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## **Making Your Low Calorie Diet Work**

You've decided that a low calorie diet is the right thing for you. Now, how will you make this work for you? There are several things that you will want to take into consideration when it comes to these diet plans. First off, realize that you are committing yourself to a lifestyle change, one that will take practice and dedication to pull off. No diet is easy. But, remember this. For this sacrifice you gain added years on your life, health, and more energy as most people who lose weight will do all of these things and more.

Now, how will you begin to manage your low calorie diet? First, consider one of the most important things to you. That is your nutrition. You can't lose weight or become healthier if you are not eating the right foods. In fact, you will find that you just can't lose weight effectively if your body is struggling to maintain its health and well being. Therefore, take some time to take into consideration not only low calorie foods but also low calorie foods that are nutritiously balanced for your health.

You may find that you are not getting enough nutrients into your system with a low calorie diet. Vitamins and minerals are very important not only for health but for weight loss too. If you find that you can't get enough in your restricted diet, you may want to consider adding supplements to your diet. Talk to your doctor about any medications you may be taking and also determine the best quality supplements on the market before selecting them.

Your low calorie diet really can work if you dedicate the time and energy to making sure that the food that you do consume is both low calorie as well as high in nutrients.

## Low Calorie Diet: No Calorie Foods

Since you are on a low calorie diet, it would be great to find out if there actually are foods that you can consume that have no calories to them. That would give you the benefit of being able to satisfy your hunger without having to worsen your diet plans. The fact is that there are some good low calorie foods that you should be considering. If in fact you do need to help stave off those hunger pains, this may be the way to make sure it happens.

When considering foods that are labeled on the market as being no calorie, take a look at them. If they are very costly, they may not be worth it. While all foods have some calories to them, some will offer a much better take than others would. What if the no calorie product tastes awful? Look for a product that is low calorie, then. Low is better than no for taste and better than full calorie, too.

What about all of those products that claim to be negative calorie foods? Negative calorie foods are actually foods that do have calories, but they often take more work to consume than the calories that are actually in them. For example, if you are eating a food that contains 100 calories but it takes you 150 calories to consume it, it is actually reducing your calories by 50 just to eat it. A good example is that of celery; it takes your body a while to actually digest it which can leave you with a full feeling that also is cutting away at your intake.

When you are considering these foods, consider what nutritional value they have. For example, other foods include garlic, asparagus, broccoli, carrots, apples, lemons, and oranges. If they are foods with good nutritional backgrounds, like these, then it can be a benefit to consume these over foods that are less than healthy for you.

## Eating Out On A Low Calorie Diet

As Americans, you probably dine at least once every couple of weeks out. Even if you don't, when you do, it can be detrimental to your low calorie diet if in fact you do. How can you avoid the extra calories that come from dining out when you are on a strict diet? There are several solutions for you to take into consideration.

1. Determine where you are going ahead of time and take a look at the restaurant's online menu. Most of the larger chains and even some of the best individual locations will provide a full menu listing. You can use this information to help you to find the healthiest items on the menu. You can also use the web to help you to search for those recipes online, on other website. Sometimes, more well known chains will have copy cat recipes up with full nutritional value to help you to find the best choices even faster.
2. Look for foods on the menu. In most restaurants, you can request a nutritional guide that will provide you with details about the healthiness of the food. You can then make your choices wisely. Some even provide a section of their menu that is low calorie. If not, ask.
3. Look for the right foods. Vegetarian meals are a great choice as they often have far less foods that are high in saturated fats and in calories. In addition, look for foods that aren't cooked in heavy sauces, creams or have added butter. Ask the chef to leave them out. Or, ask for a specially prepared meal that fits your needs.

When you do these things, you will quickly see just how benefiting it can be to be on your low calorie diet and still not lose out when you go out.

## Dealing With Water On A Low Calorie Diet

One of the most difficult things for people to take into consideration when it comes to their low calorie diet is that they should be drinking water. Why water? Why can't you drink whatever you want? There is one big reason for this on this type of diet. Any type of drink, other than plain old water, has calories. These hidden calories are the worst way for you to waste your calories for the day. Consider this. Would you rather eat a few more vegetables or fill up on a few more ounces of chicken or would you like to drink a can of soda? When you can effectively learn to give up and drink water, you save yourself precious calories to use elsewhere in your diet.

Calories are not easy to come by when you are dieting. You really need to cut them out wherever you can, and that includes in the beverage that you drink. A can of soda can have any place from 50 calories well up into the 150 to 200+ range. But, another thing to consider is just what you get for those calories. You don't get a full sensation in your stomach so you are still heavy. You don't get much taste as it is usually gone within a few minutes. And, you get caffeine, sugars, and even fats that you just don't need.

To make water a more tasty choice, add some spice into it. A simple yet effective way to do this is to just add some lemon or lime into the water. You should be consuming about 2 quarts of water per day. If you aren't sure just how many you are getting, each morning fill a jug in the refrigerator with two quarts. If you don't finish it, you haven't gotten your water for the day. By the time you have learned to replace your drinks with water, you will have saved yourself countless calories.

## Low Calorie Diet: Burning Calories Effectively

Are you looking to burn some extra calories from your low calorie diet to help you to gain some additional lost weight? You definitely can do this if you know just how to do it. For most people it will be necessary to take a few minutes and to consider how much exercise they can get in without increasing the amount of calories they are consuming. You don't want to ruin your diet, but you do want to benefit it from consuming fewer calories and doing more exercise to burn additional stored fat.

How can you keep track of the calories you have burned? Unfortunately, the little calorie counters that are now found throughout most stationary exercise machines don't travel with you. If you do laundry, walk up and down steps all day or are walking around the office, how many calories are you burning?

One tool is available online that can help you to count the calories you are bringing in your exercise regimen. That is an exercise calculator. You may even be able to find these available to you without cost. When you use one, all you'll need to do is pull in the exercises that you are doing as you finish them and for how long you are doing them and you can learn just what you've burnt. You can find similar products on the market that will count the number of calories that you have consumed per day, too.

Adding a tool like this to your daily work out can actually be quite beneficial to your overall low calorie diet. You can see where you've lost calories and increase your weight loss. Or, if you are doing some extra workouts and burning extra calories, you can actually eat a bit more food to help compensate. All in all, counting the calories of your exercises is a great way to maintain a healthy lifestyle and a health low calorie diet.

## **The Three Hour Diet-A Dieting Revolution Indeed!**

Dieting plays an important role in today's lifestyle. Life today demands a healthy and attractive body. There are a large number of diets available for today's fitness fanatics. Some of them are well known among the general public and are commonly followed while the others are jealously guarded by the practitioners. The diet designed by George Cruise, called the three hour diet, is one that is a well kept secret. People are largely skeptic about this diet as it proposes that one can loose weight be actually eating every once in three hours! However this diet is based on a common scientific principle and is one that is here to stay.

The basic idea behind this diet is that the human body needs proper food at regular time intervals. In the absence of this, the body will switch into a 'starvation mode'. Under this condition the body does not burn the fat as it is supposed to. Instead the extra fat in the body is held on to while the muscles are burnt.

Most diets known to people reduce the food intake to reduce the weight. Hence they leave people feeling hungry constantly thought the day. However the three hour diet does not do this. Instead many have to remind themselves to eat constantly by setting alarms and scheduling regular food breaks. However eating any kind of food will ruin the entire effect of the diet. It is very important to eat the right kinds of food while following this diet. Information on this can be obtained from the book by Jorge Cruise called 'the three hour diet'. This book gives information on how to make the diet work for different individuals according to their needs and lifestyles. Information on the weight plan and ways to include it in one's daily routine can also be obtained by signing up online.

The book is the most ideal guide to this diet. It is an encyclopedia of facts, tricks and various tips on following this diet and making sure one sticks to it no matter what. The most important thing to remember is that this diet has to be followed down to the last rule in order to get the desired results. The schedule given by the diet plan must be religiously followed. True followers of this diet must be ready to eat once in every three hours to get the best out of it.

This diet is based on one's current weight and how much of weight they want to loose in the given time frame. The needs of the human body vary from person to person. This diet takes

## **How To Lose Weight ... With The Right Food!**

these needs into consideration to achieve the best results for individuals. To get the best results one must be completely honest while following this diet. People have claimed to lose up to ten pounds in just two weeks immediately after starting on the diet while others have gone on and claimed that as much weight can be lost by sticking to this diet. Many celebrities have followed this diet for glowing results. They have now become fans of this diet and are endorsing it.

This diet like every other diet has its pros and cons. However it is highly effective when followed properly. The follower should have real commitment to achieve the desired results. This diet has completely changed the face of dieting. The results provided by this diet have revolutionized the fitness world. If you are a person who avoids diets because you hate feeling hungry, then this is the diet to change your life.

## Atkins Diet - Processed Food vs The Unprocessed

It is not uncommon for those starting on the Atkins program to be drawn to the variety of low carbohydrate products available in the markets today. In fact there is a wide assortment of packaged items that are manufactured to be specifically low carb and you would probably be tempted to fill your shopping bag with these products. Items like low-carb baking powder, low-carb snacks and low-carb pasta and bread substitutes may entice you to add them to your shopping list, but it is perhaps best for your health and for your diet if you use these sparingly.

Low-carb foods are, simply speaking, a substitute for your favorite heavy carbohydrate foods. They might add diversity to your plan and help you get over your cravings in a pinch but one glance at the label can betray how much chemical it actually contains.

One important thing to remember is that Atkins diet gives prime importance to raw and unprocessed food. In fact Atkins diet food pyramid focuses on fresh meat and fresh vegetables as its key diet. Blended with these are natural cheeses, a variety of fruits and further down the line, whole unprocessed grains. Items like canned vegetables, packaged meats and instant food are strongly discouraged.

The Atkins food pyramid displays these foods in their raw states with good reason. There are proven advantages of consuming foods that are minimally processed. Whereas there is a danger in consuming packaged or industrially processed products as these contain a host of harmful chemicals that can cause various problems. It is preferable to eat raw and whole foods, which retain the nutrients and vitamins essential to the body.

Raw and fresh food ingredients are the best bet to a healthy diet. There is a tendency to rely on food that is technically allowed on the program but is not very healthy. For example, many people on the plan consume a lot of bacon because it seems to be a good protein supplement. But few know that bacon contains large amounts of sodium nitrite, which is known to be cancer causing.

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The consumption of unrefined, unprocessed and non-manufactured food, as advised by the Atkins pyramid and diet books, has been known to cause to weight reduction and health transformations. For optimum health it is best to eat natural and fresh nutrient providing food.

Low-carb packaged products, on the other hand, can make sticking to the diet difficult as it instigates carb cravings in certain individuals. If consuming low carb foods makes you want to indulge in carb-heavy foods, it is best you refrain from consuming these products. In fact, they may contain concealed carb counts that can raise your daily carb level without your knowledge.

If you feel your weight reduction on the Atkins plan is stalling, re-assess your commitment to unrefined and unprocessed food. You may be eating hidden carbs in the form of low-carb foods and also consuming more than is healthy. If so, do away with the processed and packaged and refocus on the unrefined and the fresh. While shopping, stick to the section where the unprocessed fresh food is.

We lead busy lives and sometimes it's alright to rely on convenience foods like packaged meat and packaged fruits and vegetables. One can understand the need to resort to canned soup, canned vegetables and bacon time and again, but as far as possible we must try to concentrate our diet on fresh and unprocessed products. In doing so, your efforts at weight loss and good health will definitely pay off.

## Monohydrate - The Best And Natural Way To A Good Looking Body

Get tips on achieving and maintaining a great body through a natural supplement known as certain monohydrate

Majority of people nowadays are craving for muscular bodies these days as they are considered as beautiful. It has become common to associate a muscular and good looking body with a healthy body, but getting those coveted muscles requires hard work. A proper work-out everyday in the gym is a must, not to mention sticking to a strict diet which no doubt requires resolve and discipline. When followed properly it results in a great looking and well toned body.

People who are familiar with the world of wrestling must surely know the kind of fitness the wrestlers maintain. A great example of supreme fitness is the Californian governor and former Hollywood superstar Arnold Schwarzenegger. To even dream about a body like that regular and intensive workouts in the gym is a must, in addition to the workouts supplements are also needed to improve the muscle tone and for aiding in further development.

Body building supplements are available in plenty in the markets, these supplements help in gaining the required body in very little time. Creatine monohydrate is one among the most popular supplement available in markets across the world. A large number of body builders testify to the fact that this supplement offers the best results in the least amount of time.

During the 1966 Olympics, some athletes used monohydrate in order to get a good looking body and this was also the reason for them winning a medal at the Olympics. Creatine Monohydrate was discovered in the year 1832 by a scientist belonging to the nation of France which bears testimony to the fact that monohydrate has been in use for quite a lengthy period now, but it was only during the year of 1923 that the supplement was developed so as to store 95% of the product in the tissues.

Even though Creatine monohydrate was discovered in 1832 it was not until 1992 that monohydrate came to be used as a supplement for body building as it was only in the year 1992 that the true potent of Creatine monohydrate.

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Natural Creatine monohydrate is produced by the following organs:

1. Liver
2. Kidneys
3. Pancreas

From these organs it is carried via the bloodstream to the muscle tissues. When the Creatine monohydrate reaches the muscles it is quickly converted into a metabolite called as Creatine phosphate which is high powered. The metabolite produced in the muscles replenishes the adenosine tri phosphate or the ATP molecules which is the known as the ultimate power source of the muscles.

This supplement is certified to be 100% natural and can be ingested into the body through the food we eat, which is the main reason for it's popularity over steroids and other body building drugs, which are not only toxic to the body but are also banned worldwide. On the other hand Creatine monohydrate is perfectly legal and can be used in any sporting competition without the fear of a ban.

With proper workout and the right amount of Creatine monohydrate ingested into the body the muscle bulk of the body can be increased in just a couple of weeks. This supplement energizes muscles, enhances exercise routines ( mainly during high intensity workouts)

It also helps in building high muscle strength and also aids in gaining muscle bulk faster than any of the other body building supplements. This aids in generating more energy for high-intensity workouts. In addition to all these it also helps in repairing damaged or torn muscles quickly so that you can fall back into your routine faster.

As it is clearly visible from this article Creatine monohydrate contributes greatly to muscle enhancement and endurance, and the best part is that it is perfectly legal.

## Dieting By Weight Loss Surgery

All who are looked at to be very obese have only a few options to lose weight when time period is very critical. Most have shifted from one kind of diet to another for a major part of their lives but only to realize failure and also develop a sense of helplessness and hopelessness which in turn leads to a very pessimistic approach in life.

The general misconception about the over obese people is that they were solely responsible and if they chose otherwise they wouldn't be this fat. This is only a nice in theory but not true in practice generally. There are some medical conditions that cause certain bodily dysfunctions and hence these people can't control weight they put on. There are environmental issues as well which can influence the weight as well. But it's ironic that many cases who are drug addicts and alcoholics are cared for and seen with better compassion than a person who is obese.

Surgery itself is big surgery and isn't an option that can be taken carelessly without thought. Many people realize that surgery involves a big change in their lifestyle also a new method of eating which is a lifetime commitment. Due to these facts it's suggested that all those getting the surgery must have a BMI greater than at least 40. This in turn means that it's advised for guys who are more than a hundred pound extra and women who have extra bulk of eighty pounds or so.

One should carefully consider benefits and risks of such a surgery prior to deciding that surgery is the plan of action you are taking. Risks involved are great and must not be overlooked by desperation to reduce weight. Nutrition based deficiencies result in 20% of people who have opted for this surgery as the end result in insufficiency of nutrients. This may cause osteoporosis and worse conditions as you grow old. Some complications result from surgery by itself. You will have lifetime issues when eating a lot or the incorrect kinds of food, and some who reach the goals find out that weight can come back at times. Like life itself, there is no assurance about weight loss surgeries.

To decide whether or not you need this surgery, you should ask yourself some of the following queries which may help make up your mind in either way.

