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# 1. A Healthy Start to a Healthy Year

## Summary:

Can your mind help your body keep your New Year's resolutions? Mounting evidence says, \*Yes.\*

The evolving field of psycho-neuroimmunology, or the study of the mind-body connection - often considered fringe beliefs - could help you keep your resolutions. This intriguing subject of scientific inquiry is still shrouded in mystery.

Just as an experiment, put aside your skepticism, pretend that these ideas could be explained by science, and consider how you could harness their power to promote your health.

## Placebo Effect

When new medications are tested, one group gets the new medication and another group gets the \*sugar pill\* or placebo. Why do this? Study after study shows that if you think you're taking real medicine, your body will respond as if it actually did get the active ingredient, even if it's a sugar pill. Somehow the belief in the power of the medicine creates the desired outcome of lowered blood pressure or heart rate or weight loss in about a third of people. Is this science? Yes. Is this mind-body medicine? Yes.

Let your beliefs help your body achieve your desired goals. If regular exercise is your goal, tell yourself, \*I'm invigorated by my daily 20 minute walk.\* The placebo effect suggests that your belief that you have more energy with regular exercise makes it so.

## Nocebo Effect

In November 1998, a teacher noticed a \*gasoline-like\* smell in her classroom, and soon thereafter she had a headache, nausea and dizziness. Given the concern about a toxic environmental substance, the school was evacuated and closed for 5 days. Almost 200 students and teachers were seen in the ER for similar symptoms. But no environmental cause was ever identified. One explanation is that the belief that a toxic exposure occurred led to the symptoms, or the nocebo

effect. This is the flip side of the placebo effect.

I reflected on this study as I was waiting with my son for his turn in the dental chair. He repeated, \*It's going to hurt; it's going to hurt.\* I suggested to him that he might be better served by saying, \*It's going to be fine; it's going to be fine.\*

Has the nocebo effect undermined your New Year's resolutions in the past? Barry saw this in action last March as he told himself, \*I hate to exercise.\* He made a commitment to daily walks in January and talked himself out of them before the winter snow melted.

Harness the power of the placebo effect and minimize the nocebo effect this year, even if your resolution is something challenging like smoking cessation. In years past you might have told yourself, \*This never works. I'll never be a non-smoker.\* Consider replacing that thought with, \*In the past it didn't work. Now I keep my promises.\*

## Gelotology

It's the study of humor and its effects on the human body. Researchers are asking the question, \*Is laughter good medicine?\* You know from your own experience that laughter breaks stress and tension. Evidence suggests that laughter enhances the function of your immune system and stimulates pleasure centers in the brain.

You always have the choice about whether to laugh or cry. Ann remembered that as she completed an interview for the job of her dreams. She bought a new suit that made her feel like she already had the job. It wasn't until she left the group interview that she discovered the toilet paper stuck in the waist of her skirt streaming behind her like a tail. After an initial rush of embarrassment she laughed.

## Prayer

We are a deeply religious nation, and many of my patients use prayer as a source of strength and comfort. Can prayer promote healing? Growing evidence from well-respected clinical studies suggests it can, although not enough evidence for the medical community to conclude that prayer is good for health.

What kind of evidence would you need to use prayer as part of your health regimen? Interestingly, you would consider the same factors whether you're re-considering Vioxx or Naproxen (recently found to cause heart problems) or Aryurvedic remedies (recently found to be associated with toxic levels of heavy metals). What are the desired benefits, and what are the risks?

What harm could prayer do? We doctors get concerned when patients forgo conventional therapy that has proven benefit for therapies like prayer or shark cartilage that do not have proven value. Consider using mind-body therapies such as prayer together with proven medical treatment. Now, shark cartilage is another matter - and simply not proven at all.

Gratitude and giving

Some interesting, if preliminary, studies suggest that the expression of gratitude and the act of giving increase brain serotonin levels, the same chemical change antidepressant medication helps. That might support your own experience of feeling better as you reach out to the tsunami victims or express gratitude for the health and safety of those you love and the extraordinary richness of your life.

