

10 Simple Ways to Naturally Increase Your Energy

1. Eat protein at every meal: One of the most important ways to keep your blood sugar balanced and energy levels high is to include protein at every meal, breakfast and snacks included. The best protein sources include fish, organic meat, chicken, eggs, yogurt, and whey protein powder. Consider making a healthy smoothie for breakfast or snacks using Paleomeal or other healthy organic whey protein, frozen fruit, and some almond milk.
2. Limit sugar and caffeine intake: Might sound bizarre but sugar and caffeine give you instant energy, but a few hours later, and in the long term, they will only make you more tired. Sugar, fructose corn syrup, and caffeine weaken your adrenal glands, which in turn are responsible for your energy levels. So, by consuming sugar and caffeine, you are weakening your body's natural energy system. You must wean yourself off of these! Try having one cup of green tea instead, and if you must sweeten your food or beverage, try using Xylitol.
3. Take nutritional supplements. Eating a "perfect" diet does not give us enough key nutrients, such as Carnitine, CoQ10, magnesium, B-complex, and Omega 3s, for optimal energy levels. Taking supplements is necessary to ensure adequate amounts in your system and to cover any deficiencies. On my site you can see in more detail what each nutrient provides.
4. Check for food intolerances or allergies: Most people with low grade food allergies and sensitivities are unaware that they have them because the symptoms are as subtle as low energy and difficulty losing weight. Some of the

most common food sensitivities are to wheat (gluten) and dairy (casein). If there is a food you love and eat single every day, try eliminating it for two weeks and see if your energy increases.

5. Check for yeast overgrowth in the intestines: Gas, bloating, and carbohydrate or sugar cravings are often caused by yeast overgrowth which in turn causes

low energy levels. A nutritionist can help you determine whether this may be the case, or you can take a Candida questionnaire assessment. Limiting refined carbohydrates and taking supplements to combat Candida can remedy this problem and renew your energy.

6. Make sure you do not have any medical conditions that can cause fatigue. These include low thyroid function, low iron, high iron (hemochromatosis), and a range of other ailments which can be determined by blood tests.

7. Get enough sleep! We all need different amounts of sleep to wake up feeling rested. Figure out how much your body needs so that you are able to wake up without an alarm clock.

8. Don't exercise too much or too little. Either one can cause low energy levels. If you are a stressed, don't pick a stressful form of exercise such as running or aerobics. Instead, try Pilates, Tai Chi, yoga, lifting weights, or walking. Exercise should leave you refreshed, not wiped out. You must include exercise into your routine at least three times a week.

9. Maintain emotional stability. This is important to avoid sleepless nights, which stresses the body. Our emotional health is important in order to avoid the stress and worry that often leads to reduced sleep quality, and affect our energy each day.

10. Don't work too much. If you work long hours and have a stressful job, make sure to schedule leisure activity on the weekends rather than more work.

For more detailed information you may visit: <http://www.rockwellnutrition.com>

About the Author

Annika Rockwell owns and operates Rockwell Nutrition, Inc., which offers quality professional brand nutritional supplements, as well as private consultations to individuals requiring supplement plans. She is skilled at using diagnostic tests, including diet analysis, food allergy testing, blood tests, and hair analysis to help assess the best custom treatment options.

#1 Detox Diet - Lose 10 - 50lbs in 3 Weeks!

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Our bodies contain toxic waste accumulations, mucus, parasites and worms, excess fat, fluid buildup (cellulite), old and hardened fecal matter buildup, and

many more unsightly and odorous things that play a pivotal role in sabotaging our health.

The Full Body Detox opens the door to healing and rejuvenation. Detoxifying gives our bodies what it needs so desperately, a complete internal cleansing. We are conscious about cleaning the external body, but not the internal body.