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Is my extra bulk hampering significant daily activities?

Is my extra bulk causing any other condition which may harm my well being?

Is my extra bulk something I feel I should control by myself?

Will I be able to handle consequences and all the follow ups that are required?

The main problem with many people who need to resort to surgery is the fact that they can't take control of the body again. The chances of a candidate for surgery getting rid of the fat by his own methods are very less as he is most likely to have tried and also failed every other diet given in any book.

You can only decide if or not surgery is a good option for your needs. But if you finally decide that's what you want to do, then discuss all possible consequences clearly with your doctor in order to avoid the possibility of any serious damage later on during your older years.

## PH Miracle Diet- Alkalize Your Body

The PH miracle diet has revolutionized the perspective on eating. The diet aspires to achieve ph levels of 20% acid and 80% alkaline in food intake. This aims at equaling the ph levels of the bloodstream, which bends towards the alkaline. This can be challenging for quite a few people, as the food they usually tend to indulge in is considered mostly acidic. It thus becomes important to recognize sources of alkaline content, construct a list of such foods and add them to your PH miracle diet.

Alkalizing foods neutralize the acidity present in the bloodstream, thereby giving the body a sensation of rejuvenation. They regenerate and restore cells in the system and refresh the body, thus acting as a “breath of fresh air”. Repeated intake of food high in acid content causes premature break down of the body. These “acid bombs” are carried throughout the system by the bloodstream, causing harm and posing a threat and danger to the body. We can optimize the PH level in our blood by identifying what foods have an alkalizing property, and integrating it in our diet in higher amounts. Levels 7 and greater are considered alkaline, the levels of human blood being between 7.35-7.45.

The simplest way to get alkaline into the system is by eating fruits and vegetables. Some alkalizing vegetables are: barley grass, alfalfa, beet greens, beets, carrots, cabbage, broccoli, chard greens, cauliflower, celery, collard greens, dandelions, cucumber, green beans, garlic, egg plant, green peas, kohlrabi, kale, lettuce, mustard greens, onions, nightshade veggies, peppers, peas, parsnip, radishes, pumpkin, rutabaga, spinach, sea veggies, sweet potato, sprouts, watercress, tomato, wild greens and what grass.

Some alkalizing fruits are: avocados, apricots, apples, berries, bananas, blackberries, cherries, cantaloupe, coconut, cherries, currants, figs, dates, grapes, honeydew, grapefruit, limes, lemons, muskmelons, oranges, nectarines, peaches, pineapple, pears, raspberries, raisins, strawberries, rhubarb, tangerines, strawberries, tropical fruits, tomatoes and watermelon.

In the process of addition of more alkaline in ones diet, protein can pose a problem. All animal derived protein is acidic. But there are proteins that are alkalizing. Some are almonds, millet, chestnuts, tofu, whey protein powder and tempeh.

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What is food without those herbs, spices and sweeteners, which add greatly to its character? These alkalizing embellishments can be added to your culinary endeavors to balance out the PH levels. Condiments which have an alkalizing effect are: curry, cinnamon, ginger, chili pepper, mustard, sea salt, miso, stevia, tamari and all herbs.

Minerals are also essential for health. Proper blood PH balance can be maintained by identifying which minerals are alkalizing. Some are: potassium, cesium, sodium, magnesium and calcium.

In addition to these, there are some ingredients that make the addition of alkaline to the diet even easier. These may be listed as: vinegar, apple cider, alkaline antioxidant water, lecithin granules, bee pollen, probiotic cultures, molasses, green juices, soured dairy products, fresh fruit juices, veggie juices, and mineral water.

Knowledge of which foods and which supplements add alkaline to the PH levels is just the first step. Implementation, which takes commitment and planning is the next. The best way to test the body's PH level, once these foods have been added to the diet, is the saliva strip test. These tests are available in most of the health food stores. A PH between 7 and 8 boasts of good health.

One should not forget that the aim of the PH miracle diet is to ensure that acidic intake is less than the alkaline intake. This does not necessarily mean that one cannot consume foods that are more acidic. The balance of ones diet should merely be geared towards alkaline foods. Maintaining an appropriate PH balance, one can ensure that the body performs at an optimum level.

## Nine Facts About Fiber

Looking for a diet that is high on octane, then you will be happy to know that fiber is exactly the thing you need. People do not take this nutrient seriously even though research shows that it is powerful.

Here are nine important facts about fiber that will help you to fuel your health.

1. Fiber is a natural fighter of diseases. Diet that is rich in fiber helps in the prevention of colon cancer and diseases of the heart. Fiber also helps in the elimination of cholesterol by the action of binding it to the digestive tract. Fiber also helps in stopping constipation.
2. Fiber also helps in cooling of the body when it is over-heated. High fiber foods usually take longer to chew, thereby longer to digest and hence make you feel satisfied for a longer period of time.
3. The content of fiber in popular foods is very less. If you are used to depending on popular food then it is time to start increasing your fiber content.
4. Grains have the most content of fiber. The best sources of fiber are concentrated grain products and whole grains.
5. It is essential for kids to have fiber. Children older than two years should necessarily include fiber in their diet as they are the most receptive towards fiber in fruits, fortified breakfast cereals and vegetables.
6. More the intake of fiber more is the intake of water. For fiber to move through the digestive tracts a lot of water is needed. When a diet rich in fiber is consumed a minimum of eight glasses per day are required per day.
7. The health benefits of fiber are not lost during cooking. While cooking fruits and vegetables there is no need to worry about losing the fiber content. The fiber found in these fruits and vegetables aren't only in the skin.

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8. Fiber must not be taken beyond a certain limit. A person must take more than 50 gms per day as this may lead to diarrhea and bloating and also interferes with the absorption of other minerals.

9. It is not hard to get the required amount of fiber content in your diet, even though the misconception is that, it is hard to get enough fiber into the diet. To get the right amount all you need to do is to eat the right kind of foods.

When you are determined to achieve a healthy lifestyle, eating fiber is something you do not want to miss as it serves more than one different purposes, most of which have been covered above

## pH Miracle Diet - Criticism

Whenever something gets famous, it gets criticized by some sources. The newly famous pH miracle diet isn't any different. The program has got followers, and it has also got a lot of criticism from a lot of people.

The first criticism about the diet is the fact that it asks people to be vegans and vegetarians. Critics claim that the diet, especially with its deletion of dairy products (vegetarian source of protein), is very low in protein content. However, this comes from the misconception that we need a large amount of proteins. Going by popularity of the low carbohydrate diet (that is just high in protein diets) has aggravated this conception in the heads of people. Sadly health has become equal to eating dairy and red meat.

Anyway, there are lots of sources of healthy proteins which don't contain the bad acidic effects of dairy products or red meat. In reality, many people take too much of protein and not too less. Generally women need around 45 grams per day, and a man needs around 55 grams. One cup of tofu (that is acceptable on pH diet) has around 20 gm of proteins. And beans have around 8 grams every half a cup. So in reality it's easy to gain enough of protein from a vegetarian diet.

One more criticism about this issue is about calcium. Most people tend to equate drinking milk and getting stronger bones. But, American women take average two pounds of milk every day and still about 30 million women get osteoporosis. If taking milk made bones stronger, then only the opposite will be true. From a study done by Cornell nutritionist named Amy Joy Lanou who proved that there is no link between dairy substances and healthy bones in young adults and children. There are many sources of calcium in alkalizing food products which will enhance protection to osteoporosis.

Most critics also say that the importance on fresh foods and vegetables is the actual cause behind the victory that many get from diets. pH miracle diet recommends to eat around 70 percent of vegetables and some needed fruits. In this rate, no matter if you are consuming alkalizing food, anybody will see an enhancement in their health. Most critics disregard the need for the pH balance miracle diet.

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But however, there are many people who experience good results after getting rid of wheat, which is an acidic food. Its not a product that one generally links with bad health, however, removing wheat has proved to be a godsend to loads of people who suffer the effects of an over-acidified meal. The quantity of alkalizing vegetables present in diet will surely do anyone good, no matter if they take the other parts of the diet seriously. By following eating of alkaline products, you would be enhancing the health irrespective of strictness of diet.

But this causes another famous criticism in the book. Most people say that pH miracle diet is way too strict for daily following. The reduction of foods like milk, animal protein and wheat seems too much for some. They can't imagine making it through a full day without consuming these food groups. Idea of restricting to a diet containing plant based food only seems too strict. However, most people who utilize pH miracle diet are seeing good results without having to be 100% rigid about the rules.

Like most other diets, pH miracle diet recommends steps to a better health. Emphasis here is on the steps. It's not reasonable to ask anyone for a total 180-degree change about his or her meal habits. Using a slower method for changing the diet will give longer and successful end results. If any diet is done word by word, it's very difficult at the start because mostly people are used to eating in a certain pattern. But with time and some practice , anyone can get better health through more of an H balanced diet.

Like with many other diets, the pH miracle diet outlines steps toward better health. The emphasis here is on steps. It is unreasonable to expect anyone to do a complete 180-degree change in his or her eating habits overnight. Taking a slower approach to changing your diet will create longer and more successful results. If the diet is followed word for word, it is difficult at first because people are so used to eating a certain way. With time and practice though, you can move toward better health and a more pH balanced diet.

## The Greatest Dieting Mistakes

As far as dieting is considered mistakes are made almost on a daily basis, some of these mistakes are real and profound, some go with the territory, but there are few mistakes that have a more lasting implication than others. The only way to avoid these mistakes is by learning about them and avoiding them during the course of your weight loss regime.

The biggest mistake made by dieters is adopting the strategy of all or nothing. These dieters remove anything from the pantry that they consider will give room for the slightest of temptations. After doing this the dieters start on a strict dietary regime that is not only difficult but nearly impossible to continue, believing that they lose every thing the moment they stray away from their military like diet regime.

The above method may work for a few people but it will lead to un-wanted anger, frustration and sometimes even failure. The most important thing in relation to the dieting regime is the goal. What is the goal for dieting? The answer is shedding those extra pounds. There is more than one way of achieving your target without half starving to death or pushing yourself to the brink.

Another big mistake in relation to dieting is the selection of diet plan. Some people make the mistake of selecting a plan that involves eating the same food everyday. Human beings enjoy change and will get frustrated with routine, therefore it is necessary to change our pattern once in a while. You can do this by choosing a diet regime that allows for a wider variety of food rather than one which limits the number of choices.

Some of the other common mistakes are depriving you of all the food we enjoy. Moderation is the key word here. Have a diet that is rich in fruits & vegetables but also do not forget to indulge yourself once in a while to keep yourself going and sane. The important thing here is not to forget enjoying food while dieting, if you enjoy eating chocolates then why would you want to deprive yourself of eating them. There is nothing sinful or wrong about eating the food you like, but the problem is that most people enjoy the wrong sort of food.

Never make the commonly made mistake of not setting any goals. While setting goals it is important to remember that one should never set goals that are almost impossible to achieve,

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on the other hands you must not follow a regime in which practically no goals are achieved. The key here is setting goals that are achievable, these have the most likelihood of attain success. Making these goals public and requesting support isn't a bad idea either. This is the prime reason for the stupendous success that has been achieved by weight watchers program.

It is also important during the course of a dietary regime never to get frustrated and give up. Set backs are common and are faced by almost all people, even the ones who have achieved stunning dieting regime success have met with failure en route. The end result is that you end up getting a healthier body and something worth fighting for. Sometimes your goals may go off track but it always possible to set new goals and start afresh. Somewhere down the road you may have a couple of bad day or sometimes a bad week even in relation to your dieting regime. This should not be a deterrent to your plans, instead you must overcome them in order to see a healthier you.

Learn from the mistakes you make, overcome them and move on fast. Failures should teach you as much as success does. Once you learn from these failures you are well on track to achieving a healthier persona. Irrespective of the amount of weight you plan to lose you must dedicate yourself to the task of losing weight. Also remember a healthy person is one who has good heating habits and not one who tries to starve himself. Select a moderate approach and you are well on the road to success.

## Vegetarianism And The PH Miracle Diet

The miracle diet is a regime which helps to restore balance in our body by consuming alkaline foods. The cells of the body are naturally alkaline and you can enhance your body's natural function by consuming alkaline foods. Adding on to this consumption, Dr. Robert Young, who created the diet, recommends omitting acidifying items like wheat, dairy and meat. Becoming vegetarians is a must for those who want improved health, according to Dr. Young. He accepts that the change to vegetarianism requires a lot of mental control and strength.

The diet which is most standard in America is not devoid of alkalizing food and is not vegetarian. Animal proteins are inevitable in the diet of people. Despite, there is no compulsion to consume animal protein. It could be well compensated by the protein rich sources available in the vegetarian group.

A belief prevails in our society that the physical well-being and health of an individual is encouraged by proteins. Especially men, are demanded to consume huge quantities of meat to have vitality and strength. This figment has however prevailed for a long time. As early as the 20th century, scientists believed that consumption of meat equaled strength, prominently in the field of sport. This myth has essentially been the driving force behind meat eating in the last century.

In reality, the need for protein by a person's body is less than assumed by most people. The sources of vegetarian proteins are plenty and are acceptable on the miracle pH diet. There are plenty of sources from which an individual can choose.

But why is animal protein forbade by this program?

Dairy, meats and eggs which are sources of animal protein, have acidifying significance on our body. This tends to prevail on consumption of non-organic meat.

Consumption of processed meat can lead to exposure of hormones, chemicals and drugs being given to animals before they are killed. Risks of the hormones prevail as there are no definite studies about them. Our consumption of antibiotics will increase as the animals are periodically

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fed with them. this increased consumption will lead to reduction of helpful bacteria in our body. This leads to accumulation of metabolic acid in our system, leading to disastrous effects. The helpful bacteria which check the accumulation of metabolic acid in our system are killed by the antibiotics in the animals.

Good elements like minerals, vitamins and proteins can be obtained from vegetarian food without any dangers. 20 grams of protein is contained in a cup of tofu, which is an alkalizing source. An average human requires only about 40 gm of protein per day. This can be easily satisfied without the consumption of meat.

Switching to vegetarianism is much of a mental battle than a physical battle. In fact, the absence of acidifying animal protein leads to efficient body. Consumption of meat is a routine and the advantages of consuming it is a figment. There is no need for meat physically. Omitting meat from our diet leads to opening our eyes to a huge variety of foods that convincingly replace meat.

When one follows the miracle diet, he/she will notice that Dr. Robert suggests an equity of 70 percent alkaline, and 30 percent acidic food. Hence, there is some extent for consuming items in the acidic group. Even though it would be tempting to consume proteins from animal sources, it is preferable to choose from the less acidic foods like oats, eggs, pastas and other products.

It is certainly the individual's choice to become a pure vegetarian. Reducing the quantity of animal protein will lead to improvements in your health eventually.

## What Is In A Weight Loss Diet Pill?

You want to lose weight and have heard of diet pills but are perhaps little hesitant about using them. Here are a few things to consider.

Most programs for weight loss have really strict regimes and strenuous activities and for this reason a lot of people prefer to opt for some other alternative without having to go through the effort of exerting themselves too much.

So, it can easily be understood how diet pills with their promises of simply 'melting away' your cellulite and fat in a jiffy, appeals to most people and they are strongly tempted to resort to these pills.

When there is such an easy method of losing weight, who would want to go through the effort of building biceps and abs through exercise and diet?

Today, 60% of Americans are said to be obese. It is no surprise then, how the manufacturers of these 'wonder' drugs target this population. In the US alone, these companies are earning millions of dollars.

There are many questions. Are the manufacturers' claims about their drug being able to help in weight loss true? How effecting are these drugs in actually making people lose weight? Suppose it is true, do these drugs help in the maintenance of the ideal weight and prevent future weight gain?

It is true that there exist diet pills that make people shed extra pounds. They contain many substances that have been scientifically and clinically proven to show results.

