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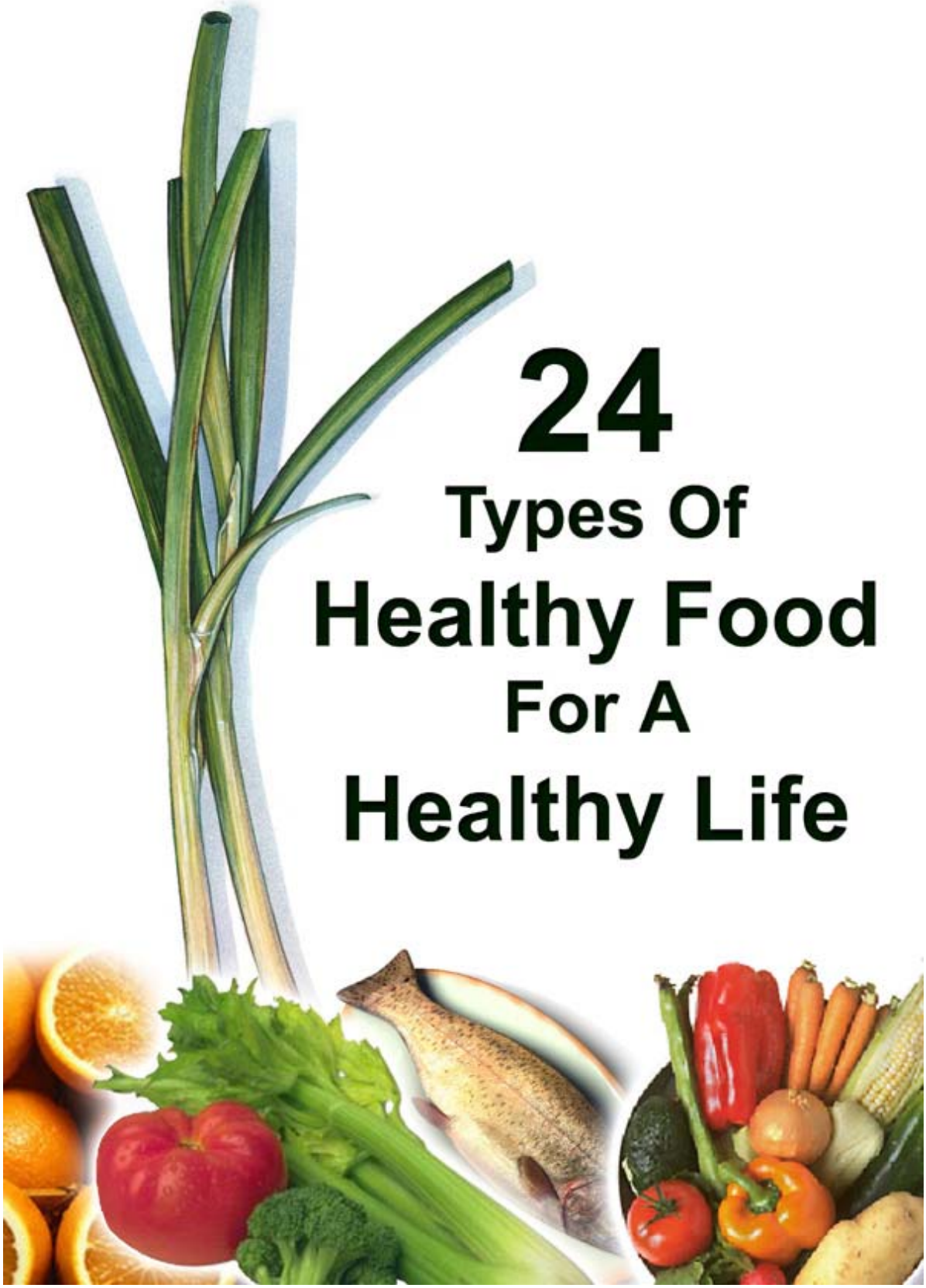

24 Types Of Healthy Food For A Healthy Life

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TABLE OF CONTENTS

THE IMPORTANCE OF A BALANCED DIET.....- 4 -

RECOMMENDED PRODUCTS:.....- 6 -

24 MIRACLES RIGHT WITHIN YOUR GRASP.....- 7 -

RECOMMENDED PRODUCTS:.....- 13 -

DETERMINATION IS THE KEY.....- 14 -

MORE RECOMMENDED READING.....- 15 -

SUMMARY AND ACTION STEPS.....- 15 -

VERY GOOD PRODUCTS IN THE FIELD.....- 16 -

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THE IMPORTANCE OF A BALANCED DIET

Many people tend to underestimate the importance of having a balanced diet. The lack of it accounts for a great number of illnesses which simply strike without warning. The lack of certain valuable nutrients can be a hazard for anyone.

