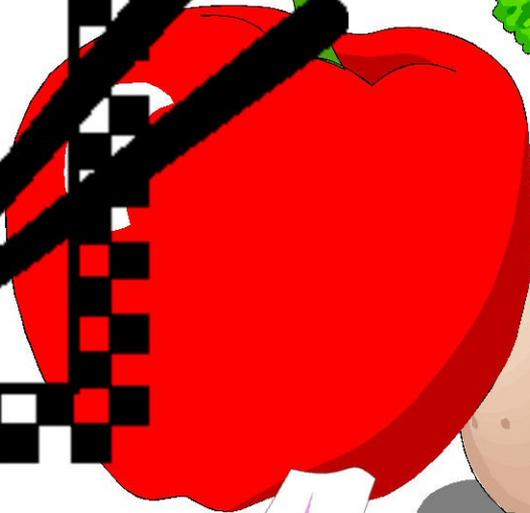
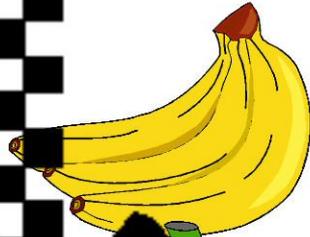


# NUTRITION FACTS



*By Ghislain Bonneau 2006*

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# INTRODUCTION

All my life I have been in search of the truth about how to stay young and live longer. Like a human needs two legs to walk, I knew from the start that the answer could not only be Good Nutrition, or just Exercise, maybe you can walk with only one leg but I soon found out that you actually need both good Nutrition and Exercise and more to find the answer for the Recipe of health and Longevity.

First I eliminated in my life all the bad things that are contrary to this objective and here are some of them. Smoking, Alcohol, Drugs, Stress, Lack of sleep, Dehydration, Lack of Vitamins, Proteins and Minerals the body needs to stay young and healthy.

So I stopped smoking, started to exercise regularly, and even did Stretching Sequences and Yoga. I learned how to be more relaxed and how to eliminate all stress in my daily life as much as possible. All this was a good start but it was not enough. I had to learn much about nutrition, Vitamins, Minerals and proteins and how the body and the mind works to set me on the right path of discovery. The truth is that the recipe for a long and healthy life is very simple. It is all those things above put together and that I have introduced in my daily life very gradually. Today I feel like I am 20 Years old, and I am 68, and this is no bull. Maybe I don't have the same endurance that I had when I was 20 years old, but I can still do lots of things that most men over 30 can't do. Stretching regularly, Yoga and Meditation are also a key factor that helped me to stay Stress Free, flexible and to feel young again.

A well balanced and diversified diet with 5 to 6 smaller meals every day instead of only 3 big meals, will help you to stay slim and to feel good with yourself. Exercising regularly will help to oxygenate your blood cells, improve your Cardio and help to relief your stress. Stretching will help you to relax and to remove most of the Free Radicals from your body. See the PDF (My Stretching Sequence) for more details on Free Radicals.

Common senses and moderation is the Key to success and too much of a good thing can also be very bad for you. So follow the Vitamin and Minerals daily recommended intake by specialist in this domain. I have compiled most of what follows from other sources and tried to put together something that is easy to read and to refer to, as a guide to help you in your goal for a long and healthy life. It is better to get your Vitamins and Minerals from your food intake instead of Supplements, but the quality of the Vitamins in your food is not as great as it use to be because of pesticides and fertilizers they use nowadays so vitamins and Minerals supplements are becoming part of what you will need to complement your daily recommended intake.

I take Multi Vitamins and some Mineral supplements also because I exercise regularly and my body needs more Proteins and Vitamins to recuperate. I eat 5 to 6 small meals a day with lots of vegetables and less meat. I do Yoga and stretching also regularly and meditations to help me to relax. Stress is the mother of all diseases, so this is the first thing that you must learn to eliminate from your daily life. Whatever Stress you, Find the solution to Fix the problem and move on.

A little bit of every thing is a good thing and you will see that this is true simply because that most vitamins need each other to be absorbed by the body. Vitamin A is Fat Soluble) so you will need some animal fat in your diet from time to time, and Zink will also help you to absorb Vitamin A. Calcium is the next important thing after Air, Water and Food that all your cell in your body needs to stay healthy. Coral Calcium is the best quality Calcium Supplement you will find after dairy product. Calcium is also needed to absorb Vitamin D. As you can see everything needs everything else to be absorbed by your body. You can't know everything there is to know about nutrition so a diversified diet will make sure you are getting a bit of everything that you will need to stay young and healthy. The secret is in the frequency of the meals and in the size of your meals versus the energy you will use each day. There is lots to learn in the domains of Nutrition and Exercise to have a healthy body, stay young and live longer, and this is just the beginning, so read what follows and learn. Realize that after the age of 55 your body will tend to keep whatever you will eat and at that age your body does not need that much food. This is why most people tend to get fat and big from that age and they are not able to loose it. You must therefore reduce your portions but always keep the quality of your food as pure, natural and as high as possible.

Also one of the most important thing that you should be aware of is how bad additives and preservatives in foods are BAD for you. I for myself I make my own mayonnaise and my ketchup and I am working on a mustard recipe as well, and make my own Clamato and tomato juices. And I do this exactly to stop filling myself with all the additives they put in those condiments. I also make my own soups and all my food with fresh basic ingredients. I NEVER eat any prepared foods or even Frozen foods either of any kind and nothing in cans except Tomato paste and Tomato sauce for the rest they put too much additives, preservatives and artificial colorant and taste and too much sugar and too much salt. This would be a good start for you to start eating like I do. Never forget that additives are chemical products and your body does not need any of those ingredients because they have a very bad effect on the long run on your body. They will make you age faster, you will look older and they will also give you all kinds of cancers. Do not ask yourself why you can't loose weight if you eat all this crap. Do not look any further because additives and preservatives in your food are the culprits. You might think that it must be OK since that the Government allow those things in food. Well since when do you trust the Government with anything, they have not made any study on the effects of the long use of those products, and they might be in small quantities in your foods but they add up in your body. See the Chart from the Wikipedia Encyclopedia at the link below for more details on Vitamin A. [http://en.wikipedia.org/wiki/Vitamin\\_A](http://en.wikipedia.org/wiki/Vitamin_A)

### **Zink Deficiency and Vitamin A: (THIS IS VERY IMPORTANT)**

Zinc deficiency can also impair absorption, transport, and metabolism of vitamin **A** because it is essential for the synthesis of the vitamin A transport proteins and the oxidation of retinol to retinal. In malnourished populations, common low intakes of vitamin A and zinc increase the risk of vitamin A deficiency and lead to several physiological events.