You have the power to carry out your New Year's resolutions, whether it's achieving greater physical, financial or spiritual health. Who knows-maybe one day with greater understanding of the mind-body connection, your doctor may prescribe the power of your mind to help you get there.

## 2. Healthy Eating Myths Shattered

### Summary:

Salt does Not Cause High Blood Pressure. Some things you need to know first to fully understand blood pressure, as well as helping you to understand about many other things in your body: The difference between average and normal.

Average is a mathematical statistic. Don't let that big M word scare you. All average means is that you add up all the totals you have and divide by the number of totals you added. This gives you an average of the group of numbers.

Normal is what is right for an individual, or what is common or appropriate for each particular person.

What the medical profession does is make the average normal. They measure a bunch of people's blood pressure, divide the added totals by the number of people they measured, and come up with an average blood pressure. And then they say this is the normal blood pressure for everyone.

I will let you in on a little secret. If you had the blood pressure I have at this exact moment, you would probably pass out. If you had the same blood pressure standing as you did sitting, you would probably pass out. Your blood pressure changes all the time, all day long. Your normal blood pressure needs to be different than everyone else's. You need the right blood pressure for you at the right time. If you had the average blood pressure all the time, you probably would be dead by now.

So what do you do with this? Take all the numbers the doctors give you with "a grain of salt." Just because their charts show that you should be in this range does not mean you actually should. You are different than everyone else. Your normal might be outside of the range of average that they go by and still be perfectly healthy for you.

So your high blood pressure might very well be normal for you. And if it is actually too high for your normal, salt really has nothing to do with it.

Again the medical profession came up with a theory and never really tested it before they released it as Atruth@ on the world. Someone said that salt attracts water, and blood has water in it. So if you get rid of some of the salt in the blood, then there will be less water in the blood as well. And if there is less volume of blood, the pressure will have to be less. That was their theory and they began telling people to eat less salt thinking it would lower people's blood pressure. No real tests, no real studies, and yet believed to be true by many.

Here is the real proof it is garbage. Try and find one person whose blood pressure decreased because they quit eating salt. You will be very hard pressed to find one person. Because eating less salt does not lower your blood pressure. Just like a Diuretic, medications that cause you to release more water than your body wants to from your blood through your kidneys, is often prescribed to attempt to help lower blood pressure. And again, I dare you to try and find people who this has helped.

You see, the body is so much smarter than we are. Many more internal factors go into what your blood pressure is than how much water you have in your blood. Your Blood pressure is a function of your blood vessels, the stuff in your blood, the muscles in and around your blood vessels, your heart, and so much more. If you force water out of the body, your body will compensate in other ways to keep your pressure at your unique normal. Your body knows best where your blood pressure should be. And until you change one or some of the internal factors (and medications do not count) your body will do everything in its power to keep things where they are at.

Want something that is free and easy that decreases the blood pressure significantly for many people who actually do it? Drink Water. It often is as simple as that and here is a perfect example of why. Imagine some really thick ketchup and trying to suck it through a straw. Versus if you put a bunch of water in the ketchup and mix it up and suck the ketchup through the straw. Does it take more or less pressure to suck the watered down ketchup through a straw? It takes less pressure. Similar with your blood. If your blood is thick and sludgy because you are dehydrated, your body will increase your pressure to force the blood through the little itty-bitty vessels and capillaries.

Actually, your blood pressure is more than this. And drinking water does so much more than make your blood thinner so it flows through the vessels easier. Whatever the reasons, drinking water often lowers people's blood pressure.

### 3. Chronic Pain And A New Paradigm

#### Summary:

We often associate chronic pain with the back, but chronic pain can also be a daily reality for people dealing with diabetes, glaucoma, arthritis, Fibromyalgia, cancer and many other disease processes. For many, the primary choices for dealing with chronic pain appear to be either narcotic drugs or sheer will power. For others, changes in lifestyle including an improved diet, and appropriate nutritional supplementation, have brought not only the benefit of reduced pain but al...