The diet pill functions by causing an increase in the body metabolism and thereby causing weight loss. Also these pills contain substances that can suppress a person's appetite.

But with the numerous diet pills in the market today, it is getting tougher to make a right decision about which pill to choose. People mostly lose patience and end up buying the wrong diet pill.

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There are, actually, only five things to consider while choosing a diet pill that is effective as well as safe to consume. Below is a list that you might find helpful in choosing a diet pill that's appropriate and right.

### 1. **Metabolism boosting ability**

Metabolism is your body's ability to burn fat. While looking for a diet pill, it is advisable to choose a pill that has ingredients that increase body metabolism.

You might want to choose a pill that has alpha lipoic acid, 'L-Carnitine' and green tea extracts because all these ingredients have been proven to be clinically effective in increasing weight loss by increasing metabolic rate.

### 2. **Appetite suppressants**

Go for appetite suppressing diet pills. People often think that these pills will make them skip meals. The pill simply stops you from feeling hungry too often. Excess calorie intake is initiated when people take meals at odd hours and in between meals and this leads to obesity.

### 3. **The Calorie stopper**

Obesity is caused when more than the recommended amounts of calorie are consumed in excess and hence it is important to choose diet pills that have substances that can curb calorie intake into the body.

These ingredients are called 'phaseolus vulgaris'. This creates an enzyme that can efficiently control excess calories from entering the body. The enzyme in question is called 'alpha amylase'.

### 4. **Metabolic enhancers**

The best diet pills are those that have 'lipotropic' elements that are known to eliminate fat from the body. It functions somewhat similar to a sweeper that sweeps away the excess fat from the

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body. Lipotropic elements are present in vitamin C, green tea extracts, alpha lipoic acid and chitosan.

### **5. Water-retention breaker**

Diet pills that contain diuretics are supposed to be very effective. During the weight loss program, it is these elements that avert water retention in the body.

All these factors are effective in weight loss and are clinically proven. But it is not enough to take diet pills to lose weight. Exercise is still very important.

Hence with the correct diet pill and exercise you are definitely headed to a slimmer and healthier life.

## Drugs That Induce Weight Loss

It is shown in research that the percentage of healthy and fit people is reducing to the percentage of people who are unfit. The major cause of this fitness deficiency is caused due to the rise in obese people. More shockingly patient who suffer from obesity are not only from the adult sector, it includes children starting from an age of ten. The factor that causes such obesity issue varies from eating habits to genetics. What concerns the doctors is that, if children at an age of ten develop obesity it will become harder for that person to get rid of it in the later stage due to the slow down of metabolic rate.

Thankfully, due to the advancement in the medical science field it is possible to solve obesity issue in many ways. The patient has the choice ranging from surgery to changing eating habits, depending on the will of the patient. It is always favorable for the patient to use the fastest way out – weight loss drugs.

Started as early as 1950, drugs were prescribed for weight loss. These drugs work by increasing the level of serotonin making the brain believe that the stomach is full, effectively increasing the metabolic rate.

Soon after in 1990, side effects of these drugs were discovered, example heart valve disease. This led to the expulsion of the drugs. Since then newly developed drugs require the FDA approval, many of which are still in the waiting list.

The way in which the drug works is simple, it changes the body with out need to change in diet or avoiding anything tempting to eat.

This industry has made large amount of profit from the consumer. The drugs are easily available either over-the –counter or simply prescribed by the doctor. However the side effects are still eminent. The patient can go through many unpleasant experiences such as diarrhea, vomiting even urinary problems, the most fatal being heart attack or a stroke. Overdose can even cause hallucinations or convulsions.

Depending on the habits of the patient, side effects vary. It is always worth to consult a doctor before any purchase of weight reduction drugs. These are just the physical side effects,

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research shows mental stability can also be affected, as the patient may go through mood swings, nightmares, depression and even severe irritation.

Clinical study shows that weight reduction drugs work efficiently with the help of a low calorie diet along with routine exercise. The diet must have food from all groups. Phytochemicals, micronutrient and enzymes from fruits and vegetable are essential. Other sources of food group such as the vitamins fiber and minerals are also important for the body to have a healthy diet and stay fit.

Exercising is also important, one could workout regularly at the nearby gym or just prefer to go for a long walk every morning. Doctor must be consulted to do the right amount and the right intensity of exercise everyday. The exercise must include cardiovascular (for the heart) and weight training (for the loss of weight). They help to reduce calories inside the body and reduce the percentage of fat in our body. By doing so, the amount of fat to muscle will reduce helping to increase the metabolism rate in our body and stay fit.

## Weight Loss Plan: The Goal To Go For

Generally excess fat holds you at risk of getting many health related problems, you have get weight loss plans in order to avoid these risks and also to prevent disease.

What is the long-term goal? What about short-term goals u need to set in order to get there? You will have a much better chance of reaching all the goals if you can just make sure these plans that you might utilize are reasonable and sensible.

Some of the guidelines given by experts for choosing the correct plan.

### **1. Try To Be realistic**

Many people's long-term plans are very ambitious more than what is has to be.

Like for example, incase you weigh around 170 pounds and the plan is to reduce to 120, although you haven't weighed that much since 16 and now nearly 45, which isn't a proper goal.

The body mass index called in short BMI is a very good indicator to know if you have to shed some weight. The proper BMI variation range, according to certain international sources, is anywhere from 19 till 24.9. Incase your BMI is anywhere from 25 to 29.9, you should consider yourself overweight. All numbers above 30 range is the obesity range.

According to point of view, people need a sane weight loss plan which will correlate to the needed BMI according to your height, since this is the main factor that affects your BMI levels.

### **2. Set reasonable objectives**

Trying a weight loss idea for just vanity's sake is mentally a little less helpful than to lose weight to enhance health.

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A huge step forward has been made if you decide and undertake a proper weight loss plan which includes eating right and exercise to make you will feel much better and also to have energy to do positive things in life.

### **3. Try and Focus on doing it, not losing it**

Instead of saying that you will lose at least a pound by end of this week, its better to say how much exercise you get done this week. That would surely make a sane plan.

Do keep in thought that the weight in a span of a week isn't totally under your control, only your behavior surely is.

### **4. Try and Build in bits**

Ant short term plans for weight loss shouldn't be like "a pie-in-the-sky." Which means that if you haven't exercised in a while, the best plan for the week must be based on getting to know around three single mile routes to walk for the whole of the coming week.

### **5. Do Keep up the Motivation**

A do or die attitude only ensures your failure. You must evaluate your efforts objectively and fairly. In case you don't complete some goals, let it go and move to next week. Perfect record is not needed.

Self encouragement must surely be part of the weight loss plans. If not, you might end up failing.

### **6. Always Use measurable attempts**

Telling that you will be positive in the coming weeks or that you want to get serious this week are not goals which you can measure hence mustn't part of the weight loss plan.

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That is yet another reason as to why you must include exercise on the plan and also focus on it. Anyone must be able to include 3 minutes of exercise time so as to be very successful in the plan.

Bottom line is that, everyone must use plans which will remain just a plan. They must put it to action only by including goals which will encourage them to succeed.

## Weight Loss Program - In A Week's Time

The idea behind the program is for you to develop a uniform approach towards weight loss and also healthy endurance during exercising. This program's main aim is to reduce excesses in the body, like excess fat. But not healthy and slim muscle tissues and important body fluids which are very vital.

This program initially needs your dedication and focus , hence you have to be equipped in both the mind and the body. It is advised that first go to the doctor for a routine check-up prior to taking up weight loss programs.

It is needed that whenever starting on weight loss programs, you have to be sure enough to work towards the results. Many people tend to get impatient but long term results are guaranteed so long as one maintains to the plan devised for them taking into consideration their body condition and needs.

Try to stretch a lot. Prior to doing the exercises and also working out , some stretching is mandatory so that you avoid any kind of injury in the body.

It is not advised for anybody to try very hard. All things must be done in correct levels. Know the level of training and exercise that will suit you best. It has to be correct enough to be comfortable with but not too easy so that it won't be a challenge.

### **In the first week**

First few days in the program needs long and steady walks for about twenty minutes. After walking, try to follow up stretching. This only takes little of the time in the first few days. Less than an hour or so you will have taken the first steps for any weight loss program which can work to your benefit.

In the second day, it's better to think about upper body workouts. This will maintain the strength to proceed with program for a whole week. And on third day, a bright jog or walk for about ten minutes is required. For new comers, lower body workouts must be taken up in evening time.

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By the fourth day, good rest is required, along with a nice long stretch. The lag time must be used properly to correct out negatives thoughts in your mind. Start fifth day with a brisk ten minute of walk. Do exercises for the lower body in about four workout sessions, then take another walk for ten minutes, and do another round of four sessions workout for lower body.

The sixth day must be spent for less tough exercises like swimming. In order to get rid of boredom, do try anything new. The seventh day is the time to get the support of people you tend to care about. Do spend some time for them or bring them with you for the long walk. Also, do light upper body workouts after the walk so that you don't lose the warm up.

This is only the start. By the initial week if can to stick with the program, then you have a chance to boost the weight loss and also stay according to the plan till you reach the desired result. Do try not to be like some people who tend to give up easily because they can't see the end result in the time frame they hope - like this instant, today! Patience is the most important virtue. Think about how much your body will go through to get remove all the fat.

## Weight Watchers Dieting

In the field of dieting and weight watching there are just a handful of organizations that have actually successfully achieved what they promise. These organizations seem to be on the roll and there is no question of stopping them. More significant are the people who join and manage to stick to it till the end. So why do some programs take the backseat while some steal the show?

### **Community**

One chief reason behind the success of Weight Watchers is the sense of community, the bond that is forged between all the men and women who have a common goal-weight loss. It is encouraging as well as endearing to be with a set of people with whom you can share your experiences as well as theirs.

More often than not, people who are on diet or a program simply do not get enough support from their family and friends. The bonding that takes place in the meetings of the Weight Watchers is strong because it is of people who come from diverse walks of life and cultures but are still united under one common aim of losing weight and a leading healthier lives. And this bond is very dear to them because it is together that they laugh and cry. The kind of motivation and encouragement that this type of program stimulates is commendable to the highest degree.

### **Evolution**

Though the typical manner in which to watch weight would be to actually attend the meetings, the community of Weight Watchers knows how to evolve with time. For those who are too busy or are just afraid to attend meetings, there are many alternatives available like online forums, support group sand message boards.

But the evolution has not stopped here. They have, in recent years, introduced a system of points which allows dieters to gauge how well they are performing or progressing through points instead of having to actually keep track of and account for every calorie. Counting every calorie

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is a hassle many dieters should not have to take time out of their busy schedules to sort out (especially while dining out).

The Weight Watchers online website is a great example of fast evolution in response to the ever changing requirements of men and women taking part in the program. They truly outdo themselves in terms of the information and insights offered.

### **Commitment to fitness**

It is common knowledge among the Weight Watchers that dieting alone does not reap benefits. A diet in combination with an appropriate exercise gives much better and satisfying results. When it comes down to it, the most successful Weight Watchers are the ones who along with proper nutrition and attitude towards food, also stress on exercise as a vital component of the regime.

Weight Watchers is one among numerous other dieting and weight loss programs available in the market today. That they have carved a niche for themselves and are above many others in this particular field demands recognition. Despite the innumerable weight reduction programs being introduced every other month, Weight Watchers has consistently achieved laudable results for those who actually work at it. There are not many programs that can claim the same for themselves.

Considering all of the afore mentioned, along with the pre packaged food and extensive recipes offered by the Weight Watchers, coupled with their remarkable track record for success, there is no way you wouldn't want to at least check out what they have to offer you.

## Teen Dieting

It is a sad fact that modern living has led to a greater incidence of obesity among teenagers. Children who are overweight are not at the optimum health they should be and this can ultimately impact upon their performance academically. Too much weight will also compromise the physical health of a teen and it affects their social interaction among peers. Children and young people do not place high priority on tact and the school environment can be tough on a teen who is perceived as 'fat' by others.

An obese teenager probably began to practice the behavior that has caused the weight problem from earlier childhood. For this reason if we want to prevent obesity occurring during adolescence, it is imperative to monitor the eating and exercise habits that younger children are forming. From an early age you can instill in your child a way of life that will serve him well for the future.

### **Tackling Obesity by Example**

Most healthy, balanced children grow up in a healthy balanced home. We should do our best to create a home environment that will encourage children to lead healthy lifestyles. This means that as parents we ourselves should demonstrate healthy living to our children by leading healthy lifestyles ourselves. Children love to go out and play with their parents. If you jog then your offspring will enjoy accompanying you on a Sunday morning. If you take up tennis you'll always find a partner in your child. Conversely, if you spend hours in front of soap operas on TV, your child is most likely to be glued to cartoons on another channel or hidden in his room with a computer game (and possibly a stash of his favorite candy in addition). Not only is everyone less physically fit, these low energy activities provide less opportunity for family interaction and cohesion.

Children generally eat what their parents eat. Many parents don't understand this and adopt a diet they think their children want to eat. It is not unusual for parents to be consuming a diet of fries and pizza simply because they have children. If parents stick to a healthy, life promoting diet, their children will grow accustomed to such food from the outset. Parents should encourage their children to enjoy high energy activities. It is not too difficult in most modern

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cities to enroll children on extra curricular dance or martial arts classes for example. Children soon begin to consider such activities as a normal part of their weekly routine.

When you next book your summer vacation, why not avoid those where the main focus is to lounge on the beach and be pampered in luxury hotels. Instead, look for healthier alternatives like hiking holidays, canoeing and water sports or cycling. If you are on a typical package holiday, try to spend as much time as you can away from the hotel. Find places of interest that can be walked around like old ruins or quaint villages. Rather than just sunbathing on a beach, find locations with exciting coastlines that can be explored.

Sometimes, the problem has occurred already and your teen may be facing a weight problem. It is then the job of the parent to help the child actively pursue a weight loss program. It is often useful to empathize with your teen and show him or her that you remember life at high school yourself. Share anecdotes from your own school life which children usually find highly amusing and at the same time they get to see that you truly know the difficulties they might be facing right now at school. Remind your child that it is not 'cool' to over do fast food and that those who look after themselves end up being much more attractive to others. Many young people today are identified with celebrity culture. You can research some well known personalities who take their health seriously for your child to admire and emulate.

Many young people secretly fear that no amount of dieting will work and if they are overweight it is their own fault. Explain to the child that the factors in society in general that cause these problems and let them know they are not alone. Above all, explain to them that it is absolutely possible for them to take control of the situation. Assure your teen that healthy eating and exercise will definitely make a difference and their efforts will not be in vain. When they are convinced that a healthy body is something that is by all means achievable, you will be surprised to see the motivation for change coming from within the teens themselves.

## PH Miracle Diet- Alkalize Your Body

The PH miracle diet has revolutionized the perspective on eating. The diet aspires to achieve ph levels of 20% acid and 80% alkaline in food intake. This aims at equaling the ph levels of the bloodstream, which bends towards the alkaline. This can be challenging for quite a few people, as the food they usually tend to indulge in is considered mostly acidic. It thus becomes important to recognize sources of alkaline content, construct a list of such foods and add them to your PH miracle diet.

Alkalizing foods neutralize the acidity present in the bloodstream, thereby giving the body a sensation of rejuvenation. They regenerate and restore cells in the system and refresh the body, thus acting as a “breath of fresh air”. Repeated intake of food high in acid content causes premature break down of the body. These “acid bombs” are carried throughout the system by the bloodstream, causing harm and posing a threat and danger to the body. We can optimize the PH level in our blood by identifying what foods have an alkalizing property, and integrating it in our diet in higher amounts. Levels 7 and greater are considered alkaline, the levels of human blood being between 7.35-7.45.