## **NUTRITION FACTS:**

### **VITAMINS**

#### **DESCRIPTION, FUNCTION AND DEFICIENCY OF PRINCIPAL VITAMINS.**

#### **VITAMINS: AND IT'S FUNCTION:**

#### **DEFICIENCY WILL PROVOKE:**

**A** Is indispensable for nocturne vision and favors growth, promotes healthy hair, teeth, and nails.

**DEFICIENCY:** White skin, Allergies, Sinus troubles.

**B1 (Thiamin)** Controls the metabolism of Glucoses (natural sugars), lipids (fat) and amino acids.

**DEFICIENCY:** Depression, circulatory problems, digestive troubles.

**B2 (Riboflavin)** Controls the hormonal metabolism (stimulates insulin action). Controls the fixation of iron in your blood. **DEFICIENCY:** Dizziness, Vertigo, Retarded growth.

**B3 (Niacin)** Necessary for the digestive system, and for skin health and blood circulation.

**DEFICIENCY:** Lost of appetite, Insomnia, Fatigue, Depression.

**B5 (Pantothenic Acid)** Indispensable for the formation of living cells and antibodies.

**DEFICIENCY:** Premature Aging, Lassitude, Muscular cramps.

**B6 (Pyridoxin)** Participates in the regulation of protein metabolism.

**DEFICIENCY:** Anemia, Depression, Vertigo.

**B7 (Inositol)** Permits to control the level of cholesterol.

**DEFICIENCY:** Hair loss, Excess of cholesterol.

**B9 (Folique Acid)** Protein metabolism and formation of red blood cells.

**DEFICIENCY:** Anemia, Digestives Troubles, growth problems.

**B10 (Para-Aminobenzoïc Acid)** Regulates the metabolism of proteins.

**DEFICIENCY:** Depression, Fatigue.

**B12** Essentials to the formation of red blood cells.  
**DEFICIENCY:** General weakness, Nervousness.

**B17** Regulates the synthesis of fat acids, of hemoglobin and amino acids.  
**DEFICIENCY:** Depression, Fatigue, Insomnia.

**C** Production of collagens, resistance to infections.  
**DEFICIENCY:** Anemia, Allergies, Bad cicatrisation.

**D** Regulates the metabolism of calcium and phosphor (bone formation).  
**DEFICIENCY:** Insomnia, nervousness, bone problems, weak immune system, fast aging.

**E** Slow down aging by its anti-oxidation action. **DEFICIENCY:** Sterility, Impuissance, Muscular deterioration

## **DESCRIPTION, FUNCTION AND DEFICIENCY OF MINERALS: MINERALS**

### **MINERALS: AND IT'S FUNCTION:**

### **HIGH DEFICIENCY COULD PROVOKE:**

**CALCIUM** Helps for strong bone, teeth, nails, may prevent cancers and over 200 diseases.  
**DEFICIENCY:** Muscular Cramps, Entropies, Osteoporosis.

**MAGNESIUM** Intervene in the metabolism of glucose in the blood, Calcium Vitamin C.  
**DEFICIENCY:** Anxiety, Insomnia, Irritability.

**CHROME** Regulates the metabolism of glucose, by entering the composition of insulin.  
**DEFICIENCY:** Depression, Circulatory troubles, Digestives troubles.

**COPPER** Participates to bone formation.  
**DEFICIENCY:** Arthritis, General Weakness, Cardiac troubles.

**IRON** Gives blood its red color and stimulates the defenses of the immune system.  
**DEFICIENCY:** Anemia, Difficulty in Concentration, General Fatigue.

**IODE** Participates to the production of energy. Necessary in the structure of thyroid hormones.  
**DEFICIENCY:** Irritability, Nervousness, Dry hair.

**POTASSIUM** Has a calming effect on the nervous system.  
**DEFICIENCY:** Acne, General weakness, Physical and mental fatigue.

**SELENIUM** Slows down aging and fortify the immune system.  
**DEFICIENCY:** Muscular soreness, less resistance, Premature Aging.

**ZINK** Facilitate the digestion of Glucose, aid in the absorption of Vitamin A.  
**DEFICIENCY:** Anorexia, Fatigue, Slow down growth. Human body could not survive without it.

**CHOLIN** Ensure the transmission of nerve impulses.  
**DEFICIENCY:** Growth problems, Hypertension.

**METHIONIN** Amino acid indispensable to the growth and equilibrium of the body.  
**DEFICIENCY:** Delayed growth, Premature aging.

**BIO-FLAVONOIDS** Act in synergy with vitamins C et K  
**DEFICIENCY:** Hypertension, Vascular Accidents.

**NUCLEIC ACID** Necessary to the growth of cells.

**DEFICIENCY:** Accelerated aging, Memory loss.

**GELEE ROYALE** Permits to acquire a great résistance to physical and intellectual fatigue.

**DEFICIENCY:** Fatigue, Overwork.

**GINSENG** Accentuate physical and mental prowess. Ease **fatigue and head ache.**

Suggested to prevent aging, and can help with libido.

**GINKGO BILOBA** Helps to slow down aging and combat senility.

**KOLA** This plant has a stimulating effect.(like caffeine) **DEFICIENCY;** Diminished vivacity.

**SPIRULIN** Good choice of aliment for its diversity of vitamin B and rich in vegetal proteins.

**PAPAYA** Helps to digest proteins, pectin's, certain sugars and lipids.

**DEFICIENCY:** Digestives and liver troubles.

**ECHINACE** Renown for its action and vitality, specially in winter.

**DEFICIENCY:** Convalescence, Grippe, Weakened Immunity system, Sinus.

**FENUGREC** Recommended in cases of anemia, in lack of energy and for appetite stimulant.

Aromatic seeds used in curry.

**DEFICIENCY:** Convalescence, Depression, General Fatigue.

**PERSIL-CRESSON** Helps with digestion. Is also depurative.

**DEFICIENCY:** General weakness.

## Natural Vitamins and Minerals found in food.

### VITAMINS FOUND IN FOOD:

**Vitamin A (Fat soluble):** Apricots, romaine lettuce, cantaloupe, mangoes, carrots, raw & juiced, nectarines, collard greens, peaches, hot chilli peppers, leaf lettuce, pumpkins, sweet potatoes, spinach, red peppers, yams, tuna, turnip, beet greens, butternut squash, fish & eggs.

**Vitamin B1 (Thiamine) (Water soluble):** Wheat germ, rice beans, ham, fresh peas, beans, bread, oranges, cereals, pork, beef, peanuts, brazil nuts

**Vitamin B2 (Riboflavin) (Water soluble):** Poultry, fish, Broccoli, turnip greens, asparagus, spinach, yogurt, milk, cheese, liver, eggs, pork

**Vitamin B3 (Niacin) (Water soluble):** Chicken breast, tuna, veal, beef liver, brewer's yeast, broccoli, carrots, cheese, corn flour, dandelion greens, dates, eggs, fish, milk, pork, potatoes, tomatoes,. salmon, turkey, peanuts, chicken

**Vitamin B5 (Pantothenic Acid) (Water soluble):** Whole grains, mushrooms, salmon, brewer's east, fresh vegetables, kidney, legumes, liver, pork, royal jelly, saltwater fish, torula yeast, whole rye & whole wheat flour.