The Full Body Detox consists of the following seven (7) 100% natural potent, safe, and effective herbal remedies:

1. Blood and Lymphatic - Strengthens and invigorates the blood and lymph fluids.

2. Cardiovascular - Greatly improves circulation in the body.

3. Liver and Gallbladder - Rejuvenates the liver.

4. Lungs - Dissolves and expels mucus buildup in the lungs.

5. Kidneys and Bladder - Flushes the kidneys/bladder by removing excess uric acid buildup.

6. Colon Conditioner - Helps to stimulate bowel movement.

7. Carbon - Removes all the toxic residues we unwisely put into our bodies.

These seven formulas plus a recommended diet during the detox are all that you need to begin the healing process with your body. The Full Body Detox kit

comes complete with herb, instructions on how and when to take the herbs, a recommended diet and everything you will need to get started and to complete the program.

After three (3) weeks of successfully following the program regimen, you are guaranteed to feel and see the results. The more common results are weight loss (10-50 pounds), more energy, clear skin and complexion, less headaches, a more positive outlook on life, willpower, a stronger immune system and a brand new life.

You give your car or automobile a tune-up every six months and an oil change every 3,000 miles, why not service yourself with magnificent gift of detoxifying your body.

...Experience Healing

THE HOME OF THE FULL BODY DETOX: <http://www.officialfullbodydetox.com/>

About the author:

None

10 Reasons Why the Mediterranean Diet is Good For You

1.Low in Saturated Fat

Physicians and nutritionists the world over all agree that a diet that is high in saturated fat can have very negative consequences on a person's health and wellbeing. Indeed, a diet that is high in saturated fat can cause a person to suffer heart disease, can lead to cancer and can cause a whole host of other health problems and concern.

The Mediterranean diet is noteworthy because of the fact that it is very low in saturated fat. The typical person who follows the Mediterranean diet intakes less than eight percent of his or her calories from potentially harmful saturated fat. This is significantly below the average of people who do not follow a Mediterranean diet regimen.

2. Includes Plentiful Amounts of Fresh Fruits and Vegetables

Another reason why the Mediterranean diet is good for you lies in the fact that the diet includes the consumption of a significant amount of fruit and vegetables. Indeed, the diet encompasses more fresh fruits and vegetables than any other dietary program or plan today.

Fresh fruits and vegetables have a significant beneficial effect on a person's health and wellbeing. People who following the Mediterranean diet and consume generous servings of fruits and vegetables each day have a lower incidence of certain diseases including cancer and cardiovascular ailments.

3. High in Whole Grains and Fiber

A benefit in the Mediterranean diet is found in the fact that it lowers in the incidence of certain types of cancer. One of the reasons that the Mediterranean diet lowers the incidence of cancer is found in the fact that the diet is rich in whole grains and dietary fiber. Both whole grain and fiber have proven to lower the incidence of cancer, including colorectal cancer.

4.High in Anti-Oxidants

The Mediterranean diet is high in anti-oxidants. Anti-oxidants play a significant role in maintaining the body -- including organs, muscles and skin -- in top condition. A diet high in anti-oxidants is believed to ensure that a person will live a longer, healthier life.

5.Low in Red Meat

Because the Mediterranean diet is low in red meat, the diet plan works to reduce the amount of "bad cholesterol." A diet low in "bad cholesterol" lessens the incidence of cardiovascular disease, hypertension and stroke.

6.High in Lean Meats

The Mediterranean diet includes lean meats in moderate portions. The reasonable amount of lean meats -- including fish and certain seafood and fish -- provides a health source of protein and energy for a person.

7.Low in Dairy

The Mediterranean diet is low in dairy products. In fact, a true adherent to the Mediterranean diet includes almost no dairy products at all. Any dairy that is included in the diet is low fat or non fat. Because the diet is low in dairy, particularly fatty dairy products, the diet encourages a person to obtain or maintain an ideal weight. Additionally, the diet aids in reducing cholesterol and works to prevent heart disease.

8.Prevents Disease

As mentioned, one of the reasons that the Mediterranean diet is good for you rests in the fact that the diet plan appears to reduce the incidence of certain diseases including:

-- heart and cardiovascular disease

-- cancer

-- diabetes

-- hypertension

-- diabetes

9.Longevity

The history of the people of the Mediterranean region demonstrates that the Mediterranean diet works to extend a person's life. In addition, while working

to extend a person's life, this diet scheme works to ensure that a person's longer life will be healthy as well.

