



Eat healthy Foods - It Makes Sense Guide



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Eat healthy Foods - It Makes Sense

Eat healthy Foods - It Makes Sense We all know the importance of eating healthy foods for their vitamin and mineral content. However, in recent years, scientists have discovered that there are hundreds of substances in food that have healing and disease prevention properties.

So why, if there are foods that will heal many of our common ailments, have we not heard more about them? Maybe it's because, just as we've become a fast food society, we've also become a fast cure society. We're always looking for the easy way to cure and prevent diseases by just popping a pill.

Just look at the increasing number of ads on TV and in magazines for drugs. Often the side effects are worse than the disease they're meant to prevent or cure! Wouldn't it be better to use natural remedies? Remedies with no side effects, to cure and prevent diseases? Of course it would! That's why I decided to write this article. Here's to a healthier life!.

Perhaps as a child you were told by your mom to eat all your carrots because they were good for your eyes? As you grew up, you may have cynically been told by others that this was just an "old wives tale".

Guess what, recent studies have shown that Mom was right! Foods can prevent eye disease, heart disease, arthritis and much more. Some Basic Science: In recent years scientists have discovered that foods contain "phytochemicals", which is a fancy name for naturally occurring chemicals.

This is not the same as nutrients, which we all know are the substances necessary for sustaining life. Phytochemicals have properties that can aid in disease prevention and cures. Scientists have identified thousands of these chemicals in the foods we eat and a single serving of fruit or vegetables can contain as many as one hundred different phytochemicals.

The most commonly known phytochemicals are the antioxidants. Antioxidants protect our cells from damage by toxic substances and free radicals (a by-product produced by our bodies which converts oxygen into energy).

Free radicals can damage cells in our bodies which can lead to disease. Antioxidants protect the body from oxidation and reduce the risk of acquiring many common ailments. The full article is a big one and covers: Fruits and Vegetables Healing Properties Of Fruits Healing Properties Of Vegetables Seeds, Nuts, Oils and Fish Healing Properties Of Seeds, Nuts, Oils and Fish Grains Healing Properties Of Grains Healing Properties Of Beans and Lentils Healing Properties Of Herbs and Spices Healing Teas Other Healing Foods

Elements of Good Nutrition

With the amount of information that exists about good nutrition, you would think it was a big mystery. The truth of the matter is, there is no mystery involved in getting the proper nutrients that your body needs. Why should you care about getting the proper nutrients? Many people are under the misconception that eating healthy is for the young because they are growing. Tissue and cells are constantly being renewed in both children and adults. The failure for these elements to repair themselves can result in diseases of lifelong misery or worse, death. To lower your risk of developing a disease, you simply need to follow three simple steps of good nutrition.

Proper Hydration

Plain and simple, your body needs water. Being properly hydrated will benefit you from head to toe. Water keeps your cells hydrated and flowing throughout your body. It doesn't take long to witness the benefits of drinking sufficient water. Just a week of being hydrated and your skin will have a new glow. If you need to lose weight, water can help you achieve your goal. In many instances, people misinterpret thirst for hunger. Unless it's been a few hours since you have eaten, have a glass of water the next time you have hunger pangs.

There are numerous guidelines for how much water to drink. Consuming eight glasses of water each day is the most popular guideline. People have different needs. A better indication of how hydrated you are is your urine. When you are properly hydrated your urine is almost clear. There is the possibility of water intoxication so you don't want your urine to be completely colorless.

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In addition to being hydrated, you need to eat a variety of foods. Forget fad diets that restrict certain foods. The key to healthy eating is to eat in moderation and variety. Your food choices should include a large percentage from complex carbohydrates, which is sufficient for energy. You should also consume several servings of fruits, vegetables, grains, and dairy every day. You should limit your servings of protein and fats to two or three servings each day. By including all of these food groups in your diet, you are less likely to be hungry or have cravings for sweets and other non-nutritional foods.

Vitamin Supplementation

As long as you live in a country where food is plentiful and produced safely, you should have no problem obtaining the amount of vitamins and minerals your body needs. However, food allergies, dislikes, and illness may prevent you from eating certain foods. Some people, for example, are lactose intolerant and cannot consume dairy products. In these instances, supplementation should become a part of a plan for healthy nutrition. You don't need a prescription to purchase vitamins, but it is a good idea to discuss your particular needs with your medical doctor. Consuming excessive amounts of some vitamins can cause toxicity and unpleasant side effects.

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