**Vitamin B6 (Pyridoxine) (Water soluble):** Whole-grain cereals, bananas, avocados, chicken, beef, brewer's yeast, eggs, brown rice, soybeans, whole wheat, peanuts, walnuts, oats, carrots, sunflower seeds, potatoes, bananas, peanut butter, turkey and chicken white meat

**Vitamin B12 (Cyanocobalamin) (Water soluble):** This vitamin is found only in animal products. Organ meats, clams, ham, cooked oysters, king crab, salmon, tuna, lean beef, liver, blue cheese, milk, shellfish, meat, cheese

**Vitamin C:** Apples, Red and green peppers, Brussels sprouts, cabbage, oranges, cauliflower, pink grapefruit, strawberries, mustard greens, kiwi fruit, orange juice, broccoli, cantaloupe, asparagus,

avocados, collards, dandelion greens, kale, lemons, mangoes, onions, radishes, watercress.

**Vitamin D (Fat soluble):** Sun exposure, sardines, salmon, mushrooms, eggs, fortified milk, fortified cereals, herring, liver, tuna, cod liver oil, margarine.

**Vitamin E:** Vegetables & nut oils, including soybean, corn, safflower, spinach, whole grains, wheat germ, sunflower seeds, almonds

**Vitamin K (Fat Soluble):** Green leafy vegetables including spinach, kale, cauliflower, broccoli.

## **MINERALS FOUND IN FOOD:**

**Calcium (Mineral):** Milk, cheese, yogurt (all dairy products except butter), peas and beans, canned salmon, collards, beat, broccoli, turnip, spinach (most dark, leafy greens), mackerel, ocean perch, salmon, tofu, almonds, blackstrap molasses, Chinese cabbage, green cabbage, cauliflower, figs, oranges, soy milk, sesame seeds, raisins, chick peas, kelp, rhubarb, carrots

**Chromium (Trace mineral):** Brewer's Yeast, broccoli, ham, grape juice, brown rice, cheese, whole grains, dried beans, calves liver, chicken, corn, corn oil, dairy products, eggs, potatoes, mushrooms, wine & beer.

**Copper (Trace mineral):** Offal, Shellfish such as oysters, nuts, seeds, cocoa powder, beans, whole grains, mushrooms, calves liver, avocados, barley, beets, broccoli, lentils, oats, oranges, radishes, raisins, salmon, green leafy vegetables, Cocoa.

**Fluoride (Trace mineral):** Tea, canned salmon, mackerel, kidney, liver

**Folacin:** Soybeans, collards, spinach, asparagus, corn

**Folate:** Asparagus, garbanzo beans, endive, lentils, lima beans, mustard greens, pigeon beans, pink beans, pinto beans, spinach, strawberries, white beans

**Folic Acid (water soluble):** Pinto beans, navy beans, asparagus, spinach, broccoli, okra, Brussels sprouts, barley, beef, bran, brown rice, brewer's yeast, cheese, chicken, dates, green leafy, lamb, vegetables, legumes, lentils, liver, milk, mushrooms, oranges, split peas, pork, tuna, whole grains.

**Iodine (Mineral):** Iodized salt, shellfish, saltwater fish, milk, seaweed.

**Iron (Mineral):** (High) - White beans, spinach (Good Sources) - beef, baked potatoes, clams, eggs, fish, pumpkin seeds, all types of liver; green leafy vegetables, whole grains, nuts, avocados, beets, brewer's yeast, dates, peaches, pears, sunflower, sesame and squash seeds; soybeans, oysters. garbanzo beans, lentils, lima beans, dried prunes, raisins, pink beans, winged beans

**Magnesium (Mineral):** Whole grains, vegetables, nuts, sesame seeds, dried figs, Brown rice, avocados, spinach, haddock, oatmeal, navy beans, lima beans, broccoli, yogurt, bananas, baked potatoes, apples, apricots, brewer's yeast, tofu, cantaloupes, grapefruit, green leafy vegetables, lemons, nuts, salmon, sesame seeds, wheat.

**Manganese (Trace mineral):** Wheat bran, wheat germ, whole grains seeds, Whole Grain Bread nuts, cocoa, shellfish, tea, dairy product, apples, apricots, avocados, bananas, brewer's yeast, cantaloupe, grapefruit, green leafy vegetables, peaches, figs, salmon, soybeans, pulses seeds, tofu, Brown Rice.

**Molybdenum (Trace mineral):** Beans, whole grains, cereals, milk, milk products, dark green leafy vegetables, legumes, peas, meats.

**Phosphorus (Mineral):** Halibut, salmon, skim milk, chicken breast, extra lean ground beef, oatmeal, lima beans, broccoli, asparagus, corn, dairy products, eggs, dried fruits, highly carbonated beverages, legumes, nuts, sesame, pumpkin, sunflower seeds.

**Potassium (Trace mineral):** Meat, Fish, Beans, blueberries, melons, grapefruit, kiwi fruit, oranges,

strawberries, pulses, Bananas, Baked potatoes, raisins, Dried apricots, avocados, dates, cantaloupe, watermelon, prunes, broccoli, spinach, carrots, potato, sweet potato, winter squash, mushrooms, peas, lentils, dried beans, peanuts, milk, yogurt, lean meats.

**Selenium (Mineral):** Avocados, Lobster, Brazilian nuts, shellfish, whole grains, organ meats, brown rice, poultry, broccoli, dairy products, onions, salmon, tuna, vegetables, wheat germ, wheat grains.

**Sodium (Trace Mineral):** Cheese, most meats, especially ham & bacon, cereals, bread, cabbage, milk, sardines.

**Sodium-free:** Apples, grapefruit, avocados, kiwifruit, bananas, mushrooms, bell peppers, oranges, cucumbers, potatoes, eggplant, summer squash.

**Zinc (Mineral):** Cooked oysters, red meat, dark meat turkey, beef, lamb, eggs, whole grains, nuts, peanuts, yogurt, fish legumes, lima beans, liver, mushrooms, pecans, pumpkin & sunflower seeds, sardines, soybeans, poultry, lentils, pumpkin seeds

## FOOD REMEDY THAT COULD CURE WHAT AILS YOU:

**AGING:** (Apples, Strawberry, Blueberries, Grape Fruits and peel, Olive Oil, Tomatoes, Yogurt, Fish, Chocolate, Cocoa, Nuts, Coffee, Tea, Red Wine, Soy Milk, Tofu, and all Food with high levels of Antioxidant, Vitamin E, and a good supply of the following minerals: Selenium, Methionine, Nucleic Acid) Vitamin D and Coral Calcium, and also Omega 3 Oils. Stretching and regular exercises.