The simplest way to get alkaline into the system is by eating fruits and vegetables. Some alkalizing vegetables are: barley grass, alfalfa, beet greens, beets, carrots, cabbage, broccoli, chard greens, cauliflower, celery, collard greens, dandelions, cucumber, green beans, garlic, egg plant, green peas, kohlrabi, kale, lettuce, mustard greens, onions, nightshade veggies, peppers, peas, parsnip, radishes, pumpkin, rutabaga, spinach, sea veggies, sweet potato, sprouts, watercress, tomato, wild greens and what grass.

Some alkalizing fruits are: avocados, apricots, apples, berries, bananas, blackberries, cherries, cantaloupe, coconut, cherries, currants, figs, dates, grapes, honeydew, grapefruit, limes, lemons, muskmelons, oranges, nectarines, peaches, pineapple, pears, raspberries, raisins, strawberries, rhubarb, tangerines, strawberries, tropical fruits, tomatoes and watermelon.

In the process of addition of more alkaline in ones diet, protein can pose a problem. All animal derived protein is acidic. But there are proteins that are alkalizing. Some are almonds, millet, chestnuts, tofu, whey protein powder and tempeh.

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What is food without those herbs, spices and sweeteners, which add greatly to its character? These alkalizing embellishments can be added to your culinary endeavors to balance out the PH levels. Condiments which have an alkalizing effect are: curry, cinnamon, ginger, chili pepper, mustard, sea salt, miso, stevia, tamari and all herbs.

Minerals are also essential for health. Proper blood PH balance can be maintained by identifying which minerals are alkalizing. Some are: potassium, cesium, sodium, magnesium and calcium.

In addition to these, there are some ingredients that make the addition of alkaline to the diet even easier. These may be listed as: vinegar, apple cider, alkaline antioxidant water, lecithin granules, bee pollen, probiotic cultures, molasses, green juices, soured dairy products, fresh fruit juices, veggie juices, and mineral water.

Knowledge of which foods and which supplements add alkaline to the PH levels is just the first step. Implementation, which takes commitment and planning is the next. The best way to test the body's PH level, once these foods have been added to the diet, is the saliva strip test. These tests are available in most of the health food stores. A PH between 7 and 8 boasts of good health.

One should not forget that the aim of the PH miracle diet is to ensure that acidic intake is less than the alkaline intake. This does not necessarily mean that one cannot consume foods that are more acidic. The balance of ones diet should merely be geared towards alkaline foods. Maintaining an appropriate PH balance, one can ensure that the body performs at an optimum level.

## Shopping Tips For The Ph Miracle Diet

There are a few guidelines to be followed if you are all set to experiment with the astounding pH diet plan. The first thing to be taken care of is to clean up all the food stuff with high acidic content out of the refrigerator and the pantry. However, this would become difficult if you stay with other people in the house. In such a state, you need to take care that you clear out food stuff which tempts you the most.

Natural food stores and health stores are great options to get the food stuff you will be consuming during the diet period though grocery stores would also be suitable to get the needful things. In case you are in an area without such kind of specialty stores, the local grocery is the best solution.

Certain points which need to be kept in mind while shopping as per your diet requirements are discussed here. Make a list of the items that you need to purchase. It is no use walking around the store trying to recollect everything that you need. You can also plan the week's menu which you would be following and shop according to it. This would help you in buying only the stuff that you need and would therefore save time, money and wastage of items. You will have to buy a lot of alkaline stuff which would mainly be from a variety of vegetables.

The next thing to be taken care of is that you need to be on a complete alkaline diet when you initially start off with the pH diet. Every kind of the pH diet, whether strict or lenient aims at a perfect balance between alkaline and acids. Hence, this should be kept in mind while preparing grocery lists and menus. Food stuff with lower levels of acids consists of whole grain pasta, bananas, eggs, dried beans, wheat bread, nuts and milk. A proportion of 70 percent alkaline to 30 percent acids is considered ideal.

While at a grocery store, you will notice that you would be more on the outside sections of the store as that is the area which generally comprises of fresh food items which may match your needs during the diet period. The outer rim invariably consists of farm fresh products, meat and/or deli products and the dairy products.

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Vegetables are the most prominent components of the pH diet and hence more focus would be on them while shopping. Frozen and conventional produce contribute nothing to the diet plan and hence it is an absolute waste using them. Instead, opt for farm fresh produce if you can afford to get it.

Another thing to be avoided is canned vegetables and fruits. They are absolutely unhealthy as they have a negative effect on the alkalinity of the fruits and vegetables and they also contain a great deal of sodium in them. If fresh produce cannot be purchased, it is better to go with frozen ones.

The best way to shop is by purchasing equal or balanced amounts of acidic and alkaline food stuff so that you can get used to the new way of eating as well as living. Just being extremely strict about the diet you consume will not produce the desired results. Rather, start gradually and balance food items in such a way that you get rid of all the acidic food in your diet with the passage of the period of diet plan.

## **The "Quick Weight Loss Diet" Trend Disadvantage**

There is nothing unusual in getting frustrated or feeling guilty or feeling worse about not fitting into a smaller size dress even after a month of hard work through a rapid weight loss program. This is because; sometimes things which we think would motivate would actually backfire.

It is therefore advisable to set more easily achievable targets for oneself. Hence, in case you are going to apply the new-clothes technique, decrease the size gradually and do not burn a hole in your pocket by buying expensive clothes with a hope of losing weight in a very short span of time. One more thing to be kept in mind is that if you continuously repent not losing weight quickly, you tend to end up slipping in rapid weight loss plans and fad diets.

One bitter but true fact is that there is no single diet plan which has been proved to aid in rapid loss of weight and there are no swift ways for people to lose weight more than what their body can actually provide for. Such diets can never be effective in the longer run.

### **What Works Best**

Since the apt attitude and the correct principle are not applied, all these fad diets and swift weight loss programs do not prove efficient and effective. This ends up in weight gain after a certain period of time which would make the person feel even worse.

Such quick fixes for losing weight are termed fad diets as they are nothing more than a trend, a fad. People would realize this only when they see that the diet has not helped them in any way.

The points discussed below are the things to be considered before blindly trusting the so called effective weight losing programs that are being promoted in the markets after spending so many bucks. They are just namesake stories to make people prefer their diet programs. So, here they go:-

#### **1. Missing out on meals**

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A diet program can be definitely termed fad diet if it calls for the individual to skip meals at any time of the day. Not eating food at proper time may lead to serious hitches especially if the person is diabetic.

Skipping meals is completely unhealthy as it would only result in low blood sugar, otherwise known as hypoglycemia which would result in more consumption of food in the upcoming meals.

### ***2. Dieting Devoid Of Exercise Or The Vice-Versa***

Exercises are very important for maintaining a healthy and fit body. It helps in maintaining proper circulation of blood in the body as well as in carrying out other processes.

Thus, diet plans which are void of exercises are basically pointless and useless. For proper maintenance of the body, diet and exercise must be combined together in the right proportion.

### ***3. Dawdling Continuously***

Postponing diet plans is not the best thing to be done. This is because postponement would lead to lethargy. If the diet plan calls for you to lose weight within a stipulated time, it clearly implies that it is nothing but a wannabe trend setting fad diet which is absolutely unhealthy.

Precisely, we can say that slowly losing the excess weight by proper diet and exercise is a better way to lose weight than just blindly following a so called rapid fad diet which might result in more complications and side-effects. It is said so because a fad diet may not make the individual feel good about the whole process while the process of planned and healthy weight loss may make him feel great as well as leave behind a positive enthusiasm.

## Lose Weight The Herbal Way - 5 Important Ingredients And Side Effects

Nowadays, several obese Americans have the need to shed those extra pounds. Staying fit would help them lead a healthy lifestyle and also remove the load off their body, improving their all round well being.

There are several dieting options which one can adopt. Some are fitness equipment, exercise programs, dietary supplements, dietary foods, drinks and soaps which apparently help you reduce weight as you bathe.

Another option that remains open to shed those extra pounds is to adopt herbal methods.

For people who wish to lose weight naturally, herbal weight reduction products are their best bet. But when one takes herbal supplements to procure weight loss, the waiting period is longer due to the mild effect of pills which come from natural herbs and plant life.

Below are a few herbal weight reduction options that you can take a look at:

### **1. Herbal Weight Loss Product**

There are plenty of products in the market, which help you to lose weight herbally. Even on the internet you will find many such herbal weight reduction medicines.

But you must be careful about the products you choose because though some claim to be natural and safe; they cause side effects on the long run because of insufficient research on the long term effects of these herbal products.

Listed below are some chemical ingredients that are used in herbal products which you must carefully avoid as they may produce a harmful effect to your body's health.

> **Senna**. It is herbal laxative, and is the prime ingredient used in weight reduction teas. It is stimulated in the colon. The major drawback of Senna is dehydration, colon disorder and even

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addiction. When addiction occurs, some people find it difficult to perform bowel movements in the absence of this herb.

> ***Chromium picolinate***. It is a synthetic ingredient used in herbal products. Chromium helps in regulation of the level of blood sugar. However, excessive consumption may damage the chromosomes, and in some cases, leads to dehydration of the body.

> ***St. John's wort***. It increases chemical production in the brain. But if it is used incorrectly, it causes sensitivity in the skin and eye region, fatigue, gastrointestinal disorder and itching.

Though most herbal products say that they are 100% natural and safe, one must carefully study the ingredients and effects of the products before taking up these dietary capsules.

### 2. Organic Food

Organic food has worked its way into hotels and houses in Wichita, Kansas. People who consume organic food strongly believe that eating organic food helps their body and the environment simultaneously.

People who eat organically produced eggs and vegetables say that they are way healthier and save a lot of money that is usually spent on doctors and medicines. This is an extremely good option for weight watchers too as they don't add much weight to your body when compared to food products that are processed chemically.

### 3. Green Tea

Recent research reveals that drinking green tea or extracts of green tea helps in burning excess calories. Green tea with caffeine is found to increase fat loss by about 40%, thereby reducing the fat content rapidly.

This is a very good option for people who wish to reduce weight. On conducting experiments, it has been discovered that people who consumed green tea had lost 2 to 3 times more weight compared to those who did not.

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Thus, green tea is an obvious, natural option for people who wish to treat obesity. It also serves as a healthy dietary option and has extremely good effects on the body when compared to caffeine foods. A cup of green tea provides an immediate surge of energy without carrying the side effects produced by caffeine products.

### 3. Caffeine

Drinking coffee gives the body a much needed energy boost and also helps to increase the fat burning. It increases the energy in the body, consequently increasing the rate at which fat is burnt.

### 4. Immortality Herb

Its biological name is *Gymnostemna Pentaphyllum* and it has the following advantages:

- > Increased Fat burning rate
- > Increases blood flow
- > Maintains healthy blood pressure
- > Reduces artery blocks

### 5. Cider Vinegar

There are many pills and supplements which contain apple cider vinegar as its primary ingredient. Its benefits include:

- > Controls blood pressure
- > Improves cholesterol level
- > Aids weight loss
- > Helps in prevention of rheumatoid arthritis

## Low Carbohydrate Diet

With the publicity of Atkins' diet, low carbohydrate diets have become the latest trend in recent years. Weight reduction has become everyone's aim and they are looking for quick and simple options to lose weight. In some cases, people who not need to lose weight get overly stressed when they gain a few pounds. In certain other cases, people may have to shed pounds to solve medical complications and may possess more than a hundred pounds that they need to get rid of.

There are several different diet plans available, including low carbohydrate diets and truthfully speaking, all of them will prove successful in weight loss provided they are followed strictly. This does not necessarily imply that one must follow the diet requirements each and every second of the day. The essential point is to stir clear of occasions where you feast and indulge on foods that are banned in your diet plan. If you are able to pull this off and stick to the diet plan without much difficulty, you will emerge successful. Almost everyone has one of these days - the challenge lies in letting them go and taking them as another successful step on the path to permanent weight reduction.

It is important to adopt a diet plan that is easy for you to follow. Low carbohydrate diet is the most popular dieting option as its rules are fairly simple. As the title suggests, it involves limited intake of carbohydrate rich foods. This includes pasta, bread, grains, rice and potatoes. Sugar intake also accounts for carbohydrate consumption. It is easy to avoid these carbohydrate rich foods once their composition is understood.

The main point of criticism when it comes to low carbohydrate dieting is that dieters get most of their calories from dairy, meat and other fat rich substances. This may lead to rise in cholesterol levels and other problems which arise due to high consumption of saturated fat. It is recommended that you take medical advice before adopting such a diet plan. In some cases, weight reduction is good at early stages but most people tend to stray off track due to the high restrictions.

The common problem that people who follow low carbohydrate diets face is the absence of pasta and bread. No more spaghetti, pizza or toast! Most meals that are quick and easy to

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prepare revolve around carbohydrates - burger buns, sandwiches, fries and pasta. Beer, including other forms of alcohol is high in carbohydrate content. Generally, alcohol is restricted in all diet plans, but low carbohydrate diets emphasize on this point particularly, as they are high in calorie and low in nutrition.

There are still several foods that may be relished even when one is on a low carbohydrate diet. Meat lovers can grab the chance to consume chicken, beef and other poultry products. The popularity and effect of these diets are indicated by how long they remain on the list of bestsellers. But in the end, it depends entirely on what suits you. However, low carbohydrate diet plans seem to work for most people.

## Overnight Weight Loss

With the rapid pace in which the world is advancing, it has become almost impossible to eat healthy and balanced food all the time. People have got more used to eat foods from fast-food haunts and other places thereby resulting in excessive consumption of low fiber food and refined sugar by way of different varieties of processed and tinned food and sodas and other unhealthy beverages. This has resulted in a large amount of the population around the world to be classified as obese or overweight.

There are many other factors which may result in obesity such as overeating, genetics and slow down of metabolism as a person grows older. The rate of weight loss is proportionate to the amount of weight gained.

Speedy weight loss is not considered sensible as it would make the skin of the person sag thereby making him adopt for a surgery to make the skin look better. Weight loss also depends on the health, weight, gender, age, calorie intake, stress level, routine and lifestyle.

All overweight people are not unhealthy but are considered to be unfashionable. One important and significant fact to be noted is that there is no instantaneous or miraculous weight loss solution available.

According to health experts and nutritionists adequate exercise with a balanced diet would be of great help in losing a few pounds every week. A proper workout schedule coupled with a low calorie diet program would help in achieving favorable results.

For this purpose, the individual should opt for a suitable diet plan designed by a health professional or a dietician according to the routine and lifestyle of the individual. Such plans have to be formulated in such a way that it does not comprise of purchase any costly fitness equipment or any kind of diet supplement.

A combination of weight training and cardiovascular workout exercise program would be very effective and helpful. This would help in increasing muscle to fat ratio on one hand and at the

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same time help in burning the extra fat thus inducing weight loss and an increase in the metabolism rate.

A balanced diet plan must consist of food items from all the varieties of food groups. This consists of two parts: 1. carbohydrates 2. Fats

The food consumed by an individual must comprise of fiber, minerals and vitamins in the right proportions. A lot of this can be taken by way of cereals, oats and potatoes. However, the best sources for this are fruits and vegetables as they contain phytochemicals, micronutrients and enzymes which are important for a balanced diet.

The second part comprises of fats which can come from poly saturated or mono saturated food stuff rather than that derived from animals. Proper care must be taken to consume fats in the correct quantity so that unwanted calories are not added.

Every diet plan is made keeping in mind lesser number of calories to be consumed by the individual. This refers to eating smart rather than starving or eating less by choosing the right food stuff in the right quantity. This helps in losing weight without eating less.

The individual should keep visiting the dietician or health professional throughout the diet period to see the improvement and keep track of the results achieved. This helps in making changes in the diet if necessary. However, by the end of it, it is in the hands of the individual to stick to diet plan strictly.

## Nine Facts About Fiber

Looking for a diet that is high on octane, then you will be happy to know that fiber is exactly the thing you need. People do not take this nutrient seriously even though research shows that it is powerful.

Here are nine important facts about fiber that will help you to fuel your health.