We often associate chronic pain with the back, but chronic pain can also be a daily reality for people dealing with diabetes, glaucoma, arthritis, Fibromyalgia, cancer and many other disease processes. For many, the primary choices for dealing with chronic pain appear to be either narcotic drugs or sheer will power. For others, changes in lifestyle including an improved diet, and appropriate nutritional supplementation, have brought not only the benefit of reduced pain but also improvements in quality of life.

Chronic pain is often associated with tissue damage and inflammation. Unfortunately this is sometimes easier said than diagnosed. Tissue damage can result from a disease process, repetitive stress, or cellular degradation brought on by an absence of quality nutrition and poor lifestyle. Because these effects can be more subtle than the results of an automobile accident it isn't hard to see why some people dealing with chronic pain may go their entire life without ever knowing the exact source of their discomfort.

In this is understanding of a paradigm that has brought effective pain relief for many. Everything in the body is either made out of cells or made by cells. All cells are capable of regenerating over time. By focusing on what these cells need for proper structure and function, healthier tissues result from healthier cells leading to reduced inflammation, pressure from swollen tissues and a decrease or complete absence of pain.

What do cells need for healthy production? We have known that cells require protein, fats and water to for basic structure. Unfortunately the quality of these components is often poor in our modern diets. This is usually a good starting point for any person wishing to improve their diet. Most people have too much protein in their diets, the quality of the fat consumed is very poor and the water they



drink is typically insufficient as well as poor in quality.

Would you buy a car if the dealer told you it was made from the lowest quality parts? Remember that you absolutely are what you eat. Our diets often reflect the diets of our parents, which reflect the diets of their parents. Unfortunately our lifestyles are completely different from a common lifestyle of two generations ago. Very few people today need to eat a massive meal before heading off to work. This is because almost none of us go from a meal to working an entire day at hard labor as many of our recent ancestors did. In addition to the quality of the foods you're eating, be aware of portion sizes. When you create a burden for your body from a diet of too much food, fewer resources can be spent on other immune system and repair functions elsewhere in the body.

Cells also require carbohydrates for energy as well as vitamins, minerals, and a variety of other phytochemicals including a newly discovered class of carbohydrates, which are used not for energy, but rather as the basis for cellular communication. These are known as glyconutrients. If you're missing any of these components, or if you are not providing them to your body from high-quality sources, the quality of your cells will reflect that. Improve the sources and you can improve the cells.

The body has an amazing capacity to restore, protect and defend itself from the effects of injury and disease. These processes occur at the cellular level and they require appropriate and sufficient nutritional support. Improvements in diet involve not only the intake of better foods but also the limitation, or elimination, of poor foods. In addition to this, quality nutritional supplementation can help ensure that every cell has the nutrients it needs without the increase of calories we would experience if we simply tried to eat more food in an effort to ingest more nutrients. These improvements are part of a process and the results are not always immediate, but if you begin to take the right steps today you have the same potential as anyone else for better days to come.

## 4. Yoga Helps Fight Mid-Life Bulge

### Summary:

Yoga practice helps middle-aged people lose weight and keep it off, suggest new studies published in the online journal *Alternative Therapies In Health and Medicine*.

Researchers at the Fred Hutchinson Cancer Research Center surveyed 15,500 men and women to assess their weight and yoga histories between the ages of 45 and 55.

For purposes of the study, regular yoga practice was defined as practicing at least 30 minutes once a week for four or more years.

### 20-Pound Gap

Statistics showed that the subjects who were of normal weight at the age of 45 and did not practice yoga consistently gained about 10 pounds, while those who performed regular yoga routines lost 3 pounds during that same 10-year period -- a difference of 13 pounds.

There was a wider gap between people who were overweight at the age of 45. The non-yoga group gained about 14 pounds, while the yoga group lost 5 pounds -- a difference of almost 20 pounds.

It is not likely that yoga's fat-fighting potential is due to the physical activity itself, according to the study's lead author, Alan R. Kristal, DrPH.

"During a very vigorous yoga practice you can burn enough calories to lose weight, but most people don't practice that kind of yoga," he notes.