**ARTHRITIS:** (Sardines, Salmon, Tuna, Mackerel, Cod Liver Oil and Omega 3 Oils)  
You can actually prevent arthritis by eating small portions of fatty fish. Not too much tuna because tuna contains more mercury like sharks because they are predators and they eat other fish so their level of mercury is much higher than in other fish. (I don't eat tuna or shark for that reason.)

**ASTHMA:** (Onions)  
Eat onions regularly they contain at least three anti-inflammatory drugs.

**BLADDER:** (Cranberries)  
Cranberry juice blocks infectious bacteria.

**BLOOD CLOT:** (Brazil Nuts, Red wine, Garlic, Dark Chocolate, Avocado, Olive Oil) Red wine: contains antioxidants and in particular resveratrol, which is thought to thin the blood and reduce the effects of cholesterol like garlic and aspirin does. Dark chocolate: contains flavanols/flavonoids, said to prevent blood clots and improve blood flow. Both olive oil and avocados contain monounsaturated fat, which lowers cholesterol.

**BLOOD PRESSURE:** (Banana, Celery, Walnuts, Blueberries, Omega 3 Oils)  
An old Vietnamese remedy, celery contains a pressure-lowering chemical. Bananas are high in potassium and therefore good for blood pressure. Blood pressure can be caused by hidden inflammation problem so Omega 3 Oils is best to lower blood pressure by reducing inflammation.

**BLOOD SUGAR:** (Broccoli, Peanuts, and Lentils)  
Broccoli is rich in chromium, which regulates insulin and blood sugar.

**BONES:** (Pineapple, Milk and other by-products of milk, like Yogurt and Cheese)  
Pineapple's manganese content prevents osteoporosis and bone fractures.

**BRAIN:** (Banana, Peanuts, Vitamin B, Omega 3 Oils, Red Wine) Omega 3 Oils help to increase concentration and brain functions and Vitamin B is vital for Brain health. Banana helps to enhance mental performance. Peanuts and Peanut Oil keeps the Brain running at high efficiency. One handful of Peanuts a day is more than sufficient.

**BREAST CANCER;** (Cabbage and Wheat bran)

Cabbage and its cousins manage estrogen levels in the body.

**CANCER;** (Apples, Onions, Garlic, Vitamin D, Coral Calcium, Grape Fruits, Broccoli, Cabbage and Sprouts, and any food high in antioxidants) Natural chemicals found in onions and garlic may protect against cancer. Blueberries protect against Diseases better than statin drugs. You can add a regular Exercise regime to all of this.

**(BAD) CHOLESTEROL;** (Beans, Walnuts and Oats, Brazil Nuts, Pomegranates Juice, Avocado, Olive Oil, Omega 3 Oils, Garlic) One-half cup of cooked beans or walnuts & oats, taken daily reduces cholesterol by 10%. Pomegranates: high in vitamin C and polyphenols, said to be antioxidants and so good at reducing cholesterol levels, Both olive oil and avocados contain monounsaturated fat, which lowers cholesterol. Cholesterol can be caused by hidden inflammation problems, so Omega 3 Oils is the key.

**COLDS;** (Garlic, Yogurt) A good cold medication, garlic acts as a decongestant and yogurt helps to strengthen your immune system.

**COLON;** (Cabbage and Wheat bran, Brussels sprouts, Beet)  
Cabbage intervenes in colon cancer. Wheat bran cereal is a good preventative.

**CONGESTION;** (Hot Red Peppers)  
Hot red pepper contains capsaicin, a compound similar to those in cough syrups.

**DEPRESSION;** (Caffeine, Whole grains, Salmon, Omega 3 Oils) Drinking coffee or drinks containing caffeine protects the brain against neurotoxins that can cause depression, but too much caffeine will not help either. Moderation in everything is the key.

**HAIR LOSS;** (Oysters, Biotin B7, Whole Grains, Eggs) Oysters are the highest natural source of zinc; an essential requirement for men's fertility and sexual health and sperm production and also hair loss in men. Eggs are an excellent source of protein, which is essential for hair growth, as well as being rich in biotin (vitamin B7). Egg yolks are also a good source of iron, which some studies have suggested can alleviate hair loss.

**HANGOVERS;** (Asparagus) Eat Asparagus this will help for a faster recovery but will not eliminate it completely, your best bet is prevention so drink less and eat more asparagus.

**HAY FEVER;** (Yogurt, honey) Eating yogurt and honey before pollen season can help to build up your immunity.

**HEADACHES;** (Ginger, Beef Liver)  
Ginger prevents migraines, operating much like aspirin in blocking pain and Beef Liver is rich in Vitamin B and riboflavin.

**HEART DISEASE;** (Blueberries, Beet, Red Wine, Oily Fish, Salmon, Omega 3 Oils)  
Beet are high in folic acid and in vitamin A. Beet protect you against all forms of cancer since they contains lots of antioxidants and prevent heart strokes and heart illness. Oily fish are rich in the Omega-3 oils that are good for reducing the risk of heart disease.

**INSOMNIA;** (Honey, Egg white dried, Cheese Parmesan)  
Honey has sleep-inducing sedative and tranquilizing properties, and contains significant levels of antibiotics. Egg white dried, Parmesan cheese, contains a chemical called tryptophan which makes them the perfect night-time food. Check out the Tryptophan Table.

**KIDNEY STONES;** (Lemonade) citrate in Lemon Juice help dissolves Calcium deposits.

**LOW BLOOD SUGAR:** (Avocado)

Avocados contain a special kind of sugar that helps prevent low blood sugar.

**LUNGS:** (Spinach and Carrots, Brussels Sprouts)

Beta carotene in orange and dark green vegetables like spinach and carrots are an antidote to lung cancer.

**MEMORY LOSS:** (Oysters, Peanuts, Omega 3 Oils, Blueberries)

Oysters supply zinc, which is linked to better mental functioning and the oil from peanuts help to keep the brain connections well oiled and working properly and so are Omega 3 Oils.

**MUSCULAR DEGENERATION:** (Spinach, Beets. Fish Oils, Sardines, Omega 3 Oils)

Spinach and beets also contains antioxidants that protect you against cancers and muscular degeneration.

**PANCREAS:** (Tomatoes and Watermelon)

Lycopene, found in tomatoes and watermelon fights pancreatic cancer.

**P.M.S.:** (Cornflakes)

Cornflakes can alter depression, fatigue and anger of PMS sufferers.

**PROSTATE CANCER:** (Brussels Sprouts, Tomatoes, Blueberries, Pomegranate juice, Salmon, Garlic & Onions) Brussels sprouts contains complex nitrogen mater that will protect you against many forms of cancer. Lycopene found in tomatoes may reduce risk of colorectal cancer, lower cholesterol and reduce the risk of heart disease. Blueberries have high levels of Proanthocyanidins. A study has also found that drinking just one 8 oz glass of pomegranate juice a day could dramatically slow down the progress of prostate cancer. Study show that men eating Garlic and Onions can reduce the risk of Prostate Cancer.