10.A Convenient Diet Program

Finally, the Mediterranean diet is good for you because it is a convenience diet program. In order to follow the Mediterranean diet you do not need to buy any special products or prepare a unique and hard to manage diet plan. If used with moderate exercise, it is a great way to lose weight while remaining healthy.

About the author:

Site Owner & Publisher Ray Darken - You can gain much more detail from Ray's sites along with other relevant information at <http://www.safe-and-easy-weightloss.com> or <http://www.weightloss-diet-health-vitamins.com>

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Site Owner & Publisher Ray Darken - You can gain much more detail from Ray's sites along with other relevant information at <http://www.safe-and-easy-weightloss.com> or <http://www.weightloss-diet-health-vitamins.com>

10 Natural Ways to Reduce Stress and Strengthen Your Immune System!

(Includes a recipe for Banana Strawberry Power Smoothie)

Stress seems to have become a constant factor in today's fast-paced society. If left unchecked, it can wreak havoc upon our health. Learning how to effectively manage stress can mean the difference between being robust and full of life, or becoming susceptible to illness and disease. Stress can weaken the immune system and accelerate the aging process. The ability to relax and rejuvenate promotes wellness, vitality and longevity.

A healthy immune system regulates our body's healing process and protects it against infections and diseases. When stress compromises our immune function, it can result in colds, flu, fatigue, cardiovascular disorders and premature aging. Stress increases heart rate, blood pressure, glucose levels, adrenaline, cortisol, free radicals and oxidative damage. This initiates the "fight

or flight" response, places undue strain upon the heart, and can also increase the feelings of anxiety and depression.

Protecting the immune system is a vital part of living longer, feeling younger and being healthy. Here are ten natural healthy ways to reduce stress, boost your immune system and slow down the hands of time.

1. Walking and Physical Activity (dancing, gardening, cycling, swimming, weight-lifting, etc.). Regular exercise and physical activity strengthens your immune system, cardiovascular system, heart, muscles and bones. It also stimulates the release of endorphins, improves mental functioning, concentration/attention and cognitive performance, and lowers cholesterol, blood pressure, cortisol and other stress hormones. Three 10-minute workout sessions during the day are just as effective as one 30-minute workout, and a lot easier to fit into a busy schedule.

2. Yoga and Stretching. The slow movements and controlled postures of yoga improves muscle strength, flexibility, range of motion, balance, breathing, blood circulation and promotes mental focus, clarity and calmness. Stretching also reduces mental and physical stress, tension and anxiety, promotes good sleep, lowers blood pressure and slows down your heart rate.

3. Hand Hygiene. The most effective measure in preventing the spread of microorganisms that cause infections is good hand hygiene. Washing your hands with soap and water as soon as you come home, and always before you eat, greatly reduces your exposure to bacterial and viral infections. In case you cannot wash with soap and water when you are away from home,

carry some alcohol-based hand wipes with you to control microbial exposure and transmission.

4. Laughter and Humor. There is truth to the saying that laughter is the best medicine. Laughing reduces stress hormones like adrenaline (epinephrine) and cortisol. It also benefits your immune system by increasing the number and activity of Natural Killer T-cells. These cells act as the first line of defense against viral attacks and damaged cells. Find the humor in things and engage in activities that make you laugh to increase your immune function and disease resistance.

5. High Nutrient Diet. Eat foods rich in antioxidants (like vitamins A, C, E and lycopene), omega-3 fatty acids, and folate. Antioxidants fight and neutralize free radicals, which are molecules that damage cells and cause heart disease, cancer and premature aging. Omega-3 fatty acids (a polyunsaturated fat) have anti-inflammatory, cardiovascular-enhancing and immune-regulating properties. It is helpful in preventing and controlling high cholesterol, hypertension, heart disease, stroke, cancer, diabetes, depression, inflammatory and auto-immune disorders. Folate prevents age-related cognitive decline, damage to blood vessels and brain cells by lowering homocysteine levels. It also ensures DNA integrity (important as we age and when pregnant) and promotes healthy red blood cells. Excellent food sources for these nutrients are as follows.