### Body Awareness a Factor

"From my experience, I think it has to do with the way that yoga makes you more aware of your body. So when you've eaten enough food, you're sensitive to the feeling of being full, and this makes it much easier to stop eating before you've eaten too much," Kristal explains.

"Most people practice yoga in a way that's not aerobic enough to burn a lot of calories, so it has to be some other reason," adds study co-author Denise Benitez, owner of Seattle Yoga Arts.

"People who regularly practice yoga develop the inner resources to stay with a little bit of discomfort," she says, hypothesizing that those inner resources help people to stay with the discomfort that is caused when they deny themselves junk food.

In order to accurately measure the effects of yoga on weight maintenance and loss, these preliminary findings will need to be replicated, Kristal cautions.

### Yoga Tips

The following tips for enhancing one's yoga practice, offers Benitez, may be particularly helpful for those who wish to maintain or lose weight:

1. Practice in a room without mirrors and pay more attention to your internal experience than to your outer performance.
2. Learn to feel sensations more and more subtly, so that you become deeply involved in and curious about small movements -- sometimes called micro-movements.
3. In your poses, find an edge for yourself where you are challenged but not overwhelmed. At this edge, practice maintaining a clear, open and accepting mental state.
4. Give yourself permission to rest when you feel overworked.
5. Pay close attention to what you are saying to yourself as you practice, and make an intentional effort to appreciate your own efforts and innate goodness.
6. Go to class faithfully, arrive early, and talk to a few people before class begins.
7. Buy your own yoga mat and bring it to class.
8. Realize that the development of qualities like patience, discipline, wisdom, right effort, kindness,

gratitude and many others will arise from your yoga practice. These qualities create a steady and soft mind.

9. Find a teacher who offers a balance of gentleness and firmness and whose teaching inspires you to practice from your highest self.

10. Recognize that simply attending class is a major statement of courage, self-care, and positive momentum. Realize that you are inspiring others as you become more true to your deepest desires.

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## 5. Understanding Natural Weight Loss

### Summary:

Over the years, losing weight has been the dilemma of many people not just in the United States but also around the world. In fact, there are now a lot of diet system and weight loss medicines available. However, there have been so many negative feedbacks about most of these diet systems and weight loss medications. Some are not as effective as they claim to be while some even have bad side effects. Hence, people are still seeking for the best solution.

The experts in weight loss and diet programs are continuously struggling to give weight loss clients the best possible answer to their weight problems. And the latest trend introduced is natural weight loss. So what is this natural weight loss thing? Read on this article to know more about it.

### Natural Weight Loss Explained

Since the procedures are natural, weight loss using this procedure is considered healthy and will really make you feel satisfied. Unlike the fad diets and "almost magic" diet programs and medications available today, natural weight loss will teach you how to shed those extra pounds in a proper manner. This weight loss means will tell you the opposite of what those unreliable diet programs tell you; that you will lose weight if you are going to religiously follow a long term but healthy weight loss plan.

Now, don't you think it is much easier to believe to a weight loss procedure which does not promise making you sexy and fit overnight? But, what can you really do to lose weight naturally?

Here are some tips;

\* Know what to eat

- It is important that you know whether a certain food on your menu can be a potential harm to your weight loss scheme. Learn how to be critical on what you eat. Avoid too much fried and salty foods.

\* Read about natural weight loss

- there are lots of published, both online and prints, about natural weight loss. It would help you so much to read on some of these articles. You can read books or magazines with expert's column about natural weight loss. Online natural weight loss sites are also available on the net as your reference.

\* Participate on online forums

- yes, there are online communities and forums on the Internet where members talk about natural weight loss, its benefits and the different resources which you can find to shed that unwanted fat naturally.

\* Visit websites

- there are different natural weight loss websites and you can visit any of them so you can get guides about losing weight. You'd be able to get tips and information about natural weight loss programs and pills on such sites.

\* Don't believe in magic

- when it comes to losing weight, there is no such thing as magic. Patience and perseverance are what you need.