**REGULARITY:** (Rice bran)

Rice bran is superior to even wheat bran as a laxative.

**SKIN CANCER & AGING SKIN:** Strawberries, Tomatoes, Tofu, Soy Milk, Fish, Tea, Coffee, Cocoa, Red Wine. Brazil Nuts.

**SMOKING:** (Oatmeal and Oat Bran)

Eating oatmeal and oat bran may help curb nicotine cravings.

**STOMACH:** (Banana and Ginger, Omega 3 Oils, Cod Liver Oil)

Bananas relieve indigestion. Ginger fights nausea, Omega 3 Oils help reduce inflammation.

**STROKES:** (Green Tea)

Green tea protects against the buildup of arterial plaque.

**SUNBURN:** (Pomegranates) are a rich source of ellagic acid that can help protect your skin from harmful UVA and UVB rays of the sun. Best also to use skin protection and moderate time in the sun.

**ULCERS:** (Cabbage juice, Banana)

There are anti-ulcer compounds in cabbage juice. bananas are good for stomach upsets, and green bananas help to repair stomach ulcers.

**VISION:** (carrots, Kale, Spinach, Omega 3 Oils, Vitamin E, Beta Carotene)

Carrots, Spinach, and kale is also a big source of beta carotene and Omega 3 Oils source of Lutein.

**WEIGHT GAIN:** (Red wine) Piceatannol in red wine will help to control obesity by preventing immature fat cells to develop into mature fat cells. Only one glass a day will suffice to do the job.

## **FRUITS AND VEGETABLES THAT ARE RICH IN ANTIOXIDANTS:**

**Food that contains high levels of Antioxidants will help you to keep Free Radicals in check, straighten you immune system, stay away from most kind of cancer and will also help to keep you young and healthy.**

**FRUITS:** Blueberries, Cherries, Kiwis, Oranges, Pink Grapefruit, Plums, Prunes, Raisins, Red Grapes, Raspberries, Strawberries, Apples.

**VEGETABLES:** Alfalfa Sprouts, Aubergine, Beetroot, Broccoli, Corn, Kale, Onions, Red peppers, Spinach, Sprouts.

## **SUPER-FOOD AND THEIR CLAIMED BENEFITS AND PROPERTIES:**

**APPLES:** Very rich in Antioxidants (Polyphenols) that prevents cancers and only one apple has more power of antioxidants than 1,500 milligrams of Vitamins C to fight cancer. Good source of energy.

**POMEGRANATES:** High in vitamin C and polyphenols, said to be antioxidants and so good at reducing cholesterol levels, and also prevent Hypertension.

**OILY FISH:** Rich in the Omega-3 oils that are good for reducing the risk of heart disease, helps to lower Cholesterol and blood pressure, inflammation and good for improving brain's health.

**RED WINE:** Contains antioxidants and in particular resveratrol, which is thought to thin the blood and reduce the effects of cholesterol. Also help to eliminate fat and reduce the aging process.

**DARK CHOCOLATE:** Contains flavanols/flavonoids, said to prevent blood clots and improve blood flow.

**BLUEBERRIES:** Packed with vitamins C and E and potassium. Said to reduce diarrhea, food poisoning, signs of aging and blood pressure. High in Antioxidants.

**BROCCOLI:** High in vitamins A, C and E and also a chemical called I3C thought to boost the body's ability to prevent cancer damage.

**YOGURT:** Said to fight bad bacteria in your gut, aid digestion and metabolize food. Also a good source of calcium and protein.

**WALNUTS:** Rich in Omega-3 oils and plant sterols thought to reduce cholesterol levels.

**SPINACH:** Low in calories, high in vitamins B, C and E and antioxidants, plus iron and betaine, a vitamin-like nutrient thought to be good for your heart.

**OATS:** rich in cholesterol-lowering and digestion-improving fiber and minerals such as potassium and magnesium. Thought to lower cholesterol. Nutrients in oats apparently work better together than if consumed separately.

**BEANS:** Are rich in cholesterol-lowering and digestion-improving fibers as oats, high in vegetable protein, plus B vitamins and potassium.

## **THE TRUTH BEHIND 9 POPULAR VITAMIN SUPPLEMENTS**

### **Should you take supplements?**

Your body responds best to vitamins and minerals found in food. But not all essential nutrients are easily absorbed, which means some of us may not be getting what we need. Determine if you need to add to your diet with the latest research on nine popular vitamins and supplements.

## **Vitamin E**

Vitamin E is an antioxidant, a substance that protects against the effects of free radicals - cell-damaging molecules that can play a role in heart disease, cancer and other diseases. Vitamin E also boosts your immune system. However, you may not need to add it as a supplement, warns Andrea N. Giancoli, RD, spokesperson for the Academy of Nutrition and Dietetics. "Most people get enough vitamin E from the foods they eat," says Giancoli. "Good sources are vegetable oils, nuts, seeds, and leafy greens. Vitamin E is also added to foods like cereals as a natural preservative." Another reason to stick with food sources: Vitamin E supplements may be harmful for people who take blood thinners and other medicines.

## **Vitamin C**

Much controversy surrounds the idea that vitamin C can alleviate the common cold. But according to the National Institutes of Health, the majority of evidence shows that consuming large amounts may shorten a cold's course by about one day. "A high dose is 4,000 mg per day. I recommend taking four, 1,000 mg pills with lots of clear liquids," says Sarah Brett, RD, who teaches nutrition at the University of Idaho. "Vitamin C is water-soluble, so it works more effectively to flush out the virus when you drink a lot of fluid." Start at the first sign of symptoms.

## **Calcium**

As a dynamic tissue, bone is always in flux, either releasing calcium or depositing it. Your body needs enough of the mineral so that it does not have to take more from the bone than it can handle. But if you are 40 or older, do not assume you should be taking a calcium supplement. Data from almost 24,000 participants in the European Prospective Investigation into Cancer and Nutrition study found too much, as little as 2000 mg per day, can boost your risk of heart attack. "Before reaching for a supplement, take an inventory of how much calcium you're already obtaining from the foods you eat regularly," says Giancoli. The recommended daily dose is 1000mg for women under 50 and 1200 mg for those over 50 and in menopause. If you eat three servings of dairy a day, you are likely getting adequate amounts. For a list of foods with the bone-strengthening mineral visit the NIH website.

## **Vitamin D**

This important vitamin helps your body absorb calcium. If you don't get enough vitamin D, or your body doesn't absorb it well, you increase the risk for osteoporosis. Skin makes vitamin D when exposed to the sun, but sunscreen can reduce its production by 95 percent. Vitamin D is present in only a few fortified foods such as milk, yogurt, and orange juice, as well as fatty fish like salmon and tuna. For all these reasons combined, the National Osteoporosis Foundation recommends taking a daily 400 IU vitamin D supplement.

