluble fiber does provide a feeling of fullness, however. This makes it great for weight loss and controlling hunger. It also keeps blood sugar levels more stable, although research into the rate at which carbohydrates enter the bloodstream have found there to be some significant differences within the foods that make up the fiber group. Dietary fiber can thus be rated by its Glycemic Index, which effectively ranks fiber foods with each other on a relative scale.

The idea is to try and include more low glycemic index foods. Foods with a high glycemic index cause blood sugar levels to spike, providing too much

Discover Common Foods That Prevent Various Diseases

energy to the blood in the form of carbohydrates, which in turn sets off the body's sugar controlling hormone - insulin. You thus get a 'high' followed by a sudden drop. This in turn leads the body to want more carbohydrates to balance itself again, leading to cravings and overeating, as well as tiredness and moodiness.

Low glycemic index foods include lentils, chickpeas, baked beans, fruit loaf, salmon sushi, barley, milk, low fat custard, soy milk, yoghurt (not diet yoghurt), apples, strawberries, grapes, spaghetti, peas, carrots, fructose, strawberry jam, and chocolate milk.

Moderate glycemic index foods include pea soup, rye bread, porridge, muesli, ice cream, bananas, pineapple, kiwi fruit, new potatoes, beetroot, white sugar, honey, and mars bars.

High glycemic index foods include broad beans, bagels, white bread, brown rice, watermelon, udon noodles, desiree, pontiac and sebageo potatoes, and glucose.

We need both soluble and insoluble fiber, however. A study published in the American Journal of Clinical Nutrition found that in a group of 6000 French men and women, those with the highest levels of soluble and insoluble fiber in their diet had a lower risk of being overweight, a lower risk of having blood pressure problems, cholesterol problems, and they had better levels of triacylglycerols and homocysteine. The last two are measure³ of heart health.

Fiber from cereals was linked to lower body fat, lower blood pressure, and lower levels of homocysteine. Those with a higher intake of vegetables, also a source of fiber, had lower blood pressure and lower homocysteine levels. Fiber from fresh fruit was associated with a lower waist to hip ratio (good news for dieters!), and lower blood pressure. And fiber from dried fruit, nuts, and seeds (like sesame seeds, sunflower seeds, and pumpkin seeds) was also linked to a lower waist to hip ratio, lower body fat, and a better fasting glucose concentration. Fasting glucose relates to having a steady level of glucose between meals. If it dips too low, we crave things, often sweets.

Fiber has another interesting benefit. In people with type 2 diabetes, it has been found to lower the levels of 'bad' cholesterol, and increase the levels of

'good' cholesterol. It has already been established that fiber supplements will lower the levels of bad cholesterol in people, whether they have diabetes or not. But this new study found that fiber supplements also decreased the reabsorption of cholesterol from meals.

To get this benefit, it is important to time taking the fiber supplement in synch with meals. The study participants took a fiber supplement drink before mealtimes, and this ensured that the fiber was in the intestines when the meal was being eaten. The people in the study participated for 90 days and their average age was 59 years old.

10.2 Dietary Therapy: High Fiber Diets

Can high-fiber diets really do all they claim to do? Studies have looked at the relationship between high-fiber diets and many diseases, including colon cancer, coronary heart disease and diabetes. Proven benefits of a high-fiber diet include prevention and treatment of constipation, hemorrhoids and diverticulosis. In addition, certain types of fiber help decrease blood cholesterol levels.

Dietary fiber comes from the portion of plants that is not digested by enzymes in the intestinal tract. Part of it, however, may be metabolized by bacteria in the lower gut. Different types of plants have varying amounts and kinds of fiber, including pectin, gum, mucilage, cellulose, hemicellulose and lignin. Pectin and gum are water-soluble fibers found inside plant cells. They slow the passage of food through the intestines but do nothing to increase fecal bulk. Beans, oat bran, fruit and vegetables contain soluble fiber.

In contrast, fibers in cell walls are water insoluble. These include cellulose, hemicellulose and lignin. Such fibers increase fecal bulk and speed up the passage of food through the digestive tract. Wheat bran and whole grains contain the most insoluble fiber, but vegetables and beans also are good sources. Sometimes there is confusion as to the difference between crude fiber and dietary fiber. Both are determined by a laboratory analysis, but crude fiber is only one-seventh to one-half of total dietary fiber.

Insoluble fiber binds water, making stools softer and bulkier. Therefore, fiber, especially that found in whole grain products, is helpful in the treatment and prevention of constipation, hemorrhoids and diverticulosis.

Discover Common Foods That Prevent Various Diseases

Diverticula are pouches of the intestinal wall that can become inflamed and painful. It is now known that a high-fiber diet gives better results once the inflammation has subsided.