A healthy diet is a thing that anyone can choose to maintain in order to keep a good health. If there is one major health issue that we can have control of nowadays, it certainly is our diet. However, each person may have different needs when it comes to eating habits, depending on the living area, the genetic makeup, etc.

Another issue is that people tend to categorize different foods into “good” or “bad” foods. They think that just because a certain food is good for something, abusing it will have good long term consequences. That couldn’t be further from the truth, as eating a single type of food will provoke the lack of vital nutrients that the respective food doesn’t have. So what is the secret then? How can we make up a healthy eating regime?

The answer is simple, and resides in one single word: **balance!** Yes, you need to achieve a balance! For instance, if you solely eat fish, that will harm you on the long run. But if you combine fish with vegetables and other things that have different nutrients (we’ll discuss those in the next chapter), you can achieve that balance.

The truth is that the stress and the speed at which things are developing around us nowadays make most of us only dream about that ideal diet. And when it comes to trying a new approach, we may have a hard time killing the old habits. You know how they say, bad habits die hard! It takes will and patience, but the effort is worth the wait indeed. You will certainly feel the difference soon enough after making the transition to healthier food. You will feel lighter, you will not breath heavily, and many other good side effects that will ultimately help you live longer. Generally, a healthy diet must include:

- calories, which maintain a person’s energy needs, but not in excess (because that would lead to excessive fat storage);

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- although you might be surprised about this, fats within certain limits are needed also (monounsaturated fat, polyunsaturated fat and saturated fat);

- trans fats are not allowed at all (they occur in small quantities in ruminants' meat and dairy); however, partially hydrogenated plant oils have the biggest quantities of trans fats;

- amino acids – for cellular replenishment and transport;

- micronutrients – like vitamins and specific minerals;

Of course, you must avoid foods that are dangerous to your health, like foods that are contaminated by pathogens, and also try to avoid the excess of salt.

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RECOMMENDED PRODUCTS:

The Power To Lose: The proper guide in losing weight and getting rid of excess body fats is a very valuable material for people who want to lose weight. Obesity is at the core of many health problems.

It is an easy-to-read, step-by-step report that will walk you through the entire process. Consequently, you will become healthier and you will feel more confident with yourself.

"HomeMade Medicine"

This material proposes an alternative to standard medications, using the miracle properties of certain medicine plants. The most important goals are:

- Learn how to boost your child's immune system so that he or she never brings a disease from school again;
- Prepare creams, tonics and cleansers for your skin;
- Make your own herbal shampoo or cure dandruff, hair loss, oily hair, dry hair;
- Treat impotence, infertility or low sex drive with our remedies or boost your sex life using our aphrodisiac preparation;
- Learn How to make your own tinctures, essential oil, salves, ointments, glycerites, compresses, ice packs, pills, capsules, decoctions, teas, etc;
- Learn about all the research and tests done in Germany, France, Italy and China.

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24 MIRACLES RIGHT WITHIN YOUR GRASP

I am not exaggerating when I call them miracles. And they are so obvious, that we often forget about them. Basing your nutrition upon these wonderful foods will make you healthier, make you feel a lot better both physically and psychologically and will bring you an overall feel of well-being. So let's proceed:

1. *Apples and pears*
   - they reduce the level of cholesterol in your blood;
   - they help the digestion;
   - they have lots of vitamins and minerals, like vitamin C, calcium, magnesium, phosphorus, potassium;
   - they fortify the immune system;
   - they have an anti-inflammatory effect;
   - they help you regain your strength.

2. *Bananas*
   - they are rich in proteins and potassium;
   - they have high energizing value;
   - they help you fight against insomnia, depression and premenstrual problems;
   - they have anti-oxidants, beta-carotene and vitamin C;
   - they have vitamin B6, which helps prevent heart diseases and helps the nervous system;
   - excellent food for recovering periods because they are easy to digest;
   - they diminish the unpleasant diarrhea symptoms.

3. *Fish*
   - it helps your memory and other brain functions;
   - it prevents heart diseases;
   - it prevents the apparition of blood clots;
   - it reduces the risk of cancer;
   - it reduces the risk of strokes;
   - it helps diminish the effects of arthritis;
   - it is used in treating skin diseases like psoriasis, dermatitis, etc;
   - it has E vitamin which has an anti-oxidant effect;

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4. *Beet*
   - it fortifies the immune system and help the body get rid of toxins;
   - it has a high level of anti-oxidants;
   - it stimulates memory and concentration;
   - it fortifies the kidneys and the liver;
   - it prevents the apparition of kidney stones;
   - it diminishes the amnesia caused by menstrual problems.

5. *Forest fruit*
   - red and black currants, blackberries and bilberries clean the blood and help its circulation;
   - bilberries help in healing kidney, gall bladder and urinary bladder problems;
   - black currants help in healing the breathing disorders;
   - strawberries help in dealing with the wrinkles;
   - they help the digestive process;
   - they have high levels of anti-oxidants;
   - they contribute to cells' health and regeneration.