## **Omega-3 Fatty Acids**

For years experts have been telling us that to get enough heart and brain-protecting omega-3 fatty acids, we had to take supplements. The reason: Few foods contain these essential nutrients. But several new, large studies found participants showed no cognitive or cardiovascular benefit after taking the capsules. (The explanation is unclear; some researchers suggest that, overall, fish eaters have better diets.) Now, experts say to eat hearty doses of fish instead. "The recommendation is to eat fish at least twice a week. Salmon, mackerel, trout, and sardines have the highest amounts of these essential oils, but you can also opt for white fish like tilapia, halibut, and sea bass," says Giancoli. Allergic to fish or just not a fan? Partake in more flax, soy, canola, and walnuts.

## **Echinacea**

Like Vitamin C, echinacea's effectiveness in preventing colds is up for debate among researchers. Several clinical studies report that taking echinacea as either a tea or supplement is not effective; however, others found it can decrease the odds of developing the cold by 45 to 58 percent. "The problem is that scientific studies have used different types of echinacea plants and different methods of preparation, so it's not surprising that results vary," says Brett. With no potential risks, it might be worth a try. "I've found echinacea seems to be most effective if started when symptoms are first noticed and continued for 7 to 10 days," says Brett. Daily dosage is two to four cups of tea or two, 2,000 mg pills per day.

## Ginkgo

Although ginkgo is touted as a memory enhancer, most reports render those claims false. In fact, researchers at the University of Hertfordshire in the U.K - the first to look at the effect of the ancient plant on healthy people across all age groups - found zero impact on the cognitive functions regardless of age, dose taken, or length of time taking the supplement. This supports other recent studies indicating that ginkgo does not ward off Alzheimer's disease either. "Instead, boost your brainpower by tackling a new skill like learning to play a musical instrument or becoming a social media pro," says Brett.

## Black Cohosh

Exactly how Black Cohosh works is unknown, but the National Institutes of Health found that it significantly reduces the frequency of menopausal hot flashes. "Taking 40 to 100mg per day has shown to be comparable to a prescription of low-dose transdermal estradiol," says Brett. Though she warns it is not for everyone: Black cohosh should not be used by pregnant or lactating women, those with a history of breast cancer or hormone-sensitive conditions such as uterine and ovarian cancer, endometriosis, or uterine fibroids. The herb might also be linked to liver failure and autoimmune hepatitis.

## Garlic

This odiferous root plant has been shown to have a bevy of health benefits when eaten fresh, (rather than aged or in supplement form). Fresh garlic may lead to lower blood pressure and a reduced risk of atherosclerosis, colon, rectal and stomach cancers, according to the U.S. National Library of Medicine. How to nosh on garlic without reeking? Chew on a few sprigs of parsley.

Please Visit the National Institutes of Health Website for more information at this link <http://www.nih.gov/>

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**TRYPTOPHAN:** Function. For many organisms (including humans), tryptophan is an [essential amino acid](#). This means that it cannot be synthesized by the organism and therefore must be part of its diet. Amino acids, including tryptophan, act as building blocks in [protein biosynthesis](#). **See the Table next page.**

### **TABLE (Tryptophan Content in Various Food)**

**Dietary sources .....extracted (From Wikipedia)** Tryptophan is a routine constituent of most protein-based foods or dietary proteins. It is particularly plentiful in [chocolate](#), [oats](#), dried [dates](#), [milk](#), [yogurt](#), [cottage cheese](#), [red meat](#), [eggs](#), [fish](#), [poultry](#), [sesame](#), [chickpeas](#), [sunflower seeds](#), [pumpkin seeds](#), [spirulina](#), [bananas](#), and [peanuts](#).<sup>[16]</sup> Despite popular belief that [turkey](#) has a particularly high amount of tryptophan, the amount of tryptophan in turkey is typical of most poultry.

Tryptophan (Trp) Content of Various Foods

Food	Protein [g/100 g of food]	Tryptophan [g/100 g of food]	Tryptophan/Protein [%]
egg, white, dried	81.10	1.00	1.23
spirulina, dried	57.47	0.93	1.62
cod, atlantic, dried	62.82	0.70	1.11
soybeans, raw	36.49	0.59	1.62
cheese, Parmesan	37.90	0.56	1.47
sesame seed	17.00	0.37	2.17
cheese, cheddar	24.90	0.32	1.29
sunflower seed	17.20	0.30	1.74

pork, chop	19.27	0.25	1.27
turkey	21.89	0.24	1.11
chicken	20.85	0.24	1.14
beef	20.13	0.23	1.12
salmon	19.84	0.22	1.12
lamb, chop	18.33	0.21	1.17
perch, Atlantic	18.62	0.21	1.12
egg	12.58	0.17	1.33
wheat flour, white	10.33	0.13	1.23
baking chocolate, unsweetened	12.9	0.13	1.23
milk	3.22	0.08	2.34
rice, white	7.13	0.08	1.16
oatmeal, cooked	2.54	0.04	1.16
potatoes, russet	2.14	0.02	0.84
banana	1.03	0.01	0.87

**TABLE (Lutein in food) For your Eyes only. Extracted from Wikipedia.**

Vegetable/Fruit (100 grams or 1/2 cup)	Lutein or Zeaxanthin (Micrograms)
Kale	21,900
Collard Greens	16,300
Spinach, cooked & drained	12,600
Cress Leaf, raw	12,500
Swiss Chard, raw	11,000
Chicory Leaf, raw	10,300
Parsley	10,200
Spinach, raw	10,200
Mustard Greens	9,900
Beet Greens	7,700
Okra	6,800
Pepper, Red	6,800
Dill	6,700
Romaine Lettuce	5,700

Endive	4,000
Celery	3,600
Scallions	2,100
Leeks	1,900
Broccoli, cooked	1,800
Leaf Lettuce	1,800
Green Peas	1,700
Pumpkin	1,500
Iceburg Lettuce	1,400
Brussel Sprouts	1,300
Summer Squash	1,200
Corn	790
Pepper, Yellow	770
Green Beans	740
Pepper, Green	700
Asparagus, raw	640
Cucumber Pickle	510
Green Olives	510
Avocado, raw	320
Carrots, cooked or raw	260
Plum, raw	240
Tomato Paste, canned	190
Peach, dried	188
Kiwi Fruit, raw	180
Prune, dried	120
Pear, raw	110
Tomatoes, raw	100
Apple, raw	45
Squash, winter, cooked	38
Peach, canned, drained	28
Cabbage, red, raw	26
Tangerine	20

Onion, yellow, raw	16
Nectarine	15
Orange	14
Watermelon, raw	14
Apricot, canned, drained	2
Turnip, raw	1

### Source of Omega 3 Oils.

I get my Omega 3 oils from either Sardine and Salmon but never from any predator fish like Tuna or Shark because they contains more heavy metals since that they eat all kinds of other fish so their levels of heavy metals and mercury is potentially much higher then of a non predator fish that feeds only on plankton and sea weeds. See the Table next page.