Really, there are lots of ways for you to be fit the natural way. You just have to know the different resources that you have. And after some time, you will feel the difference between the commercial diet solutions and the natural way. It is because eventually, you will become perfectly fit while staying healthy. Yes, healthy because you are not restricting yourself with what you eat.

With natural weight loss, you don't deprive yourself. You just learn what are the right amount and the right time to eat them. And you know what? Permanent fitness is the promise of losing weight naturally. That's right; you don't have to worry about gaining weight again.

## 6. Hair Analysis 🏠 The Roadmap to Wellness

### Summary:

Did you know that your hair has the advantage of long-term memory? Hair is a permanent record, like tree rings. A three-inch strand of human hair will give a six-month history of what's going on in the body since head hair grows at a rate of about a half an inch a month.

A hair analysis determines exactly what chemicals are inside of you, including radiation, heavy metals like mercury, food chemicals such as aspartame, pesticides, bacteria and more. The hair analysis is the best "roadmap" to view a history of what's going on inside of you.

### What Is a Hair Analysis?

The protein in hair fiber holds the composition of the body tissues for a permanent period. By analyzing the hair fiber composition, a trained eye can tell what toxins have accumulated in the body tissues and what vitamins and minerals are depleted or too abundant causing an imbalance in body function.

By detoxifying unnatural chemicals like mercury and lead, and by replacing specific vitamins individual to your needs, proper health can be restored using nutrition. The human hair analysis can detail these levels.

It can be overwhelming to walk into a vitamin store and wonder out of the thousands of bottles on the shelves, "Which ones do I need?" The hair analysis specifies which supplements your body is lacking, and which, if any, you are too high in. It saves time and money to know exactly what your body needs, or doesn't need, nutritionally.

My own hair analysis was an important part of my natural healing from Grave's Disease in 1991. I discovered through my personal recovery, I couldn't fight what I couldn't see. The hair analysis is an excellent tool to identify specific toxins, and vitamin and mineral deficiencies caused by them. As with any chemical in solution, food chemicals like aspartame and MSG saturate the body with toxins that penetrate the brain and infuse the bloodstream. Human beings are polluted with over 14,000

food chemicals we are exposed to daily. The hair analysis allows you to 'see' what damage these toxins may be causing.

Is the hair analysis really accurate?

The hair analysis is as credible as a standard blood or urine test - maybe more. The key to a good hair analysis is the capability of a credentialed laboratory and the expertise of the practitioner interpreting the results. The American government and law enforcement agencies have depended upon hair analyses for decades to provide conclusive evidence in crime investigations and for drug testing for prison parolees. The cause of death by poisoning can only be determined conclusively via a hair analysis, as in the case of President Andrew Jackson.

A hair analysis is not understood in traditional medicine, but is highly respected in the world of forensics, scientific research, and drug testing. A hair analysis works the same as a soil or water sample to a geologist and engineer - it leaves a permanent imprint of the body's 'environment' within the protein in the hair follicles.

If you want to determine if your well or tap water is polluted, you have a water test performed, right? If you're drilling for oil, you have a soil test done. So, it is with the human body. If you want to know if toxins are within your tissues, have a hair analysis performed.

Do Medical Doctors Use The Hair Analysis?

One of the shortcomings of the American Medical Association (AMA) is the lack of nutritional education required for medical students. American medical schools promote more of the pharmaceutical philosophy of healing by drugs opposed to a nutritionally based curriculum of natural healing.

Blood and urine tests have value, of course, as those results can identify disease present within the body and they help your doctor determine the amount and kind of drugs and medications needed.

The hair mineral analysis on the other hand, identifies long-term nutritional deficiencies that can be at the root of disease, along with identifying toxic metals within the body that can cause disease. Most traditional medical doctors do not know how to interpret a hair analysis, and therefore, discount them as an important tool in natural wellness.