6. *Broccoli*
   - lots of researchers think it helps in healing the intestine cancer;
   - it helps in the detoxification of the body, it prevents the apparition of cancer, breathing disorders and heart diseases;
   - it helps fight against depression;
   - it maintains the skin's health.

7. *Cabbage*
   - it helps fight against stomach problems and indigestion; cabbage juice, drank daily over a long period of time can heal the stomach ulcers;
   - it refreshes the skin;
   - it cleans up the liver;
   - it strengthens the immune system.

8. *Carrots*
   - they help at the liver's well being, especially the carrot juice;
   - they help the immune system;
   - they protect and fortify both the digestive and breathing systems;
   - they help in strengthening the teeth, the bones and the hair;

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- they help in healing skin diseases;
- they help the vision, especially the night vision;
- they reduce the risk of cancer;
- they have an energizing effect;

9. *Bird meat*
   - it is a light meat, thus helping you to get the necessary proteins of animal origin, without gaining extra weight; the proteins help the regeneration of the tissues, hormones and enzymes;
   - it strengthens the immune system;
   - it prevents anemia;
   - it has the whole range of B vitamins.

10. *Garlic*
   - it helps the fight against cold and viral infections;
   - it helps in cleaning up the liver;
   - it strengthens the immune system;
   - it reduces high blood pressure;
   - it inhibits tumor development;
   - it is good for breathing problems.

11. *Honey*
   - it has an anti-septic and energizing effect;
   - it strengthens the immune system;
   - it has a soothing effect upon one's psychic condition because of its high concentration of minerals and vitamins.

12. *Soy and tofu*
   - rich in vegetable proteins (unlike the animal proteins, the vegetable proteins reduce high blood pressure and the level of cholesterol);
   - researches suggest that they help combat various forms of cancer, like breast cancer, cervical cancer, prostate cancer, diseases which are influenced by hormonal disorders;
   - they help reduce the symptoms of premenstrual syndrome;
   - they have an energizing effect, helping you to combat fatigue.

13. *Mango and papaya fruit*
   - the are rich in anti-oxidants;
   - they strengthen the immune system;
   - they detoxify the body;

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- they help strengthening the nails;
- they help the digestion.

14. Beans and lentil

- they help regulate the menstrual cycle;
- they have iron, potassium, magnesium, selenium, calcium and folic acid;
- they reduce the level of cholesterol;
- lentil helps regulate the blood pressure;
- recent researches have shown that they prevent the apparition of breast cancer.

15. Olive oil

- it removes the adipose tissue;
- it prevents heart diseases;
- it reduces the high blood pressure and it diminishes the quantity of cholesterol in your blood;
- it helps in preserving the fertility;
- it improves the skin's aspect.

16. Peppers

- they are rich in C vitamin and beta-carotene;
- they are rich in zinc, which strengthens the immune system;
- they prevent the apparition of cancer and strokes;
- they are energizers;
- they have magnesium;
- they stimulate the digestive process.

17. Sea fruit

- the clean the body of toxic substances;
- they are rich in proteins;
- they are rich in potassium, which is good for regulating the blood pressure;
- they help the kidneys and the nervous system.

18. Sunflower seeds

- they are good for the regeneration of cells;
- they reduce the risk of heart diseases;
- they prevent blood clogs;
- they nurture the skin;

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- they help the wounds heal, favoring the development of young tissues;
- they clean up the digestive system;
- they help the prostate.

19. Nuts and peanuts

- they are rich in E vitamin, which prevents heart diseases;
- they have B vitamins which fortifies the nervous system;
- they have calcium, which fortifies bones, teeth and hair;
- they prevent skin irritations;

20. Oat

- it helps the digestion;
- it calms the stomach irritations;
- it stabilizes the level of sugar in your blood, thus being very useful for people suffering from diabetes;
- it prevents sudden changes of mood;
- it evens the level of estrogen;
- it is rich in iron, thus preventing the occurrence of anemia;

21. Spinach

- it has calcium, fortifying the bones, teeth and hair;
- it fortifies the immune system;
- it prevents, calms and heals constipation;
- reduces the high blood pressure;
- there's a connection between the consumption of spinach and improving the eyesight;

22. Tomatoes

- they help the digestive system hydrate;
- they prevent the blood from thickening, and they prevent heart diseases;
- they prevent masculine infertility and prostate cancer;
- they have the whole range of anti-oxidant vitamins and zinc, thus strengthening the immune system, preventing heart diseases, cancer and strokes;
- they reduce liver inflammation;

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23. Garden cress

- it has anti-oxidant vitamins: beta-carotene, C and A vitamins and a high concentration of zinc;
- it calms breathing problems like colds, sinusitis and pharyngeal infections;
- it reduces the risk of cancer, heart diseases and strokes;
- it has iron which intensifies blood oxygenation and reduces anemia;
- it's a natural antibiotic;
- it regulates the blood pressure and it reduces the level of cholesterol in the blood;
- it reduces the stress;
- it strengthens the bones, teeth, muscles, heart and the nervous system;
- good for skin diseases.