**TABLE ( Omega 3 Oils in Fish and other food)**  
**Fish.....Table Extracted from Wikipedia.**

The most widely available dietary source of EPA and DHA is cold water [oily fish](#), such as [salmon](#), [herring](#), [mackerel](#), [anchovies](#), and [sardines](#). Oils from these fish have a profile of around seven times as much  $n-3$  as  $n-6$ . Other oily fish, such as [tuna](#), also contain  $n-3$  in somewhat lesser amounts. Consumers of oily fish should be aware of the potential presence of [heavy metals](#) and fat-soluble pollutants like [PCBs](#) and dioxins, which are known to [accumulate up the food chain](#). After extensive review, researchers from [Harvard's School of Public Health](#) in the *Journal of the American Medical Association* (2006) reported that the benefits of fish intake generally far outweigh the potential risks. Although fish is a dietary source of  $n-3$  fatty acids, fish do not synthesize them; they obtain them from the [algae](#) ([microalgae](#) in particular) or [plankton](#) in their diets.[76]

Grams of  $n-3$  per 3oz (85g) serving[77] [78]

Common name	grams $n-3$
Herring, sardines	1.3–2
Mackerel: <a href="#">Spanish/Atlantic/Pacific</a>	1.1–1.7
Salmon	1.1–1.9
<a href="#">Halibut</a>	0.60–1.12
Tuna	0.21–1.1
<a href="#">Swordfish</a>	0.97
<a href="#">Greenshell/lipped mussels</a>	0.95[79]
<a href="#">Tilefish</a>	0.9
Tuna (canned, light)	0.17–0.24
<a href="#">Pollock</a>	0.45
<a href="#">Cod</a>	0.15–0.24
<a href="#">Catfish</a>	0.22–0.3

<a href="#">Flounder</a>	0.48
<a href="#">Grouper</a>	0.23
<a href="#">Mahi mahi</a>	0.13
<a href="#">Orange roughy</a>	0.028
<a href="#">Red snapper</a>	0.29
<a href="#">Shark</a>	0.83
<a href="#">King mackerel</a>	0.36
<a href="#">Hoki (blue grenadier)</a>	0.41[79]
<a href="#">Gemfish</a>	0.40[79]
<a href="#">Blue eye cod</a>	0.31[79]
<a href="#">Sydney rock oysters</a>	0.30[79]
<a href="#">Tuna, canned</a>	0.23[79]
<a href="#">Snapper</a>	0.22[79]
<a href="#">Eggs, large regular</a>	0.109[79]
<a href="#">Barramundi, saltwater</a>	0.100[79]
<a href="#">Giant tiger prawn</a>	0.100[79]
<a href="#">Lean red meat</a>	0.031[79]
<a href="#">Turkey</a>	0.030[79]
<a href="#">Cereals, rice, pasta, etc.</a>	0.00[79]
<a href="#">Fruit</a>	0.00[79]
<a href="#">Milk regular</a>	0.00[79]
<a href="#">Regular bread</a>	0.00[79]
<a href="#">Vegetables</a>	0.00[79]

## MORE ADVICES ON NUTRITION:

### \* WATER \*

The human body is composed of about 60 % of water for males and about 55% for females. This figure can vary more or less depending on how much fat your body contains because there is less water in fat cells. So the more fat you have on your body, the less water your body will contain. All the organs of your body need water to function properly. Water will also give you more endurance and energy during your work outs and you won't get tired as fast.

### Water will also help to.....

- Permit a greater volume of blood to be delivered to your muscles during exercises.
- To transport nutritive elements and oxygen to your muscles.
- Water also acts as a medium for biochemical reactions.
- Water contains electrolyte (the chemical substance that transport electrical messages between

nerves and muscles.

- Water will also lubricate all your articulations.

You must normally absorb two to three liters of water per day depending on your weight. If you don't absorb enough water daily, your system will retain more water in your body and this will make you look fatter than you really are. If your daily intake of water is sufficient day after day, your body will reject what it does not need and won't retain any surplus of water in your system.

During your exercises it's OK to drink some water but do not drink too much. Just a sip here and there to keep your body hydrated. Most of your daily water should be taken before and after your exercises.

#### \* COFFEE \*

Scientists have made lots of research on that subject and they contradict each other more or less on the absorption of coffee. The important thing to remember like in any other thing is, not to make any excess or abuse of it. To take two to three cup of coffee daily is OK for you but if you take more than five every day, you might be looking for trouble. Coffee is a stimulant and I take one just before my exercises. Some expert say that this will improve my performance for the first twenty minutes but then that I won't have anymore energy to do the rest of my workout. I think it is different for every body. For me it works really well because I start my workout very slowly and gradually intensify my exercises, and I have enough energy to go all the way. Some people take Caffeine Pills to give them more energy and if it works for them, that's OK too.

But for me I stay away from pills as much as possible, I let my body take its nutrient by food absorption more than by pills and supplements. If you take too much coffee you will feel over excited and you will be stressed all day and this will make you feel more tired than you should really be, and it might also cause you some sleeping disorders. The best advise I can give you is to be reasonable and only take two to three cup a day, not more. Some experts also say that coffee will keep you away from some forms of cancers.

#### \* \* \* ANIMAL FAT AND WHITE SUGAR \* \* \*

Stay away from Animal fat as much as possible, but remember that animal fat is needed to absorb Vitamin A, so a little at times is not a bad thing. It is not a problem if from time to time you have a good Rib Steak but you must not eat like that everyday. Here again you must use moderation and common senses and not make any excess by eating fat meat everyday of the week. Eliminate butter and replace it by Margarine made of 100% of Canola or Olive oil. Canola Oil and Olive Oil are good cholesterol that will help you to fight against bad cholesterol in your blood.

It is a good practice to absorb about one table spoon daily of Olive or Canola oil. I use Olive oil in all my cooking instead of butter and you will get use to it also, it's not that bad. If you want more taste in your food just add some seasonings, but make sure that those seasonings are not full of salts. White sugar is also very bad for you since it weakens your immune system. Use either a substitute or cut down on the absorption of white sugar. I use either Honey or Maple syrup if I want to have a sweet taste to my food. Cut down on the deserts, in only one tea spoon of Jam there is the equivalent of eight tea spoons of white sugar. Your body transform carbohydrates into sugar, so keep track of how much carbohydrates you absorb daily. **To know how much sugar there is in your food only find the total amount of Carbohydrate in grams on the food label, minus the amount of fibers in grams and divide the balance by 5. This will give you the amount of Tea Spoons of sugar that this food will contain or transform into once that it is absorbed into your body. Normally a total of 10 Teaspoon of sugar is the daily recommended quantity to stay healthy. Most people absorb 100 Tea Spoon a day and that is way too much sugar.**

#### **DIETS AND FOOD SUPPLEMENTS:**

Be aware of all the scams out there about miracle diets, all they want is to get your money. They don't really care about your health or how fat or skinny you are. A good diet is a very simple thing that anybody can do by themselves and here is my method and it is SIMPLE AND FREE.