You can read more information about the hair analysis and Dr. Hull's hair analysis program by visiting the link below:

<http://www.hairanalysisprogram.com/>

## 7. The Real Truth About Supplements

### Summary:

Not All Supplements are Created Equal. There are more supplements available than I would care to count and keep track of. So what is the biggest difference between all the different supplements? In my world you can divide all supplements into two categories:

Whole Food Supplements

Chemically Manufactured Supplements

If you follow along with the supplement news you will know that they are always discovering a new vitamin, a new cofactor, a new mineral, a new this or that. Now let me ask you a question, is it really "new" or did man just discover it. Of course, man has just discovered the importance of it.

Nature is great. She provides everything we need in nature. Or said another way, these new vitamins, minerals, cofactors and other newly discovered essential minerals are already found in nature in whole foods. Even if we don't know about them yet nature has always had them in our food. So when whole food supplements are made they already have and have always had all these newly discovered ingredients. Now let me ask you a question. If we as humans just discovered something, do you think the chemically manufactured supplements have this newly discovered thing in it? NOPE! The only place to get all the cofactors, minerals and essential nutrients before we know about them is whole food supplements.

A perfect example is Vitamin C. Everyone says vitamin c is the same thing as ascorbic acid. That is like saying an egg shell is the same things as an entire egg. They are completely different. Ascorbic acid is only the "shell" around what is the rest of Vitamin C. But when most people manufacture Vitamin C, they just manufacture the shell or what is ascorbic acid. Whole foods have then entire "inside" of every nutrient the whole foods supplements are supplying.

You can get good vitamin and mineral sources, or you can get cheap, not so good, imitation vitamins with parts missing. Which one do you think will be better for you? Of course, the ones that

are whole, complete, and have everything your body needs to build itself healthy and strong again.

This means if you are going to take supplements, make sure you get them from a good source. If the supplements are really cheap, well, you usually get what you pay for. One of the best sources I have ever found is a company called Standard Process. [www.standardprocess.com](http://www.standardprocess.com). The only problem with them is you cannot buy them yourself. You have to go through some doctor or other health care professional. I get nothing to recommend these supplements to you, that is how much I like them.

There are other good lines of supplements as well. LifePakJ by Pharmanex is also a great option. You can find out how to get these and other supplements at my website [www.bazuji.com](http://www.bazuji.com).

## 8. Using Vitamins to Prevent Alzheimer's

### Summary:

Understanding what happens when an individual develops Alzheimer's is still something that is being investigated.

Understanding what happens when an individual develops Alzheimer's is still something that is being investigated. What scientists do know about Alzheimer's is that it is a slow-developing disease of the brain that is characterized by dying brain cells. While the direct cause is unknown, it is theorized that the death of the cells is attributed to a lack of chemicals necessary to keep brain cells healthy.

After the age of 20, human brain cells (neurons) start to die at a rate of about 9000 per day. This results in a natural decline of mental acuity. There are reports that some vitamins can help to restore brain cells, but these reports are highly controversial. Once brain cells die, there really is no way to restore them. What scientists focus on is how to prevent Alzheimer's. In the last few years, scientists have been testing the effects of vitamins on the brain. Those that seem to provide the most benefit are vitamins C and E.

In the world of vitamin supplementation, vitamin C and E are building blocks of good health. These vitamins are antioxidants that has proven beneficial in numerous health conditions, including heart disease, high blood pressure, high cholesterol, and stress. The body normally produces enough vitamin C and E in the body to protect the brain from damage from free radicals. However, the amount of vitamin C may be depleted by factors, such as diet and genetics. Scientists believe that taking 500 milligrams of vitamin C and 500 milligrams of vitamin E daily protects brain cells from premature destruction, a key to Alzheimer's prevention.

These recommended amounts of vitamin C and E supplementation to prevent Alzheimer's is way beyond what is recommended for general health. Before you consider taking these vitamins, you should discuss your plans with a medical doctor. Excessive amounts of vitamin C are flushed out in the urine and don't usually cause serious problems, but excessive amounts of vitamin E can result in some unpleasant side effects. As with any vitamins or medication, you should store them in a location that is out of reach from children. Vitamins C and E can cause serious problems in children.