1. Fiber is a natural fighter of diseases. Diet that is rich in fiber helps in the prevention of colon cancer and diseases of the heart. Fiber also helps in the elimination of cholesterol by the action of binding it to the digestive tract. Fiber also helps in stopping constipation.
2. Fiber also helps in cooling of the body when it is over-heated. High fiber foods usually take longer to chew, thereby longer to digest and hence make you feel satisfied for a longer period of time.
3. The content of fiber in popular foods is very less. If you are used to depending on popular food then it is time to start increasing your fiber content.
4. Grains have the most content of fiber. The best sources of fiber are concentrated grain products and whole grains.
5. It is essential for kids to have fiber. Children older than two years should necessarily include fiber in their diet as they are the most receptive towards fiber in fruits, fortified breakfast cereals and vegetables.
6. More the intake of fiber more is the intake of water. For fiber to move through the digestive tracts a lot of water is needed. When a diet rich in fiber is consumed a minimum of eight glasses per day are required per day.
7. The health benefits of fiber are not lost during cooking. While cooking fruits and vegetables there is no need to worry about losing the fiber content. The fiber found in these fruits and vegetables isn't only in the skin.

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8. Fiber must not be taken beyond a certain limit. A person must take more than 50 gms per day as this may lead to diarrhea and bloating and also interferes with the absorption of other minerals.

9. It is not hard to get the required amount of fiber content in your diet, even though the misconception is that, it is hard to get enough fiber into the diet. To get the right amount all you need to do is to eat the right kind of foods.

When you are determined to achieve a healthy lifestyle, eating fiber is something you do not want to miss as it serves more than one different purposes, most of which have been covered above

## Atkins Induction Rules

The initial stage of any type of diet is the crucial factor which decides the effectiveness of the diet. So is the case with the Atkins diet. Along with the food items that can be consumed during the duration of the diet, there are certain golden rules which need to be followed during the diet period.

In the initial stages of dieting, it is recommended to people to consume three meals per day of regular size or five to six smaller meals is acceptable. If you tend to feel hungry very frequently, you can break your large meals into smaller segments. A vegetable and proteins diet would help in staying away from the craving to consume carbohydrates. Staying awake for a period more than six hours without a meal and skipping meals is not advisable at all.

There need not be any restriction on proteins and fats and you can freely choose to have a variety in the list of foods that are accepted. As the Atkins diet plan is not a diet restricting calories, you can go for as much as fats and proteins as you prefer. Only the level of carbohydrates in grams matters. It is necessary to calculate the amount of carbohydrates consumed in grams by way of cheese, beverages with splenda and vegetables. At least 12-15 grams of the carbohydrates intake which is allowed must be from vegetables. Vegetables play a major role when it comes to diet.

Whole fruits, pasta, grains, bread and vegetables with starch such as squash and cauliflower have to be avoided. Such food stuff will be introduced gradually with the passage of the diet. Beans have to be avoided as they contain carbohydrates along with proteins. If an urge to eat grain products is prevalent, low carbohydrate-high fiber food must be preferred. One thing to be noted here is that, this will slow down the process of weight loss.

During the introduction stage, it is completely out of question to have anything which is not in the list of acceptable foods. This is because; there is a great probability of it spoiling the whole diet plan.

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The quantity of foods accepted should be adjusted as per the needs of individual appetite. As the craving for sugar and carbohydrates decreases, hunger pangs would gradually decrease. After this is achieved, only the satisfying amount of food must be consumed.

Special care must be taken to go through the labels of packaged food items even if it is specified that it is carbohydrate-free. This is because many products may contain hidden carbohydrates. If the percentage of fat is lesser than .5 percent, it can be rounded off as zero, by the manufacturer as the law does not prohibit it. The ingredients of the product may help in determining the presence of carbohydrates, if any. While having meat and salads care must be taken to ensure that carbohydrates are not consumed unknowingly by means of gravies and salad dressings. For this purpose, salads can be had with vinegar or olive oil dressing and meat can be had without gravy.

The next thing to be followed is to drink at least 8-ounces of water a day other than any other drink that you consume. This will help in avoiding constipation and would help in keeping the body hydrated. In the same way, the by-products of burnt fat can be flushed out of the body.

These are the golden rules which ought to be followed while starting off with the Atkins diet so that the desired results are achieved in the longer run.

## Overcoming Plateaus On The Atkins Diet

It is common to experience plateaus and stalls during Atkins' diets. It occurs time and again, but, it is important to check whether you have actually come to the plateau point.

When you continue for a prolonged period of time, without losing any weight, it is called a plateau. It is essential to make a note of your weight and your measurements, before starting a diet plan. In the first couple of weeks, you may feel that you have not lost any weight but a quick glance at your measurements may lift your spirits.

The theory behind Atkins Diet is adding muscle to the body, by removing fat. This may result in slight weight gain because you are developing dense muscle to replace fat. You may end up adding a few pounds on the scale but you will shed those extra inches. You may obtain a leaner body but weigh just the same.

Take measurements of you waist, chest, calves, thighs, upper arms and hips before starting the diet program, because it is possible to lose weight in any of these areas and having comprehensive information is vital. It is not abnormal to go through times when your body needs to adjust. You must remember that as you are changing your body's composition, the process may be a little time consuming. Keep a weekly check on your measurements and your weight, so that you can keep track of your progress.

There are 3 to 4 week periods when you may experience plateaus in weight reduction, but you still continue to lose inches, or even vice versa. Checking both methods is an effective way to monitor your progress. These plateaus are no reason to give up on the diet. Such stall periods are common in weight loss programs.

Stalls are more frequent when you are just a couple of pounds away from your goal. You would have developed plenty of muscle by adopting this high protein and low carbohydrate plan. As your body's muscle-to-fat percentage has increased greatly, your body may resist anymore fat loss. At this point, you must reconsider your goal weight. Understand what your body is telling you and focus on maintaining your lost weight instead of trying to shed more and more weight.

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On the path to weight loss, there are several other reasons behind the occurrence of stalls. If you have made no progress in four weeks and are not moving towards your goal weight, start looking at different methods to move out of the rut. Ensure that your level of carbohydrate in the body is in check. Intake of excess carbohydrate may cause plateaus in your weight loss. Watch out for hidden carbohydrate in dressing, sauces and packaged food.

Always have enough water. If your body gets dehydrated, it tends to retain water and will simulate a plateau. Water aids in flushing ketones and creating space for new ketones that help in burning fat.

Eating very less amount of food may also cause weight loss plateaus. Always have smaller meals at frequent intervals. You are following a low carbohydrate diet and not a low calorie diet. Always add enough protein to you meals. Do not go without food for more than five hours at a stretch. Do not keep check of your calorie intake because if your body does not get enough calories, it will switch to starvation mode and the fat cells get retained.

Increasing your fitness routine also helps in overcoming plateaus. Since your muscles are now accustomed to vigorous workouts, it is necessary to steadily intensify your workouts in order to challenge your body. Adding new routines or increasing weights during resistance training are good options.

One of these methods will help you get back on track with your weight loss program. These occasional plateaus and stalls are normal and do not last for long.

## Ph Miracle Diet Basics

The latest path breaking invention to strike the world of nutrition and dieting is the pH Miracle Diet. Experts have noted that popular dieting plans seem to vary from time to time. For instance, the 90s marked lo-fat diets, and the last decade has focused on low-carbohydrate diets like Protein Power, South Beach diet, Sugar busters and Atkins. People begin to get frustrated with each new diet and start looking for newer options. The pH miracle has stolen the spotlight currently.

This diet appeals to most people as it completely different from the usual high- protein, low carbohydrate diets that have ruled the last couple of years. The pH diet, also known as the Young Diet, named after its founder Dr. Robert Young, or the alkaline diet, has a unique approach towards the supply of nutrition. Many medical experts, nutritionists and doctors find this diet program as an extremely balanced approach to achieve nutrition that considers the true requirements of the body.

Normally, our bodies have a slightly alkaline pH value. The principle is that as our body functions best at alkaline pH; our diet must be comprised of alkaline foods. The normal diet of an average American contains several acidic foods, including sugar caffeine, animal protein and packaged food. These acidic products disturb the pH level of the human body and thereby cause a myriad of problems. The principles of this diet claim that acidic foods hinder the benefits of alkaline minerals, including potassium, calcium, sodium and magnesium, which make people vulnerable to chronic conditions.

### **The real essence of the pH diet**

Nutrition and health experts have realized that the food which a person consumes as part of his diet has a distinct effect on his overall health pattern. Though the medical community has given special importance to a balanced, nutritional diet which includes fresh fruits and vegetables, dairy and meat items, the pH diet is a step ahead. It clearly indicates that acidic foods deprive the body of its essential minerals. People, who adopt the pH miracle diet, have learnt to avoid intake of food that causes disastrous effects to health.

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Most foods that we commonly consume are strictly forbidden in the pH diet. The most surprising of these restrictions is the removal of wheat products. Though the FDA suggests consumption of whole wheat products, the pH diet claims that grains like millet, wheat, rice and oats are harmfully acidic. Alkaline grains such as quinoa, spelt and buckwheat are favored due to their alkalizing benefits.

Usually, dairy and meat products are banned from the pH miracle Diet. For your protein source, goat milk is allowed. Protein is also available in tofu, nuts, seeds and beans. Almost all vegetables, except mushroom, have a high alkalizing effect. Intake of fruits is limited to grapefruit, lime, lemon and coconuts.

People who have adopted the pH miracle diet claim that there had been tremendous effect on their health well within the first couple of weeks. It is advisable to lower the consumption of pre-processed foods, and increase the intake of vegetables, irrespective of what the diet specifies for the person. As a matter of fact, this has become the point of major criticism of the pH diet. Opponents claim that those who are already consuming fresh food and plenty of water will find no effect from this diet. They ignore the pH balance theory.

Another significant point to be noticed is that there is no scientific proof of the theories involved in pH miracle diet. Several conventional doctors find no benefits arising from this diet. But the principles of this diet are based completely on Chinese medicine, which has been in practice for centuries. These proponents are currently being studied at the John Hopkins' University and by the United Nations. Critics may have to amend their attitude towards the basis of the diet.

## Is The Ph Miracle Diet Right For You?

The latest groundbreaking new invention to enter the field of nutrition and dietics is the pH Miracle Diet. This new method claims to help in restoration of your natural health balance and also rid you of innumerable other conditions, including obesity. Though most people are looking at efficient ways to lose a couple of pounds, this diet claims to aid dealing with muscle pain, indigestion and fatigue, along with several other problems.

If you've experimented low carbohydrate diets and found the excess protein levels staggering, then pH miracle diet program may be the answer to your woes. This program is primarily based on intake of alkaline foods, which benefit your body and health in more ways than one. As humans generally tend to have a mildly alkaline pH, consuming alkaline foods will help in maintaining the ph balance of the body. Many people eat acidic foods like meat, dairy and wheat products. The pH diet comprises of fruits, veggies, grains and vegetarian sources of protein.

The pH diet program is the brain child of Dr. Robert Young, who clearly indicates in his dieting book that excess acidity is the main cause behind most health related problems. Young says that nasal congestion, chronic fatigue, dry hair, weak nails, frequent cold infections, dry skin, stress, anxiety, muscle pain, headaches, arthritis, leg cramps and hives, among other disorders, are signs of high acid content in the body.

Your acidic diet can be held responsible if you have experienced any of these symptoms for a prolonged period of time. Keep a watch over the amount of acidic foods that you consume, including dairy products and animal protein. If these conditions have been a source of distraction and annoyance to your healthy lifestyle, then pH miracle is probably your best solution.

For people who have had little success with low carbohydrate diets, pH miracle diet program is an extremely relieving option. These alkaline foods are not as harsh as protein rich substances in low carbohydrate diets, and do not damage the digestive system. It possesses a healthier balance of protein-carbohydrate content. The proteins consumed in pH miracle program are carefully selected based on their acid level. It mainly consists of tofu, nuts and beans.

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This diet program is also highly recommended for people who prefer to thrive on vegetarian food. If sacrificing meat products for a day has made you feel good, this pH diet is probably just the thing for you. There is absolutely no meat involved, and the sole dairy product allowed is goat's milk. Tofu, the major constituent of a vegetarian diet plays an essential role in the pH miracle diet.

If your diet is composed mainly of pre processed foods and negligible amounts of vegetables, this is the right option for you. Manufactured foods will not supply your body with the necessary nutrients. This may result in several health problems including malnutrition in spite of eating your fill. This Miracle pH diet focuses on fresh fruits and vegetables which will provide the required amount of vitamins and mineral to your diet. Adding a reasonable amount of alkaline meals to your diet program can bring drastic change to you health.

This pH miracle diet is found to be suitable for most kinds of persons. If you belong to any of the above mentioned categories, you simply must give this eating program a try.

## pH Miracle Diet - Criticism

Whenever something gets famous, it gets criticized by some sources. The newly famous pH miracle diet isn't any different. The program has got followers, and it has also got a lot of criticism from a lot of people.

The first criticism about the diet is the fact that it asks people to be vegans and vegetarians. Critics claim that the diet, especially with its deletion of dairy products (vegetarian source of protein), is very low in protein content. However, this comes from the misconception that we need a large amount of proteins. Going by popularity of the low carbohydrate diet (that is just high in protein diets) has aggravated this conception in the heads of people. Sadly health has become equal to eating dairy and red meat.

Anyway, there are lots of sources of healthy proteins which don't contain the bad acidic effects of dairy products or red meat. In reality, many people take too much of protein and not too less. Generally women need around 45 grams per day, and a man needs around 55 grams. One cup of tofu (that is acceptable on pH diet) has around 20 gm of proteins. And beans have around 8 grams every half a cup. So in reality it's easy to gain enough of protein from a vegetarian diet.

One more criticism about this issue is about calcium. Most people tend to equate drinking milk and getting stronger bones. But, American women take average two pounds of milk every day and still about 30 million women get osteoporosis. If taking milk made bones stronger, then only the opposite will be true. From a study done by Cornell nutritionist named Amy Joy Lanou who proved that there is no link between dairy substances and healthy bones in young adults and children. There are many sources of calcium in alkalizing food products which will enhance protection to osteoporosis.

Most critics also say that the importance on fresh foods and vegetables is the actual cause behind the victory that many get from diets. pH miracle diet recommends to eat around 70 percent of vegetables and some needed fruits. In this rate, no matter if you are consuming alkalizing food, anybody will see an enhancement in their health. Most critics disregard the need for the pH balance miracle diet.

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But however, there are many people who experience good results after getting rid of wheat, which is an acidic food. Its not a product that one generally links with bad health, however, removing wheat has proved to be a godsend to loads of people who suffer the effects of an over-acidified meal. The quantity of alkalizing vegetables present in diet will surely do anyone good, no matter if they take the other parts of the diet seriously. By following eating of alkaline products, you would be enhancing the health irrespective of strictness of diet.

But this causes another famous criticism in the book. Most people say that pH miracle diet is way too strict for daily following. The reduction of foods like milk, animal protein and wheat seems too much for some. They can't imagine making it through a full day without consuming these food groups. Idea of restricting to a diet containing plant based food only seems too strict. However, most people who utilize pH miracle diet are seeing good results without having to be 100% rigid about the rules.

Like most other diets, pH miracle diet recommends steps to a better health. Emphasis here is on the steps. It's not reasonable to ask anyone for a total 180-degree change about his or her meal habits. Using a slower method for changing the diet will give longer and successful end results. If any diet is done word by word, it's very difficult at the start because mostly people are used to eating in a certain pattern. But with time and some practice , anyone can get better health through more of a H balanced diet.

Like with many other diets, the pH miracle diet outlines steps toward better health. The emphasis here is on steps. It is unreasonable to expect anyone to do a complete 180-degree change in his or her eating habits overnight. Taking a slower approach to changing your diet will create longer and more successful results. If the diet is followed word for word, it is difficult at first because people are so used to eating a certain way. With time and practice though, you can move toward better health and a more pH balanced diet.