You must know from the start that the human body is like a machine and the food you eat during the day is equal to **(ENERGY IN)** and being active and doing exercise is equal to **(ENERGY**

**OUT).** Visualize your body like a balance and the food you intake must be equal to the energy you will burn each day or your body will store the excess of ENERGY as body fat.

So if you eat a lot you have to work out a lot to burn the same amount of energy you took in. It is as simple as that. Instead of having three big meals a day, spread out your meals to five or six meals a day by making them smaller in size.

The reason is that if you give your body nutrient regularly and more often during the day, the body won't store energy as fat since you are providing your body with a steady stream of nutrient. The human body should receive nutrient every three hours, not more than that.

If you eat only three big meals a day, your body will tend to store that energy since it does not get its nutrient every three hours like it should. Don't eat a big meal and sit down on the couch for two hours and then eat more before you go to bed. You must be more active after a meal, but that does not mean to exercise right after a meal. Passing the vacuum or going out for a walk after the meal is excellent for digestion. So just move around after you eat to stay active and exercise only one hour and a half after a meal not before and do not eat anything three hours before you go to bed. It is better to loose your extra weight slowly then too fast.

**Stay on that good habit diet** instead of going on a severe diet to loose fat quickly, and that you could not keep for very long anyway, and after when you go back to your bad eating habits you will gain more weight then you have lost in that severe diet. Also if you don't eat enough during the day your body will tend to store every thing you intake, no mater how small of a meal you take. So this is why you should eat more often with five to six meals a day and your portions should be just big enough to sustain you with enough energy for the next three hours.

My diet is just about common senses and good habits to eat more often during the day with smaller portions and to stay active after the meals. Variety in the choice of your food is also very important. It is OK to eat just about anything you want except Animal Fat and white sugars, and as long as you don't eat too much either. In this diet it is Ok to cheat once a week. This means that you can have that big steak or go out for a Pizza or have Spaghetti, **WHAT EVER YOU LIKE**, this will satisfy your urges for fatty food and the rest of the week will be easier for you to eat less and to stay on this good habit diet. The next day after that big meal I make sure that I go to the gym to burn that extra energy out of me. Find out what kind of food has more Carbohydrates and limit your intake with those high carbohydrate food. Carbohydrates accumulates in the body and is stored as energy for you to use, if and when you will need it, but if you don't burn that energy soon, eventually the body will transform it as body fat. Athletes eat more Carbohydrates only one week before competition.

This good habit diet is the best diet that exist and that you will make your own for the rest of your life since it is very easy to follow and to stay on it, and it won't cost you more money to eat right.

Take it easy going into this new diet and change your bad habits gradually, not all in one shot and chances are that you will succeed. For Body Builders and Resistance Training, when your body gets enough energy from your food and supplements to make new muscles, your body is said to be in an anabolic state and you will progress to make new muscles from your food intake.

If you don't give your body enough nutrient and proteins that it needs to build new muscles your body could fall into a catabolic state and that means that if your body can't take what it needs to make new muscles from your food intake or supplements, it will take it from existing muscles fibers and other tissues from your body as it's energy source.

If you don't give your body enough energy from your food or supplements your muscles instead of progressing they will degrade and you will always feel tired and your energy level will be very low, and you will also gradually loose your strength.

If you have the symptoms mentioned above, it probably means that your body is in a Catabolic state you must either eat more energy food and take more proteins or reduce the amount of Resistance Training you are doing for as long as your body wont go back to it's Anabolic state. So you must balance your food and proteins intake with the amount of exercise you are doing.

**Nutrition and Exercises are two things that go well together and Exercise can not exist without good nutrition habits. Another important fact is that Exercise is not just a part time solution but is a lifelong commitment that will help you to stay young and healthy for a very long time.**

# FOR MORE ENERGY:

## DRINKS

**Water;** at least 2 pint a day, before and after exercise.

**Gatorade;** Right after exercise and during the afternoon.

**Skim Milk;** with protein mix and multigrain cereals.

Extra fluids aid in the elimination of toxins and improve your overall energy levels.

The extra that the body won't need, it will reject.

## FOODS

*Not all what follows is needed on a daily basis, just pick four of your favorites and rotate them from day to day.*

**White Honey or Honey....** Two table spoon a day.

**Fresh Strawberry.....** One portion a day.

**Apple.....** One a day.

**Asparagus.....** 4 to 8 a day.

**Brussels Sprouts.....** 6 to 10 a day.

**Tomatoes.....** One a day.

**Eggs.....** Two a day.

**Cornflakes.....** Once a day.

**Yogurt.....** 3 table spoon after each meal.

**Peanut Butter.....** Once on 2 multigrain toast every day.

## OTHERS

**Royal Gel.** (From bees and available in vitamin stores)

**Ginseng.** (also available in vitamin stores)

Limit your intake of white sugar, processed and packaged food. Enjoy natural sugars such as fruits, honey, molasses, rice syrup and maple syrup to sweeten your food. Include more healthy fat in your diet such as nuts, seeds, olive oil, canola oil, avocado, fish and flax to keep your body's cell strong and healthy.

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**First thing.** Check with your Family Doctor to see if you need to take any Vitamins or Minerals Supplements. You should know that the Human Body will reject the surplus of Vitamins you might intake, but will accumulate any Minerals because minerals take more time to be absorbed by the Body. Too much Minerals can do more harm then good to your overall body health. I can't be held responsible for your own actions and decisions on this matter. You must act accordingly to your own specific needs and only with your Doctor's approval. **This paper is of informal nature only** and does not pretend to be complete in its content. A very diversified diet has always worked very well for me and 5 to 6 Daily Meals of smaller proportions combined with Exercise and Stretching is the Key to stay Young and Healthy for a very, very long Time. Your new Diet and exercises habit will reinforce your immune system and keep you away from, Stress, Deceases, Cancers and your Family Doctor. Don't forget that every time you take a pill you diminish your immune system's own ability to cure your diseases. Let it do the work and it will get stronger and stronger every time it has to fight a diseases by itself. So try to stay away from pills as much as possible, but first let your system try to fight it by itself and if and only if absolutely necessary take a pill to help, but consult your doctor about this practice, it might not be good for you, and it depends on the diseases and the strength of your body's immune system.

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