24. Yoghurt

- it protects the intestines' and stomach's health;
- it reduces the sensibility of persons with digestive problems and helps in healing them;
- it prevents bacterium infections;
- it reduces the level of cholesterol in the blood.

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RECOMMENDED PRODUCTS:

Lose Weight, Not Faith: is a psychological approach that tries to teach us:

- how to become addicted to health;
- what controls your behaviors;
- some questions that will change your life;
- the absolute certainty of vibrant health;

Health means feeling alive when you wake up, it's breathing in a relaxed and calming way, being able to move comfortably and with ease, feeling light and alive.

Another book that shows us the wonderful properties of some of the miracle foods is called Organic In 10 Easy Steps:

Using a balanced diet, you will manage to:

- Eat the foods you enjoy while losing weight;
- Eliminate toxic foods (found in most supermarket foods);
- Discover powerful personal motivations to be healthier;
- Understand what your body needs to burn more fat and eliminate toxins;
- Learn how to exercise without getting bored or burned out;
- Have a FLAT stomach dedicating only 5 minutes per day;
- Melt off your double chin or turkey neck;
- Have fun getting in the best shape of your life;
- More energy to lose weight using secret super foods to fuel your weight loss and reinforce your immune system;
- Kick you're addictions to harmful foods, the best news is you can eat as much as you want and will still lose weight;
- Stop feeling guilty when eating and enjoy every bite.

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DETERMINATION IS THE KEY

If you start eating healthy, it will not be too long until the effects will be easily noticeable on your health. You will start feeling in shape more and more often. Few people can say they have an iron health, and that is mainly caused by everyday diet.

A common partner of bad eating habits is also lack of sport. This will undoubtedly lead to obesity, which in turn leads to heart problems but not only. Bear in mind that a person eats between 40 and 50 tons of food in his/her lifetime, which will certainly take their toll upon one's life.

Making room for the aforementioned types of food in your weekly eating habits will certainly yield very good results. Don't make an obsession out of it, but make sure you include them in your diet from time to time. Remember, variation is the key here! We want to achieve the perfect **balance**, a balance in which we have all the necessary ingredients for a healthy life inside our bodies.

One or two apples per day is said to drastically reduce the number of visits to your doctor. It's better not to peel them, because the most important vitamins are right underneath the skin. Three carrots per day is said to be the ideal quantity (that's what the doctors recommend). However, don't eat the carrots raw, boil them under a jet of steam (this will release the beta-carotene). Then, a freshly made orange juice every morning is an energy bomb. A handful of nuts from time to time is very recommended. So make sure you vary your diet. In between these recommendations, you can surely come up with a plan, a plan that will drastically improve your life for the better.

Use common sense, no on says you must abuse any of these things, try to actively incorporate them in your life. In time, it will come natural, although it takes a lot of determination and patience at first. After all, it's not easy to reduce or even give up cow meat (if you eat it often). However, if you are determined enough and want to have a better life, nothing can stand in your way!

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MORE RECOMMENDED READING

- *"12 Steps to a Complete Body Detox"*
  This comprehensive guide presents a certain way in which you can reach and maintain top shape in 12 simple steps. These days, following a guide of how to keep your health to the highest standard possible is imperative.

- *"The Raw Secrets"* is an expose on the natural power that raw foods have. Maintaining the delicate balance between physical and mental health is much easier if you follow this regime.

SUMMARY AND ACTION STEPS

- The importance of a balanced diet is often under-estimated; real health comes from combining different types of food in order to achieve this balance;
- There are many fruits and vegetables, as well as different types of meat that are real miracles "right within our grasp". Most of us are unaware of the health spring they represent;
- As anything else in life, will and determination is very important in order to succeed; however, once your body becomes familiar with healthy eating habits, they will be a part of your system.

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VERY GOOD PRODUCTS IN THE FIELD

- The Power To Lose: – a very good step by step guide for people who want to lose weight;

- "HomeMade Medicine": – a professional approach into the natural sources of health;

- The Weight Loss Guide is more of a psychological approach into the state of mind required for a healthy lifestyle;

- Organic In 10 Steps : as stated before, there are lots of miracle foods that will significantly improve your health and this subject is thoroughly discussed in this book;

- "12 Steps to Complete Body Detox":
  12 steps in which you can get rid of all the toxins which everyday life throws at you;

- "The Raw Secrets" is, again, a tribute to the natural miracles. The emphasis is put on following a physical and mental healthy state of mind.

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