## Pre Maintenance Stage Of The Atkins Diet

The pre maintenance stage comes after the orientation and OWL stages of the diet plan. This stage is the stepping stone to a balanced and healthy living for all the years to time. This should be begun when you are within five to ten pounds nearer to the target you have set. This would slow down the weight loss process but you will learn techniques which would help you in achieving better results in the long-run.

In the OWL stage, you would slowly start introducing little grams of carbohydrates to your diet which would be gradually increased by 5 grams each week. When the pre-maintenance week starts, this increment would be increased to 10 grams every week. Carbohydrate grams are added till the time you lose weight however slow it may be. Generally, it is common to lose less than one pound every week in the pre-maintenance phase.

This state should be carried on till you reach your target weight and successfully maintain it at least for a month, as per the Atkins diet plan book. The duration of this process ranges from one to three months. The target to be achieved is termed as the stage of "carbohydrate equilibrium" and is the state when your carbohydrate intake is perfect and would help in maintaining the desired weight in the longer run.

A wide range of food items can be had during this period. New food stuff can be introduced gradually and intake of carbohydrates has to be increased side by side at a properly calculated rate. Increasing the intake of carbohydrates by ten grams every week is considered ideal. This would help in maintaining the ideal weight.

Before adding a new item into the diet, it is necessary to check up the carbohydrate counter book or a website. Some food items which contain ten gram carbohydrates are half an apple, quarter cup of potatoes, one-third cup of legumes, and half a cup of plain oatmeal. Such foods are to be included on a day to day basis, and then have to be increased with the passing weeks.

Pre-maintenance cannot be termed as a complete process. It takes a subtle balance of exercise and carbohydrate counting to decelerate the weight loss and still move forward. Enough care should be taken to keep an eye on the carbohydrate intake so that it does not result in weight

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gain in any way. There is a thin line which separates gaining, losing and maintaining weight. Pre-maintenance is the period when you are looking for this fine line.

If weight loss cannot be stalled while adding on carbohydrates, it implies a great metabolic resistance. In such a case exercises can prove beneficial when increased.

Another method which can be followed is treating oneself a couple of times a week by saving carbohydrate grams of some days. This can be done by consuming beer or white wine or by having a portion of sweet potatoes or a fruit piece. The other way is to calculate the carbohydrate intake per week and divide it in such a way that you consume a little less on a few days while you can have a blast on the other days using the quantity of carbohydrates that was saved. However, care should be taken to not let the carbohydrate craving increase again.

The pre maintenance stage is a sure shot way for long term results if followed properly. It would help in maintaining the weight as well as have a balance over the carbohydrate intake.

## Teen Dieting

21st century has seen the largest number of obese teenagers and children all around the world since the start of time. The fast food and coffee pub culture has made them lethargic and inactive. Many parents prefer to keep their children at home for safety reasons which makes them even more inactive and lazy and in turn results in them becoming couch potatoes who can spend hours together in front of the idiot box or the computer. These things, rather than making them better, wrecks havoc on their health.

Teenagers of today are invariably spending most of their time over the phone or in front of computers and televisions. This has made them lazy, inactive unhealthy and unfit. It has also left a huge impression on the diet, exercise and nutrition patterns that they follow.

For this purpose, many games have been introduced in the markets which have been aimed at giving some sort of exercise to the teenagers within the four walls. Games such as the brand new Nintendo wii system of gaming and the Dance party Revolution of Play station 2 have created an impact in the market in this regard. They are a fun way to stay in shape in the way teenagers prefer it. Such games provide an opportunity for them to get involved with it totally rather than the video games which used to be played in a static environment. This encourages active participation of the youngsters and is therefore equally popular among adults as a great stress buster and workout session.

“All work and no play make Jack a dull boy”. This old saying holds absolutely well. In this rapidly growing and improving world, children and teenagers need to be encouraged to get active and get out. Adolescents learn by instances and whether they accept it or not, they thoroughly enjoy doing activities along with family members. Such activities must thus be encouraged. Family outings must be planned including activities like mountain climbing, wall climbing, biking, hiking, and boating and so on. You can also plan camps during weekends or learn any new activity or sport together. Any activity that is taken up by the teenager must be encouraged so that he/she does not lose interest in it and is actively involved in it.

You can also encourage your teenage daughter or son to join a club for any sport they like. They can play games which they already know or can join some new sport about which they are

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interested and keen to know. A family match of soccer or volleyball or softball is also a great way of inducing physical activity as well as fun and gives an opportunity for everyone in the family to get some sort of physical exercise.

Gardening is another great way to have fun as well as to burn a few calories. Try to identify activities which your teen kid enjoys and try to encourage them in it. Work with them together and keep boosting them for their work which would keep them happy as well as engaged in the activity thereby keeping them active. It is a great way to unwind rather than sitting in front of the television or the computer which would make them consume more calories by way of unhealthy snacking.

They must also be encouraged to consume more nutritious food and to exclude carbonated beverages, energy drinks and artificial fruit juices and other oily and starchy snack items. Include more of fresh fruits and vegetables in their diet and make sure they drink lots of water. Make them participate in activities such as cooking and serving and clearing tables. This would help them in understanding what is healthy and what is not and thus help in inculcating better eating habits in them.

## Dairy products - Good or Bad?

According to a popular Western belief, dairy products are excluded from the diets of people in most parts of the world. Americans, who include a lot of dairy products in their diet, wonder if there is something about dairy products that others know and they don't.

Dairy products are not essential to the maintenance of good health. According to pH miracle diet, it is harmful for the body, which is why it omits acidifying food, such as dairy products, from its list of acceptable foods. By doing so, it prevents obesity and the medical disorders that obesity brings with it.

### **Dangers of Dairy Products**

A number of people strongly believe that taking dairy products, including milk, strengthens bones and improves health. In fact, dairy products comprise a large quantity of fat and protein, which produce enormous quantities of acid within the body. Cow's milk is more acid forming than goat's milk, which has lesser quantities of fat and protein. Among dairy products, clarified butter is the only item that does not produce acids thanks to the short chain of fats that it comprises.

Moreover, dairy food is not pure. The dairy industry, in order to make a profit, has created an image of milk as not only safe, but also essential for the maintenance of health. The average cow of fifty years ago could produce 2,000 pounds of milk annually. The average cow of today, on the contrary, produces 50,000 pounds of milk annually. Consider the amount of drugs, hormones, antibiotics, forced feeding, and specialized breeding that is responsible for such mass production of milk. Also consider the fact that all these additives enter your body whenever you drink milk.

### **Dairy Products in FDA and Harvard Food Pyramids**

In 2003, the Harvard School of Public Health modified the FDA food pyramid on the basis of certain imbalances noticed by the users of the FDA food pyramid. The FDA food pyramid reflects a preference to alkaline foods although it doesn't specifically make a mention of alkaline

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and acidic foods. The Harvard pyramid includes a single serving of dairy foods or a calcium supplement daily. The FDA pyramid, on the other hand, recommends two to three servings per day, along with supplements.

Dr. Meir Stampfer, professor of Epidemiology and Nutrition and chair of the Department of Epidemiology at the Harvard School of Public Health, explains the Harvard pyramid by saying that Americans should eat less dairy products. Calcium is essential for the maintenance of good health; but a supplement, according to Dr. Stampfer, is more than enough to satisfy the body's needs for calcium and to develop strong bones.

The level of calcium in two to three servings of dairy food, as recommended by the FDA food pyramid, can actually cause harm to the body. In addition, taking too much of calcium could increase the risk of cancer, and science has not yet discovered any link between calcium intake and prevention of osteoporosis.

Recent studies have linked milk to disorders such as intestinal colic, anemia, allergies, intestinal irritation, and many such disorders in babies and toddlers. Milk-drinking children usually suffer from allergies, asthma, tonsils, diabetes, and colic. According to studies on the subject, conventionally produced milk results in coronary disorders, allergies, arthritis, and sinusitis in adults.

A large number of Americans have deleted milk from their list of acceptable foods and claim that the results are excellent. Make a study of the dangers of dairy food, and see if it does not change your opinion of milk as "safe and healthy." You will realize that many people have excluded it from their diets due to the acid-producing quality of dairy foods, including milk.

## **Help Your Child Lose Weight**

One of the biggest misfortunes of modern living is obesity in children. The huge bodies of these children do not permit them to play happily with their peers. Dieting, in addition to battling with the self-esteem problems that obesity usually brings, is an absolute must for obese children.

If you have an overweight child, you must try every method possible to get him or her to shed those extra pounds so that he or she can live a normal life. First and foremost, you have to consult your physician and talk to him or her about the most beneficial method for your child to not only lose weight, but also maintain good health.

To be frank, if you hesitate to take the basic steps necessary to enable your child to lose that excess weight, you will put your child's health at risk. When we do not permit our children to play on the road or handle guns, why on earth should we let them kill themselves by eating junk foods?

If you have an obese child, the following tips will be of immense help to you.

- Do not punish or reward your child with food. Food is one the major problems your child has to face, and using it as a punishment or reward will simply worsen the problem.
- Encourage your child to eat healthy foods instead of fried foods. Do not keep any junk food in the house.
- Pack your child's lunch yourself so that you are aware of what he or she eats. Do not allow the child to buy lunch in school.
- Ensure that your child does not get any junk food outside the house.
- Change the food habits of the entire family. Instead of eating fried snacks, eat healthy fruit and nut snacks. Your child needs fresh fruits, raw vegetables, or frozen yogurt.
- Study the food pyramid whenever you are in doubt about your child's dietary needs. This will ensure that you give your children a good balanced diet.
- See that you child does not drink any soft drinks. You will have to face a lot of rebellion initially, but your child will develop an abiding love for water. Water not only keeps a child full, but also digests fat.

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- Introduce a lot of physical activity into your child's life. Encourage them to join a dance class, go for a long walk, jog, run, or play football or cricket.
- Don't allow your child to become a couch potato. Keep him or her away from video and computer games. See that your child is active always. Keeping the child active means that he or she now has a healthy alternative to eating. It also means that he or she is burning up all those extra calories.
- If home methods do not work, you could enroll your child in one of the weight-loss camps, especially designed to deal with weight loss and self-esteem issues in children between the ages of seven and nineteen. One of these camps might be the answer to your prayer.
- Let your child follow the example you set. If you refrain from eating junk food or indulge in emotional eating, your child will automatically learn from you and will do the same.

You will notice a change in your child if you follow these simple techniques. Your child will carry himself or herself with confidence as he or she sheds those extra pounds. His or her relationships at school will improve when all the teasing comes to a stop.

## Handling The Challenges Of Dieting

Most people who diet to lose excess weight claim that they diet for the purpose of maintaining good health. In truth, many people diet simply because they want to lose weight and look good; health is not their major concern. Weight loss is a very good reason for making all those healthy changes in lifestyle. It the best motivating factor that helps us stick to a diet and exercise regime.

Dieting is not without its challenges. Here are a few tips that will help you handle the challenges of dieting.

### **Eat Fiber-rich Food**

People who strictly adhere to a particular diet in order to lose weight often complain about pangs of hunger. You could slightly modify your diet program if this is the case. Include more fiber-rich foods, such as whole grains, pears, apples, lima beans, and breakfast cereals.

Take it easy, however, and don't overdo it. Taking too much of fiber-rich food can have some side effects, which you won't like. Whenever you have included a large amount of fiber in your diet, take Bean-o. Instead of consuming a lot of fiber foods at one go, eat small portions of fiber rich food throughout the day.

### **Increase Fluid Intake**

Drinking plenty of water while dieting will give you a feeling that you are full. Waters serves your body in positive ways. It delivers nutrients to different parts of your body and regulates metabolism, a factor that is of utmost importance in the process of weight loss and dieting. In addition, water helps your skin to retain its elastic quality, which prevents your skin from becoming wrinkled once you have lost a lot of weight.

### **Eat Smaller Portions**

In the modern world, nobody knows anymore what a right-sized portion means. If you go to a restaurant, the meal ordered for one are often more than sufficient for two even without salads, appetizers, soups, and desserts. In other words, portions are huge, more than the human body requires.

Learn to eat smaller portions. You could take more low-calorie items such as green vegetables and less calorie-rich foods such as fried items.

### **Be Flexible**

Don't be stern and inflexible about dieting. While dieting, you are making huge changes to the calorie intake of your body. If dieting is taken to the extreme, you could end up with a number of health problems. So focus on cutting only a few calories at a time. Make changes slowly rather than trying to get results as quickly as possible. There is nothing like rapid weight loss.

### **Exercise Often**

Dieting is not the only practice that will help you lose weight. Add a generous dose of physical activity to your diet plan. Even if you work in your garden regularly, you will burn extra calories. Playing with your kids, cleaning your house, taking a walk, and so on are all activities that can help you shed weight.

Park your car at a small distance from your workplace so that you have to walk to it. Walk up the stairs instead of taking the elevator. Simple things such as these really help you shed several unwanted pounds.

You do not have to make a number of sacrifices in order to achieve success with dieting. However, if you want to lose more than a few excess pounds, or if you want long-term results, you have to work harder than ever and make vast changes in your lifestyle. In addition, you have to take into consideration the effects that losing a lot of weight could have on your health. Take it easy and be calm about the entire process of weight loss through dieting.

## Can Alli Help You Lose Weight?

Can alli really help you lose weight? One can safely say yes; however, the more truthful way to put it would be, "yes, but the alli story has another side to it."

Orlistat, also known as Xenical, is what is commonly known as alli. If you want to enquire about it at a medical store, pronounce it as "ally," not "alley."

Alli functions by blocking fat. It prevents the absorption of fat within the body. It is one of the freely available, FDA-approved weight loss pills available in the market.

Don't be under the misconception that you can eat a high-fat diet and then swallow alli to prevent your body from absorbing all that fat. Alli won't work the way you want it to. Alli should be used only when prescribed by a doctor, and even then, only with a low-fat diet.

### **Advantages of Alli**

According to a study, about 35.5-54.8 percent of the subjects lost five percent or slightly more than five percent body weight. However, whether this weight loss was due to loss of fat or some other component of the body cannot be clearly said. About 16.4-24.8 percent of the subjects attained a ten percent or slightly more than ten percent decrease in body weight. After they stopped taking alli, the participants of this study, regained a third of the weight they had lost; however, this is common with all dieters.

The weight-loss caused by alli varies from individual to individual. The effects of alli, when taken with a low-fat, low-calorie diet, are greater. Taking alli also reduces the risk of contracting type 2 diabetes.

### **Disadvantages of Alli**

The following warning can be found on the website of the manufacturers of alli: "You may feel an urgent desire to visit the bathroom. Until your body becomes adjusted to the effects of alli,

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wear dark pants at work or carry a change of clothing." If you want to take alli even after reading that warning, you should be really desperate to lose weight.

Despite its benefits, taking alli is not without disadvantages. You could end up with bowel and digestive problems. Taking a high-fat diet along with alli increases the intensity of these side effects because the body tries to expel all that undigested fats. The results could be loose stools, bowel incontinence, and flatulence, and these side effects will be more intense during the early phases of the treatment when your body is trying to get used to the effects of the drug.

The side effects of taking alli will be fewer if you adopt a low-fat diet. As hinted by the manufacturers of alli, the side effects of the drug could also motivate you to stick to your low-fat diet.

### **Alli Is Not Magic**

While taking alli, remember that it isn't a magic weight-loss pill. It won't work on its own. It works only if you put in a lot of effort to lose weight.

Taking alli is believed to help you lose fifty percent more weight than you would lose without it. For example, taking alli will help you lose 15 pounds while if you follow your diet and exercise regime without taking alli, you will lose only 10 pounds. It, therefore, helps you lose more weight than you would lose without taking it. It is important to note that the effects of taking alli varies from individual to individual.

Unfortunately, magic weight-loss pills that will make you slim in your sleep are just not available. Alli is just a weight-loss pill that has had results. If you want to lose weight, and have been unsuccessful with a variety of diets, you could talk to your doctor about whether taking alli might not be a good idea in your case.