- Antioxidants - pumpkin, sweet potatoes, carrots, kale, grapefruit (red and pink), blueberries, strawberries, watermelon, cantaloupe, oranges, peppers (red and green), tomatoes, broccoli, sunflower seeds, almonds and olive oil.

- Omega-3 Fatty Acids - ground flax seeds, walnuts, salmon, soybeans and pumpkin seeds.

- Folate - dark green leafy vegetables (turnip greens, mustard greens, spinach, romaine lettuce, collard greens, etc.), beans, legumes, asparagus, Brussels sprouts, beets and okra.

6. Music. Listening to your favorite music is a great method of reducing stress and relieving anxiety. Your individual preference in music determines which types of soothing sounds will best reduce your tension, blood pressure, and promote feelings of tranquility. Pay attention to how you feel when you hear a particular song or genre of music, and keep listening to the ones that produce a relaxing effect.

7. Sleep. Getting enough sound sleep has a profound impact on your stress levels, immune function and disease resistance. A chronic lack of sleep can leave you feeling sluggish, irritable, forgetful, accident-prone, and have difficulty concentrating or coping with life's daily aggravations. Long-term sleep loss can also result in heart disease, stroke, hypertension, depression, and anxiety. Sleep time is when your body and immune system do most of its repairs and rejuvenation. Strive to get 7-8 hours of sleep each night. Remember rest and relaxation go hand in hand.

8. Positive Thinking. Optimism can counteract the negative impact stress, tension and anxiety has on your immune system and well-being. Often it is how you perceive things that determine if you get overwhelmed, both mentally

and physically. Having a positive attitude, finding the good in what life throws your way and looking at the bright side of things enhances your ability to effectively manage stress.

9. Tea. Regularly drinking tea throughout the day can help strengthen your immune system and your body's ability to fight off germs and infections. Both green and black teas contain a beneficial amino acid called L-theanine, which can increase the infection fighting capacity of gamma delta T cells. L-theanine also promotes a sense of relaxation, calmness and well-being by influencing the release and concentration of neurotransmitters (like dopamine, serotonin and GABA) in the brain.

10. Hydrotherapy. Relaxing in a hot bath relieves sore muscles and joints, reduces stress and tension, and promotes a good night's sleep. Add some soothing music, soft lighting and naturally scented bath salts or bubble bath/bath foam to create an inexpensive and convenient spa experience in the privacy of your own home.

To get you started, try Monique N. Gilbert's delicious and nutritious recipe. It's high in antioxidants, fiber and Omega-3 fatty acids.

Banana Strawberry Power Smoothie

1 frozen ripe banana

1 cup strawberries (fresh or frozen)

1/2 cup orange juice

1/2 cup soymilk

2 tablespoons canned pumpkin

1 tablespoon ground flax seeds

1 tablespoon honey

Blend in a food processor or blender for 1-2 minutes, until smooth and creamy.

Makes about 2-3/4 cups (2 servings)

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Monique N. Gilbert, B.Sc., is a Health, Nutrition, Weight-Loss & Lifestyle Coach; Certified Personal Trainer/Fitness Counselor; Recipe Developer; Freelance Writer and Author of *Virtues of Soy: A Practical Health Guide and Cookbook*. She has offered guidance in natural health, nutrition, fitness, weight-loss and stress management since 1989. You can contact Monique at <http://www.MoniqueNGilbert.com>

About the Author

Monique N. Gilbert, B.Sc. helps people get healthy, manage stress, lose weight and keep it off. Through her coaching program and writings, Monique motivates and teaches how to improve your well-being, vitality and longevity

with balanced nutrition, physical activity and healthy living. For more information, visit <http://www.MoniqueNGilbert.com>