Some types of fiber, however, appear to have a greater effect than others. The fiber found in rolled oats is more effective in lowering blood cholesterol levels than the fiber found in wheat. Pectin has a similar effect in that it, too, can lower the amount of cholesterol in the blood. High-fiber diets may be useful for people who wish to lose weight. Fiber itself has no calories, yet provides a “full” feeling because of its water-absorbing ability. For example, an apple is more filling than a half cup of apple juice that contains about the same calories.

Foods high in fiber often require more chewing, so a person is unable to eat a large number of calories in a short amount of time. Dietary fiber is found only in plant foods: fruits, vegetables, nuts and grains. Meat, milk and eggs do not contain fiber.

The form of food may or may not affect its fiber content. Canned and frozen fruits and vegetables contain just as much fiber as raw ones. Other types of processing, though, may reduce fiber content. Drying and crushing, for example, destroy the water-holding qualities of fiber. The removal of seeds, peels or hulls also reduces fiber content. Whole tomatoes have more fiber than peeled tomatoes, which have more than tomato juice. Likewise, whole wheat bread contains more fiber than white bread.

Fiber supplements are sold in a variety of forms from bran tablets to purified cellulose. Many laxatives sold as stool softeners actually are fiber supplements. Fiber’s role in the diet is still being investigated. It appears that the various types of fiber have different roles in the body. For these reasons, avoid fiber supplements. Instead, eat a variety of fiber-rich foods. This is the best way to receive the maximum benefits from each type of fiber present in foods, and obtain necessary nutrients.

Chapter 11: 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.

- 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.

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Chapter 12: 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.

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Chapter 13: Food And Health & Fitness

13.1 Foods That Burn Calories!

Eat Foods High in Fiber

Celery and cabbage have long been touted as "calorie burning" foods, simply because the energy used to digest these foods is greater than the energy, or calories, ingested by eating the foods. An added benefit of these foods is that they are fibrous and filling, which means you will feel satisfied faster and on many fewer calories than other food choices. Keep in mind, however, that you don't want your caloric intake to be too low to cause a drop in metabolism. When your metabolism drops, you will retain more weight as the body responds to what it thinks is a period of malnutrition.

Vitamin C is also believed to be a calorie burner and a weight loss booster. Foods that are high in Vitamin C and also high in fiber and low in calories include oranges, tangerines (fresh, not canned), grapefruit (which are 90 percent water!), limes and lemons.

Eat Low-Fat Dairy Products

Recent studies have been pointing to the fact that dieters who eat at least two to three servings of low-fat dairy products a day, like cottage cheese and yogurt, lose weight faster, keep it off longer, and lose more weight in the belly area than dieters who don't include dairy products in their diets.

Easy lunch additions include single-serving sizes of low-fat string cheese, individually wrapped low-fat cheese wedges, milk cartons (not just for elementary school cafeterias anymore) and even fat-free sour cream in place of other condiments.

Choose Foods Rich in B12

Eggs, milk, low-fat cheese and cereals that have been vitamin-enriched are all good sources of vitamin B12. Some sources state that B12 increases the body's fat-burning ability. Every gram of fat equals 9 calories, so when you burn fat, you burn calories, too. Vitamin B12 is also known to fight fatigue and speed up the metabolism, which are benefits that can give a boost to any dieter.

13.2 Five Things You Need to Know About Fast Food

1. Paying a Price for Convenience

With the busy lifestyle of most people, it's hard to find time to focus on nutrition. But if you frequently find yourself sitting in the drive-through line at a fast food restaurant, you need to think about the long-term health consequences that fast food creates. High fat foods lead to heart disease. High levels of sodium lead to high blood pressure, heart attacks and stroke. And it all leads to obesity, which has reached epidemic proportions and is of particular concern in children.

2. Super Size Equals Super Bad

It's so easy to think, "For only pennies more, I can have extra large!" But the amount of calories in a super-sized meal comes close to what most of us should be consuming in a whole day; much less for an individual meal. Since the calories are largely made up of fat, sodium and carbs, you'll find yourself hungry again much sooner than if you'd eaten a healthier meal. It's easy to see a number of reasons why eating fast food on a regular basis leads to obesity.

3. Fast Food Addict?

Do you ever find yourself craving fast food? Research is showing changes in the brain of those who regularly eat foods high in fat and sugar. The body normally produces hormones that tell us when we are full. But the more fat and sodium we consume seems to trigger an immunity to the signals these hormones produce. Other hormone levels affected by high fat consumption seem to make us crave even more fat, and making it worse is the low energy level that a high-fat diet brings. The effect is that it becomes a vicious cycle of eating high fat foods, craving more, then not being able to work it off because all that fat is making us tired.

4. Healthier Alternatives

There are healthier alternatives to a traditional burger and fries. But let's not confuse "healthier" with "healthy." A three-piece chicken breast strip entree is "healthier" than a burger, but with 20 grams of fat and 930 milligrams of sodium, it's hardly considered healthy. And some chicken sandwiches are surprisingly higher in fat and calories than a burger. Even salads can quickly fall into an unhealthy category when you pile on a dressing loaded with fat and sugar.