## Eating Healthy On A Budget

Do you feel that the price of healthy food is just too high for your budget? Here are a few tips to help you purchase healthy food well within your budget.

### **Shop Alone**

You might have noticed that if you go shopping for food with your children and, sometimes, your spouse, you end up buying a lot of junk food. Shop alone to prevent this. In addition, make sure that you are the only one in the family to purchase food.

### **Avoid Soft Drinks**

Instead of purchasing soft drinks, purchase milk. You can enjoy your favorite fizzy drinks on special occasions and, even then, buy the smallest package available to save money and prevent weight gain. Adults and children alike require milk and other dairy products daily. Dairy products give you the calcium that you need to get strong teeth and bones.

### **Buy Fruits in Their Season**

During their respective seasons, purchase fruits in large quantity and freeze whatever is left over. Wash the fruit, discard any spoiled pieces, dry the fruit, and freeze it in huge plastic zipper bags. You can use the frozen extras when the season has come to an end.

### **Purchase Plenty of Beans and Meat**

Eating plenty of beans and meat is absolutely necessary for the protein they contain. Lean meat is expensive while fatty meats are inexpensive. You can purchase canned beans to get a lot of protein at low cost.

Beans can also serve as a substitute for meat. They come in a number of varieties and you can make a delicious bean dish in a crock pot so that it will be ready for consumption by the time you return home from work.

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According to the USDA, you should eat at least four servings of beans per week. If eating too many beans gives you gas problems, try this method: wash the beans, cover them with water, boil the water along with the beans, drain off the water, and then refill the pot.

### **Include Fish in Your Diet**

If you reside in one of the coastal towns, you could make fish a major part of your diet. Catch fish in rivers or lakes. This will ensure that you get plenty of fish free of charge and also have some fun.

### **Use Peanut Butter**

Using peanut butter does not strain your budget in the least. Moreover, almost everybody loves peanut butter. Instead of wrecking your body with hot dogs, you could eat peanut butter sandwiches. You don't have to put peanut butter in the fridge, and the larger jars can last for weeks.

### **Eat Water-rich Foods**

Eating water-rich foods, such as salads, watermelon, as well as gelatin without sugar, is very beneficial to health.

You cannot make mistakes about eating healthy food. You don't even have to spend extra on healthy food. You will discover that you don't have to spend a large amount of money on gaining that healthy, slim body you have always longed for.

## Eating Healthy When Eating Out

If you are watching your weight, you have to be careful about your calorie intake, especially when you go to a restaurant. Here are tips on how to watch your calories when you are eating at a restaurant.

Order sauces and dressings separately so that you can control the quantity that goes into your meals.

Request that the grilled vegetables or fish that you have ordered be prepared with no oil or butter or very little of it.

Ensure that you get a tomato-based sauce instead of a cream-based sauce whenever you order pastas. Tomato sauces don't contain as many calories as cream sauces do, and moreover, you could consider tomato sauce as a vegetable.

Don't take alcoholic beverages or soda. Instead order diet soda, water, or tea.

Share your dessert with a friend. This way you can reduce the amount of calories you take by half.

Take care that you don't order a cream-based soup, because the number of calories in such soups is higher. Soups are great appetizers and have low calorie counts. Moreover, they fill you up quickly.

If you have ordered baked potato, request salsa instead of bacon, sour cream, cheese, or butter. Salsa has a low calorie count. Moreover, it is a healthy food with a wonderful spicy flavor.

Don't continue eating even when you have had enough. Cultivate the habit of listening to your body.

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If you feel full in between your meal, pack up whatever remains. You can eat the rest of it when you feel hungry later. In this way, you can enjoy two meals at the price of a single meal.

If you wish to eat less, order a salad and an appetizer or a couple of appetizers as your meal.

Instead of ordering French fries as a side dish, order a baked potato or steamed vegetables.

Order only those foods that are baked, poached, broiled, or steamed. These methods of cooking do not use a lot of oil and, therefore, have low calorie counts.

Plain rolls or bread are low in both calories and fat content. You add both calories and fat to it when you smear it with butter or oil.

Order dishes that are rich in vegetables and fruits because they are good sources of fiber, minerals, and vitamins.

Order whole-grain meals, such as brown rice or whole wheat bread.

If you must have a dessert, order something that comprises less fat, such as fruit or berries.

While you count calories, don't punish yourself by not taking the food that you really love. A balanced diet does not exclude any type of food.

## Secrets To Rapid Weight Loss

Weight gain impacts people in a number of ways. Apart from wrecking a person's looks, excess weight can lower his or her quality of life and self-esteem, which, in turn, leads to problems such as coronary disorders, diabetes, depression, and so on.

A number of positive changes can be observed in a person who has lost weight. No wonder, then, that several people are seeking methods to lose weight quickly and achieve a slim body that can turn heads.

If you are overweight, the first thing you should do is visit your family doctor and determine the best weight loss program for you. Your doctor will draw up a very good plan for you after making a thorough physical examination.

To lose weight quickly, you have to take four factors into consideration, namely, the food you eat, the way you eat it, your behavior, and the level of your physical activity.

Here are some tips that will transform the life of an overweight individual:

Usually, a weight loss program includes state of mind, physical activity, diet, and, in some cases, supplements. Adopt a diet that you are comfortable with. Perform exercises on a regular basis. If you hate exercises, try at least a few minutes of walking, running, jogging, swimming, dancing, or any such activity.

Be realistic. Sticking to a diet plan requires a lot of will power and perseverance. Don't lose motivation and give up. An overweight person who has adopted a diet and exercise regime will never be disappointed provided he or she exercises enough self-discipline and sticks to the plan.

Learn to understand the language of your body. Everybody has a different rate of metabolism, which shows a variety of responses to changes in diet and lifestyle. Change your exercise and diet program in tune with your body's response to it. Your exercise plan should suit the needs of your body. For example, not everybody can do heavy exercises. If you can't bear

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any other exercise except walking, then walking is the best exercise for you. Aim at developing a few muscles; it will make you look great too.

Eat a fiber-rich diet. It prevents you from feeling hungry often, and it stays in the stomach for a longer time, thereby, lowering the rate at which the body digests food. Take one serving of whole grain bread daily. Whole grains convert themselves into blood sugar, which boosts the insulin level in the body. The body becomes energetic and begins to either burn fat or store it.

Avoid fried foods; deep-fried foods especially comprise a lot of fat. Fish and chicken comprise more fat than fried beef. Those who are on strict diet can go in for grilled food because this type of food does not have that much of fat after it is cooked.

Drink lots of juices and water. At least 6-8 glasses of water everyday is a must. Water keeps the body hydrated and fresh. It also eliminates wastes faster, and keeps the body at a normal weight.

To lose weight rapidly, you need a lot of perseverance, will power, and self-discipline. You will lose a lot of weight if you stick to a comfortable low-calorie diet and exercise place, in addition to certain supplements.

Don't rush into any heavy diet and exercise plan that will make you give up almost before you have begun. If you do this, you could end up gaining more weight than what you were before you began the program.

## Finding The Beauty Within While Dieting

Our culture is characterized with an excessive concern for external appearances. No one enjoys the process of dieting, yet everybody waits eagerly for the results--a perfect, slim, and beautiful body. The focus on dieting, exercise, and perfection of external appearances is so great that most people do not realize that there is something called inner beauty.

Dieting should be done more for health than for external beauty. You do not need to fit into the popularly accepted idea of what is beautiful. If everybody looks like the models in the fashion world do, we would be bored stiff with life.

### **Secret to Successful Dieting**

You can achieve great success with dieting only if you focus on accepting yourself as you are. This in no way means that you should stop perfecting yourself and working for better health. It simply indicates a shift of focus from merely attempting to create a person who would fit into somebody else's ideal to accepting yourself as who you are.

Many people diet in order to be somebody else--a person you once were or another person whose looks you admire. Until you accept yourself as who you are, you will not be able to be happy at any weight. Sometimes, accepting oneself can be very difficult, but worth it.

### **Importance of Self-acceptance**

The major reason for weight gain is emotional eating in which people eat to fill an emptiness within themselves. People eat to fill the void caused by depression, uncertainty, loneliness, and many more factors.

Depressed people find it very difficult to lose weight. Such people can find contentment only in self-acceptance. Once people are free from depression and self-condemnation, they find that they have rapidly lost weight.

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Stop framing definitions of yourself on the basis of what you weigh. When you have reached a point in your life where you can accept yourself as you are and you feel that your diet and exercise regime is within your control, talk to your doctor and find out what he or she says.

The nation does not require women sized five. On the contrary, it requires women of confidence who are not afraid of who and what they are irrespective of their external appearances.

To achieve success with dieting, therefore, you have to find the beauty within yourself. In the process of dieting and exercising, perform a simple mental exercise. Get to know yourself better and introduce yourself to the person you aspire to be.

The two will soon merge into one personality, an image that is perfectly acceptable to you irrespective of the ideas bombarded onto your brain by advertisers of cosmetic products.

## **Garcinia Cambogia Extract - A Natural Weight Loss Supplement**

The popularity of Garcinia cambogia extract as a natural weight-loss supplement is on the rise throughout the West. A number of studies reveal that it is, indeed, successful in helping people lose weight. Although the evidence is still insufficient, several people claim to have benefited by it.

### **What is it?**

Garcinia cambogia is an Indian and African tropical fruit. It belongs to the citrus family, to which lemons and oranges also belong. You cannot eat it because of its excessively sour taste, but Indians use the rind for cooking. Hydroxycitric acid, the substance extracted from this fruit, is believed to act as a weight-loss supplement.

### **How does it work?**

Hydroxycitric acid neither stimulates the brain, like coffee does, nor does it suppress appetite. Both stimulants and appetite suppressants acts on the brain's nerve centers, giving rise to a series of side effects, including a craving for food whenever you stop taking them. HCA on the other hand, gives the body extra energy and improves the body's signaling system, by means of which the body informs the brain that it is full. This signaling system is a bit dull in obese people, which is why they eat more than necessary.

### **When shouldn't you take it?**

Garcinia cambogia extract of HCA works best when it is combined with chromium, a substance that is used to regulate the blood sugar level. The Western diet lacks chromium, and chromium deficiency could lead to obesity and diabetes. Remember that if you already have diabetes, you should consult your doctor before taking any chromium.

Expecting or breast feeding mothers should exercise caution while taking HCA.

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Before you give it to an obese child, talk to a doctor. Citrus fruits aggravate arthritis and migraine, and if you are suffering from any of those disorders, you had better not take HCA.

### **Who can take it?**

HCA is the best weight-loss supplement for those who eat to fill emotional needs, that is, whenever they are upset or anxious. This is because HCA has the same effect on such people as food has.

You do not have to take any "special diet" when you are taking HCA. Just eat healthy, and you should be able to lose weight slowly and steadily without really struggling for it. Take smaller portions of food without starving yourself, and substitute sweet or fried snacks with healthy fruit and nut snacks. It is the best and most natural method of losing weight.

Several research laboratories have conducted a series of tests on HCA, more than on any other weight loss product. HCA does not have any side effects. You can purchase it online. Simple search for garcinia cambogia extract or hydroxycitric acid.

## Green Tea Weight Loss Plan

Green tea is an inexpensive weight loss aid, which is why several people are getting attracted to it. It can be easily implemented into any weight loss diet plan. You can drink green tea in the same way you drink any other tea. Don't add any sweetener or milk. Purchase a green tea extract if the taste does not appeal to you.

### **How does it work?**

Studies have revealed that green tea cuts down body weight by stimulating the body's thermogenesis process by means of which energy is used up and fat is oxidised. Many plant-based components have the same effect on the human body.

There are two ways toward weight loss: eating less or taking in fewer calories and using up energy or burning more calories. Green tea functions by using up energy, up to four percent. Scientists have attributed this to the high levels of catechin available in this tea.

### **What are its benefits?**

Green tea is special because it does not raise the heart rate, and for this reason, it is safer than most weight-loss pills, such as ephedrine, which also works by the same procedure.

In addition, green tea comprises a number of antioxidants that are very good for your health because they not only strengthen your immune system but also protect your body against diseases.

### **Who can take it?**

Most overweight people are at a risk of developing high blood pressure or coronary disorders. More often than not, they already have these health problems. Unlike ephedrine, green tea is the best for such people because it does not cause any strain on the heart. They can slowly raise the intensity of their exercise regime without worrying about the effects of it on their heart.

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### How can you use it?

Green tea comprises caffeine, so refrain from drinking coffee or any other form of tea if you are taking green tea. Don't take decaffeinated green tea. The chemical processes used to decaffeinate the green tea also destroys its other potentials.

Taking green tea does not mean that you can eat anything and as much as you like. If you eat more, you will gain as many calories as the tea burns, which may not result in any weight loss.

Sticking to your present calorie intake along with the green tea intake should help you lose weight slowly and steadily. As a bonus, you will gain extra energy too. You can lose weight faster if you take in fewer calories and exercise more.

Green tea is, therefore, simple and inexpensive. As a weight-loss aid, it can be included into any weight loss program. If you are looking for long-term weight loss, remember to take green tea.

## Losing Weight Through Hypnotism

Weight control becomes more and more important as you grow older. Maintaining normal body weight is the only way to keep weight-related health disorders at bay.

If you are twenty or more pounds overweight, you are at a risk of contracting a host of disorders such as diabetes, coronary heart diseases, obstructive sleep apnea, hypertension, endometrial cancer, and breast cancer. Overweight people are usually averse to physical activity, for which they dearly pay in the form of these disorders.

If you are overweight and, at the same time, lead a sedentary way of life, you are at a greater risk for coronary disorders and a host of other problems. If, along with being overweight, you also have high cholesterol, you will end up with all sorts of health complications.

Even if you succeed at losing just a little weight, your health will greatly improve. If you lose ten percent body weight, you can reduce the chances of hypertension, high blood sugar, high cholesterol, and so on.

The modern world offers a myriad methods for people to effectively lose weight. Losing weight through hypnosis has gained popularity in recent years.

However, people have a number of misconceptions about hypnotism. This method does not include the use of any drugs, which leads people to think that it is a safe way to lose weight.

### **Some Facts about Hypnotism**

Before going in for weight loss through hypnosis, you ought to know the following facts about it.

Hypnosis can be dangerous if done by amateurs or people who lack the proper qualifications to practice it. Many people feel that hypnosis is quite safe because no drugs are involved in it; however, it is important that you go to a certified hypnotist, not an unskilled person who just practices it for fun or money.

## **How To Lose Weight ... With The Right Food!**

Hypnosis, by itself, cannot burn excess fat. In other words, it is not a magic weight loss therapy that can help you lose weight overnight. Health experts are of the opinion that it is beneficial only as part of an integrated weight loss plan. When used as the only weight loss technique, it has absolutely no effects whatsoever.

You will not lose any weight with just one session with your hypnotist. If you want to lose weight faster, try hypnotism with psychotherapy. While hypnotism is a relaxation technique that makes you more open to positive suggestions, psychotherapy goes to the very roots of the psychological reasons for your being overweight.

### **How Does Hypnotism Work?**

Through hypnosis, you can connect to the subliminal level of your mind. When you are in a hypnotic trance, you are more responsive to suggestion because hypnotism put you in a state of intense relaxation and mental concentration. This does not mean that a hypnotist is in total control of the person's mind or that he or she can "reprogram" the subject's mind.

Hypnotism has nothing paranormal or magical about it. It is just an intense state of relaxation and concentration in which the person becomes more responsive to suggestions.

To put it in a nutshell, overweight people who want to try hypnotism should realize that hypnotism is not a magical way to lose weight. It can never be successful as a sole weight loss method. It can only enhance the effectivity of other weight loss techniques such as diet and exercise.

Needless to say, it should be used in combination with a time-tested weight loss program. This is the only way people can lose more weight through hypnotism. The relaxation and positive suggestions they get at a hypnotism session has a very important role to play. A healthy mind, after all, leads to a healthy body.