Why not check out our nutrition guide at <http://www.nutritional-supplement-guides.com/nut-ebook.html>

and also what supplement we personally use for our nutrition needs at <http://www.nutritional-supplement-guides.com/what-we-use.html>

## 9. Aging Gracefully with the Aid of Various Nutrients

### Summary:

During the past thirty years there has been a steadily growing amount of scientific evidence linking vitamins and minerals to having a direct effect in protecting one's self from aging. Apart from the usual health benefits that we can receive from having adequate amounts of vitamins, minerals and other nutrients in our body, it's also a highly appealing note to include that being healthy inside will actually reflect on how we look like on the outside. This is why a great change in one's lifestyle is highly encouraged, a healthy way of living can still be achieved given that you have the patience and enough self-discipline to actually control yourself from wolfing down hamburgers and steaks as well as chugging bottles of soda each and every day.

And the health benefits don't just stop there, along with the youthful appearance, a healthy lifestyle can actually result to a wonderful effect on your immune system, strengthening it and eventually making you more active and less likely to catch any illness. There are a number of nutrients that have shown to be necessary in improving how our immune system functions. Antioxidants such as vitamins A, C, E, beta carotene and selenium have been shown to boost resistance. The minerals zinc and magnesium are also important for immune function. To ensure a good bill of health, it is important that you have to make sure that you're getting the right amount of these antioxidants each and every day, from a variety of fruits and vegetables in your daily diet to nutrition supplements, it really is quite easy to be healthy. However, antioxidants such as zinc and magnesium can be found in dairy products and seafood.

Certain vitamins and minerals have been shown to aid in the prevention of some degenerative diseases and illnesses and peculiarities that are brought about by aging. Antioxidants can actually help lower the risk of cataracts and macular degeneration which are conditions associated with aging. Experts actually suggest that antioxidants can help slow the aging process by reducing the daily cell damage done by environmental pollution and time. Vitamin E has been linked with a lower risk of heart disease. Niacin a B vitamin can help in reducing the level of cholesterol in the body. While some other nutrients that are helpful in protecting against age related disorders are selenium, carotenoids, flavinoids and some Amino acids.

Proper nutrition via the diet can actually be quite a feat for some who have never diet in their entire lives, as hard as it may seem to be at first, a well-balanced diet is definitely achievable. Even though people often work longer and harder while parents tend to both work hard in order to provide for their family, it is not an excuse for people to be neglecting their health by filling their bodies with all sorts of junk. Another difficulty comes in being surrounded by a lot of processed food that don't really pack in the nutritional value that a person needs to stay healthy. This problem goes as far as the lack of minerals from the soil, which in turn causes our food to be a lot less healthy than it should be. Even vegetables nowadays cannot be relied on to fill in the necessary nutritional requirements that one needs in order to be healthy.

This is the reason why nutritional supplements greatly abound in check out counters and drugstores nowadays. Not only are they affordable but they can also prove to be a good source of the added vitamins, minerals and other nutrients that a person needs in order to stay healthy and fit. Consult a licensed dietician or your family physician to be able to choose the right kind of nutritional supplement for you.

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## 10. Alfalfa

### Summary:

Alfalfa, which is a perennial herb, has a long list of dietary and medicinal uses and research has proven that Alfalfa might lower blood levels of cholesterol and glucose. Many take Alfalfa supplements orally and it has been proven safe except in a small percentage of people where it produces lupus like symptoms. In the seeds and sprouts of Alfalfa, amino acid L-canavanine is present and that is what is thought to cause this reaction. However, this is not present in the leaves of the Alfalfa. The whole leaf and the herb are what are rendered from the Alfalfa plant.

Since the sixth century the Chinese have used Alfalfa to relieve fluid retention and swelling. The Arabs were the first to find Alfalfa and they named it "the father of all foods." The leaves of the Alfalfa plant are very rich in minerals and nutrients, including potassium, calcium, magnesium, and carotene. The Arabs first fed it to their horses because they believed the Alfalfa made them swift and mighty. Alfalfa has been an animal crop for over a thousand years but is also used as an herbal medicine.