5. Everything in Moderation

Grabbing a fast food meal once in awhile when you're traveling or when your schedule is tight won't have much of an effect on your health. But if fast food is a regular part of your diet, you might want to consider the health ramifications. The key is being well-informed before you walk into a fast food restaurant so you can make better choices. A little Internet search will help you to decide ahead of time what to order. A little pre-planning to allow the time to eat a healthy meal, or packing a healthy alternative to eat on the road is more than worth the effort.

13.3 Food Selection Table

Overview

With so many people claiming that they have the answers about your health and nutritional needs, it's hard to know what you're supposed to eat. The following information will help you interpret the Food Guide Pyramid and make the information easier to digest. Whole Grain Breads, Brown Rice other Cereals (this does not mean the kind in a box, it means oatmeal, cream of wheat, etc.).

Whole grains contain carbohydrates and lots of fiber, B vitamins, potassium, iron, selenium, some protein, calcium and vitamin E. They also contain phytochemicals. From this group you'll want to include all breads that are not made from white flour, pasta, rice, noodles, breakfast cereals, oats and grains. Aim for 3 daily servings of whole grain types and watch the added fat. Have 6 to 11 servings daily according to your appetite and size. Example: 1 slice of bread, a bowl of cereal, half a bagel, 3 crackers, or half a cup of cooked rice or pasta. Most people would benefit from eating more of these foods. Whole grains are nutritious and filling, so make them a part of each meal and use them as snacks in moderation.

Fruits and Vegetables

Fruits and veggies are known for their vitamin C, folic acid, beta carotene, fiber, magnesium and potassium. They also contain some carbohydrates as well as iron, calcium and phytochemicals. Fresh, frozen, dried and juices are better than canned, since vegetables and fruits lose some of their nutritional value in the canning process. Choose a variety of different types and colors each day. Aim for at least 5 to 6 portions every day. A portion equals 1/2

cup of raw or cooked fruits and vegetables or 1 cup of leafy vegetables. Diets rich in fruit and vegetables can help protect against heart disease, help weight control, maintain a strong immune system and keep your bowels regular. They can also be a good alternative to sweets.

Milk and Dairy Foods and Alternatives

Foods in the milk and dairy category contain calcium, protein, vitamin B2, B12, zinc, and vitamins A and D. Phytochemicals can be found in the soy-based foods. When choosing dairy products, go for lower-fat varieties such as reduced-fat milks, yogurts and cheeses. Try tofu, calcium-fortified soy milk or soy yogurt. Limit your intake of hard cheeses. You should have 2 to 3 servings daily. Example: 1 cup of milk and 1 1/2 oz. of cheese. A good calcium intake throughout life--especially during adolescence and your early twenties--helps reduce the risk of osteoporosis.

Meat, Fish and Alternatives

Meat and fish contain much needed protein as well as selenium, B vitamins, zinc, magnesium, iron and potassium. There are also many healthy phytochemicals in beans, lentils, nuts, seeds and tofu. Choose lean and trimmed red meats and poultry. Include all types of fish as well as eggs, beans, split peas and lentils, tempeh and soy beans. The Good Guide Pyramid suggests eating moderate amounts, which means 2 to 3 servings a day. Example: 1 oz. of meat, 1 egg or 1/2 cup of beans. You should get your protein from a variety of sources in your diet , so there is no need for large meat portions. Protein is a major source of energy, and B vitamins promote a healthy nervous system and other functions.

Foods Rich in Fat and/or Sugar

Sweets, desserts, fats and oils contain, of course, fat and sugar. They do provide us with some essential fats, vitamins and minerals. There are essential phytochemicals in virgin olive oil, canola oil and chocolate. When choosing which fats to add to your diet (we all need some), unsaturated oils such as found in olive, grapeseed, sunflower soy oils and their spreads are best. Use fats sparingly when preparing food. Look for lower-fat alternatives to spreads, salad dressings and fast food, and limit your dessert portion. High saturated fat may raise cholesterol levels. Frequent sugar intake may strain your immune system and slow down metabolism.

Resources

For more information on Foods, Fitness and Health, check out the following links:

- [1. Burn The Fat, Feed The Muscle](#)
- [2. Eczema diet secrets](#)
- [3. Cancer: From Diagnosis To All Clear In 11 Months with Diet](#)
- [4. Cheat Your Way Thin. Use Your Favorite Foods To Lose Fat Faster!](#)
- [5. Healthy Urban Kitchen Cookbook. A Simple, Step-by-step System](#)
- [6. Meal Plans 101](#)
- [7. Easy-Does-It Diet - Do-it-Yourself Frozen Diet Meals.](#)
- [8. Fat Fighting Foods. Detailed Information On The Foods That Burn Fat](#)