## **How To Make Your Child Eat Healthy**

The modern world, with its innumerable fast food joints, can really wreck a child's health and well-being. Due to the growing popularity of fast foods, parents find it very difficult to inculcate healthy eating habits in a child. Foods that are cheap and easily prepared are usually not good for health. In spite of this obvious fact, a child, when given a choice between fast food and healthy food, will invariably choose fast food.

Getting a child to enjoy healthy food is next to impossible, but there is no harm trying. You will have to use your creative powers to the maximum because it is not really that easy to make a child eat healthy food. You could try some of these ways to make your child eat healthy food.

### **Use Fruits and Vegetables to Make Your Child's Favorite Dishes**

You might not be successful in making your children understand the importance of eating fresh fruits and vegetables. But they will surely appreciate you if you make muffins out of apples or bananas or put a generous dose of spinach on their favorite pizza.

### **Rename Fruits and Vegetables**

Children love it when you give funny names to usual fruits and vegetables. For instance, you could call broccoli "trees." Renaming fruits and vegetables thus make them more interesting to eat. Children enjoy eating food that has unusual names.

### **Experiment with Food**

Modify recipes so that you come out with exciting dishes. For instance, you could top broccoli with ranch dressing and celery with peanut butter. Vegetables can be combined in any number of ways to make them taste great. You can even permit your children to select a topping for a vegetable of his or her choice, even if you don't really appreciate your child's taste.

**Create Funny Designs**

Children enjoy food that looks attractive. Make your dishes look as exciting as possible. Make humorous designs on your plate or pile them up in such a way that they look like animals or human beings. While some people don't like playing with food in this manner, it sometimes helps to make the child eat healthy.

You have just looked at a few ways of making healthy food interesting for your child. Children normally don't like food that is good for their health. But, if you can make healthy foods look and sound as attractive as fast foods, there is every chance that your child will learn to eat and appreciate fruits and vegetables throughout his or her life.

## 15 Keys To Rapid Weight Loss

Who doesn't want to shed pounds as rapidly as possible? Here are fifteen secrets to losing at least ten unwanted pounds quickly and easily. You do not have to torture yourself with impossible diets. Watch what you eat, stock your refrigerator with fresh healthy snacks, eat plenty of vegetables, and keep yourself satisfied with fruits.

The following simple guidelines will help you lose ten pounds of excess weight. If you are already following a weight loss plan, they will help you achieve success faster. You can use this flexible and balanced plan, comprising fifteen keys, any time you wish.

Make a note of all that you drink and eat. You don't have to calculate calories. Simply write down whatever you take during the day. Just becoming aware of your food habits will help you plan healthier meals.

Cut down your use of all fats by half. This means you have to smear only half the usual quantity of butter that you smear on your toast, bread, potatoes, or muffins; half the usual quantity of sauce or mayonnaise on your salads; and half the usual quantity of oil in your frying pan whenever you fry something.

Eat sweet dishes only thrice a week. Sweet items include desserts, chocolate, cake, cookies, ice cream, pastries, and so on.

Include sources of low-fat protein, such as chicken, beans, low fat yogurt, fish, cottage cheese, and so on, in your diet. Don't have eggs, red meat, and nuts every day, but only as occasional treats.

Eat at least one pure vegetarian and cheese-free meal per week. Create exciting meals out of whole grain, beans, and vegetables in order to reduce fat and increase fiber in your diet.

Avoid drinking milk with high fat content. Instead of whole milk, purchase milk with two percent fat. Later you can replace it with milk comprising only one percent fat. Include low fat yogurt and cheese in your diet. Make sure that you purchase sugar-free yogurt.

## How To Lose Weight ... With The Right Food!

Take a couple of servings of fruit everyday. You can have fruit as snacks or desserts. Buy fruit in its season.

Avoid sodas, milky drinks, juices, and alcoholic beverages; instead, drink plenty of water. Don't drink diet soda because its sweet taste makes you crave for more sugar. Taking a glass of warm water with a little lemon juice can refresh you early in the morning.

Take a couple of servings of vegetables at dinner and lunch. If you are hungry, eat more vegetables.

Cut down your speed of eating. The body's signal to the brain that you are full is relatively slow, and if you eat too fast, you end up eating more than is necessary for you.

Grated carrot is a great snack. One of the strangest facts about carrot is that a single grated carrot is more filling than a single whole carrot.

Eat whole grain as much as possible. Fiber-rich food will make you feel full, and it will also help you digest your food better.

Chew on food. You will take in more fiber that way. Moreover, chewing food can be very satisfactory. For example, you can eat fruit instead of drinking its juice. Make sure that the soup you prepare has lots in it to chew.

Plan your meals well in advance. This means you have plan your shopping well in advance too. Planning in advance prevents you from grabbing anything and eating it whenever you feel hungry. The "anything" that you grab might turn out to be high-calorie dish.

Never watch TV while you eat. According to studies, people eat more when they are watching TV because they are unaware of the quantity that they eat. Don't even enjoy a snack while watching TV.

If you follow these simple rules, you will soon turn into a slimmer, healthier version of what you are now.

## Losing Weight In Menopause

Menopause is strongly associated with weight gain in a majority of women aged above 50. During menopause, women commonly put on weight in various parts of their bodies, especially the belly. This is strange because younger women tend to gain weight around their hips.

### **Causes for Weight Gain in Menopause**

Weight gain during menopause could be due to major changes in lifestyle. Hormone also have a major role to play although science still has a lot to understand about hormonal changes at menopause.

Menopause marks the end of a woman's ovulations and her monthly menstrual cycles. Now, her body produces less of estrogen, which causes ovulation. Low estrogen is linked with weight gain. Studies done on animals have shown this to be true. Low estrogen, then, is the reason for the way in which bodies of women change at menopause.

### **Changes in the Body during Menopause**

While women tend to store fat around their hips when younger, they begin to store fat in their bellies, like men do, during menopause. This makes women vulnerable to coronary disorders.

Muscles turns to fat at a faster rate in both women and men as they advance in years. The rate of metabolism also slow down. If you don't change your eating habits in accordance with the changes in your body, you will rapidly gain weight. An older person just does not require as many calories as he or she once did.

### **Hormone Therapy**

Sometimes, menopausal effects are controlled by estrogen therapy. Studies have revealed the fact that hormone therapy does not lead to more weight gain. A few women experience side effects such as water retention and bloating during the early phases of hormone treatment.

## How To Lose Weight ... With The Right Food!

While hormone therapy reduces the risk of coronary disorders by reducing belly fat and cholesterol levels, studies have also revealed that hormone therapy is closely associated with breast cancer.

### Weight Loss Tips

If you find yourself battling fat during menopause, you could try the following tips:

Eat a low-fat, fiber-rich, healthy, and sugar-free diet.

When people grow older, they tend to become sedentary. They no longer have to run around getting a myriad chores done. They no longer take active holidays and, as a result, become generally slow. You need regular physical activity, especially during this time. Do thirty minutes of moderate exercises in order to stay fit.

Maintain the strength of your muscles. You can strengthen your leg muscles by walking or cycling and your arm muscles by lifting weights.

Accept yourself and the changes that are taking place in your body. You may, after all, not be as overweight as you think you are.

Before beginning any diet or exercise regime, consult your family doctor. Ensure that you do not have any medical disorders. Your physician will be able to help you deal with any menopausal symptom that you find distressing.

## **Nutrition For The Elderly**

Nutrition and healthy eating for the elderly depends upon several factors. The bodies of the elderly have undergone a number of changes. Bones and muscles have given way to fat because of the inactive condition of hormones.

Several factors have an effect of the health and well being of the elderly. Here is some nutritional information that will be of great help to you irrespective of your age.

### **Water**

The body's water content decreases as its becomes older, which is reason why the elderly often suffer from dehydration. The elderly should bear this point in mind and regularly drink at least an ounce of water for every 2.2 pounds of body weight.

### **Protein**

Protein is essential for the elderly. They need it to maintain a healthy immune system and to prevent muscles from wasting away. At the same time, they do not need that much of energy. Foods such as eggs, chicken, meat, and fish, which are low-fat sources of proteins, are very much essential for the elderly.

### **Carbohydrates and Fiber**

The entire body obtains its energy from carbohydrates. Bread, pasta, cereals, and other grains are rich in carbohydrates. You can prevent constipation by taking a diet that is rich in water and fiber.

### **Fat**

The diet of older people should be low in fat, not fat free. You can limit your fat intake by including lean meat and low-fat dairy products. As far as possible, do not fry your food in oil.

### **Iron**

Iron deficiency is common among elderly people who do not eat much. Such people should eat plenty of breakfast cereal or red meat.

### **Zinc**

Elderly bodies find it difficult to assimilate zinc. You should take fish, poultry, and meat in order to satisfy the zinc requirements of your body.

### **Calcium**

Most elderly people hardly get enough of calcium. The elderly require at least 1,500 mg of calcium per day.

Many of the elderly avoid drinking milk out of fear that it might upset their digestive processes. If you are averse to milk, you could use nonfat milk powder instead of milk. You can also obtain the calcium you require from foods such as low-fat cheese, broccoli, and yogurt.

### **Vitamin B12**

Vitamin B12 is usually absorbed by an intrinsic factor in the stomach. Many of the elderly suffer from Vitamin B12 deficiency because they suffer from atrophic gastritis, a medical condition characterized by inflammation of the walls of the stomach, growth of bacteria, and lack of the intrinsic factor that is responsible for the absorption of this vitamin into the system.

The elderly need each of the above nutritive elements to keep themselves in a healthy condition. The elderly should be as active as possible and take a good balanced diet. The elderly body may not be what it once used to be; this does not mean you have a reason to neglect it. You should take enough nutrition to enjoy a long and healthy life.

## **Parasites And The Ph Miracle Diet**

The pH Miracle Diet focuses on the importance of alkaline foods in order to restore the body's pH balance. Eating too many acid-forming foods causes several medical disorders. On the contrary, alkaline foods provide nutrition to the body according to the alkaline nature of its cells. If you follow the pH miracle diet, you will protect yourself from dangerous parasites that could destroy your health and well-being.

### **Connection between Parasites and pH**

The intracellular pH of the human body is about 7.4, which means that it is slightly alkaline. Dangerous parasites, such as viruses, amoebas, protozoae, unfriendly bacteria, and worms cannot survive in a medium that has a pH between 7.2 and 7.4.

Most Americans follow a diet that creates a lot of acid at the intracellular level of the body. This leads to a condition called acidosis, which is the major cause for many health disorders. Parasites can live comfortably in acidic conditions. If you want good health, you should take an alkali-forming, and not an acid-forming, diet.

### **Acid-forming Nature of Processed Sugar**

With the passage of time, our regular food habits make our bodies either alkaline or acidic. Starches and processed sugars, both very important parts of the American diet, make the body more acidic. Natural sources of sugar, on the other hand, comprise vitamins and minerals, which processed sugar does not. Fruits might be acidic, but the minerals they contain help the cells of the body to convert those acids into alkalis. This is something that processed sugar is not able to do. So, when you consume processed sugar, you release large quantities of acid within your body.

### **Results of an Acid-forming Diet: Candidiasis**

A body that is too acidic at its intracellular level becomes a friendly host to all types of dangerous parasites. In addition, it also causes the mutation of candida, a friendly intestinal natural yeast.

Candida is held in check by the friendly bacteria that live along with it. When a person takes too much of sugar and antibiotics, the friendly bacteria that coexist with candida die. Immediately, candida mutates and grows in an uncontrollable manner. Such a condition is known as candidiasis, characterized by an uncontrollable craving for sugar, chronic yeast infection, dry skin, sinus infections, acne, and fatigue.

### **Impact of Parasites on the Body**

In normal conditions, dangerous worms pass out of the body, unable to live in the intestine. In case of candidiasis, the same worms find a very hospitable environment in the intestine and continue to live there.

Parasites destroy cells quickly, more quickly than the body can regenerate them. They also release toxic substances that can give you allergy reactions and may even cause you to develop allergies to some types of food. Parasites also invade the tissues of the body and cause inflammation of the walls of the intestine. Due to parasites, the tissues of the body become unable to function properly.

Ultimately, parasites cause obstruction of the organs, which makes them lose their ability to function. The immune system becomes weak and unable to protect the body against harmful bacteria and viruses. Parasites even prevent the body from effectively absorbing the nutrients it requires.

To avoid all these problems, it is important that you maintain the alkaline state at your body's intracellular level. You can do this by adopting the pH Miracle Diet, an alkalizing diet that can maintain the pH level from 7.2 to 7.4, a state in which dangerous parasites cannot survive.

## **How To Lose Weight ... With The Right Food!**

Even if you are used to an acid-forming diet, simply shifting to a more alkaline diet will drive the parasites out of your body. The pH Miracle Diet will reverse the process of acidification within your body and make it a very difficult place for parasites to live in.

## Ph Miracle Diet Cooking Tips

When you adopt the pH Miracle Diet, you also change the way you eat and cook your food. While many people find it easy to change their dietary habits, an equal number find the world of fresh fruits and vegetables quite oppressive.

Many people who adopt the pH Miracle Diet are not sure how to maintain it. Before adopting this diet, they used to eat ready-to-eat packages, meat, and other acid-forming food. While the pH Miracle Diet permits people to eat these occasionally, the rest of the diet is something totally new to those who have newly adopted it.

### **Learn New Recipes**

If you search online or in books written about pH Miracle Diet, you will find any number of recipes that have an alkalizing effect on your body. Keep looking for fresh ideas, and you will find that you are never short of meal plans. At first, you will find the meals and the methods of cooking them strange. However, a day will come when they form an important part of your nature.

### **Plan Diverse Meals**

The biggest mistake that many families who adopt the pH Miracle Diet make is to learn and cook only a few types of meals. You could end up getting bored with this and going back to your old acid-forming diet. You can avoid such a thing from happening by finding ten pH Miracle recipes that interest you and trying a new meal plan every week. Learn new recipes every week and collect alkalizing recipes till you have a very good collection of meals that the entire family can enjoy.

### **Cook Your Family's Favorite Foods**

Study the lists of alkalizing foods and choose the ones that are already favorites in your family. Find some recipes in which you can use your family's favorite fruits or vegetables. Then, your family will not find the changes in diet a torture. They will find it easier to adjust to the new diet.

## **How To Lose Weight ... With The Right Food!**

Start your new diet with foods that your family already likes, instead of bombarding them right away with items such as kale, tofu, and dandelion root.

### **Alkalizing Broth**

First and foremost, try an alkalizing broth. You can modify it in many ways to suit your family's taste. The basic ingredients that go into it are a few alkalizing vegetables and pure water. Taking this broth will not only give your body the nutrients it requires, but also balance your body's pH level. It detoxifies your organs and tissues. You can use the basic broth for more complex recipes. Alternatively, you could make it the first course of an alkalizing meal.

### **Try Alkalizing Juices**

Many people who have adopted the pH Miracle Diet drink juices to get rid of the excess acid in their bodies. You could use one of the popular alkalizing juice recipes. It will make your new diet all the more exciting. You could drink juice for your breakfast. Juice also serves as a healthy snack in case you feel hungry in the middle of the day. You don't really need a juicer because you can easily make most of these juices on your blender.

### **Modify Recipes**

You will require all your creative power to find recipes that would interest children. A number of children's vegetarian recipe books could come to your aid. You could simply modify these recipes to make them more alkalizing.

For example, a lot of fruits such as apples, strawberries, and raspberries are on the list of alkalizing food. Many children love sweet potatoes, which are highly alkalizing and good during the winter. Fresh vegetables, such as celery, make excellent snacks during the hot days of the summer. You could also use homemade hummus or lemon juice and mayonnaise sauce to dip them in.

You need a little time, research, and practice to create dozens of mouth-watering alkalizing dishes. Soon, the pH Miracle diet will be an established dietary habit in your family.