Alfalfa is a good diuretic and also a good laxative. It also works well for urinary tract infections, and kidney, bladder and prostate disorders. The latest and greatest discovery of Alfalfa is the benefits that it might provide for lowering cholesterol because there are certain agents in Alfalfa that stick to cholesterol which keeps it from remaining in the blood stream. Further, it may also have a very strong relationship with lowering blood sugar levels.

When it comes to Alfalfa it is something that many people enjoy in their cuisine. It is good in salads and some people eat it as a vegetable all alone. Many people claim that eating Alfalfa is a big part of eating healthy. Besides wheat grass and algae, Alfalfa has the most nutritional value. It is high in fiber, vitamins, minerals, and has all of the required digestive enzymes.

It is warned by avid Alfalfa lovers that you likely will not like the way that it tastes in your mouth, it may feel like it is burning the tip of your tongue and you actually might just completely dislike it however, they urge you to not give up because it is an acquired taste and you will begin to like it. The best news is that soon after eating it regularly you will find that your appetite for heavier foods



will diminish.

Alfalfa is also great for reducing fevers and is very good for the blood. It contains natural fluoride and prevents tooth decay. Alfalfa makes a great tea because when the Alfalfa leaves steep in the hot water it is a source of nitrogen. The tea is not only made for human consumption because people who grow Irises and Delphiniums just love Alfalfa tea because of the great effect that it has on the plants when used as a foliar spray. Many with a green thumb also use Alfalfa as mulch for their flower beds.

## **11. Fitness: Definitely Not a Waste of Time**

### **Summary:**

Fitness basically refers to the state of being healthy. Hence, it will really be wonderful if people will commit themselves to fitness throughout their lives.

It is stated in the Bible that our body is our temple. Therefore, it is our obligation to preserve it. For this reason, maintaining the health of both the mind and the body is a noble act.

But of course, this involves a great amount of effort as well as thorough actions. Anyhow, no matter how tough it will be, the fruit is very rewarding. A happy and healthy life, not all is privileged to have it, only the diligent few.

Fitness exercise is very important on ones routine. Through fitness exercise, people are able to fight several diseases. One of which is the killer disease, the heart disease.

Sadly, more and more people nowadays tend to ignore this kind of activity. Hence, more and more people too are suffering from different diseases. No wonder hospital businesses are prospering by gaining lots of clients, even it is against the will of these patients.

In fact, the suggested activities for fitness and health by the Council of the President on Physical Fitness and the Surgeon General are not generally followed by high school students nowadays. This covers the 33 percent of its population throughout the United States.

The attitude of neglecting physical fitness of these youths is usually carried by them as they turn into adulthood. Of course, there will be an increase on the number of sufferers from various diseases caused by weak resistance.

The National Institute on Aging showed a report that America comprises only 58 percent of its people who are engaging in a program of lifetime fitness. And this fitness program is done only in their free time. Only about 26 percent are regularly performing the lifetime fitness program. Most often, about three times each week.

The importance of a commitment to lifetime exercise is always being stressed. However, more people often times neglect it. Frequently, people use to disregard the fact that it can really do an enhancement on the value of one's life.

Most probably you have already heard that the common causes of deaths in this country are heart disease, stroke, accidents caused by unintended injuries, cancer and chronic lower respiratory ailments. These diseases are actually the five most common causes of deaths yearly as reported by the Center for Disease Control.

Think about it. All of the mentioned common causes of deaths can easily be avoided. But only if people will give enough attention on fitness exercise, much more if they commit themselves into lifetime fitness. But definitely, accidental deaths are excluded.

When referring to lifetime fitness program, we are not only dealing on physical exercise. But also, this program includes a diet that needs to be observed.

It is very imminent that with lifetime commitment of physical fitness, life will be lengthened. And definitely be enjoyed. With a healthy mind and body you can enjoy life more, you can pick more daisies.

The last sell is yours. Will you be cautious of your health and commit to lifetime fitness? Or do you just prefer to abuse it and suffer more in the end?

