



# Fitness

## Discover Home Workouts for That Perfect Body!

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## What You Must Do First and Why

There is one common mistake which many people make when they decide to improve their bodies. This mistake is to not begin with adequate preparation. The first, and most essential, step in preparing to embark on a home workout program is to have a complete health clearance from your physician.

The most important reason for this is you may have a medical problem which you do not know exists. There are many health conditions which can worsen from strenuous exercise; there are some which can even be fatal. While you want to work toward that perfect body, you surely do not want to take unnecessary chances with your health or your life.

An evaluation from your physician will allow you to see if you have any extraordinary risk factors. This kind of check-up, which will take very little time or cost, is well worth the benefits. A clean bill of health will give you peace of mind-- and the go-ahead for your home workout.

The second reason is to find out whether you have any special limitations. For example, you may have had sprains or other types of injuries in the past. These can affect choosing the home workout that is right for you. Your doctor may advise you to modify certain kinds of exercise, or to avoid them altogether.

Visiting your physician before you begin a home workout regimen is necessary. If you have any health or medical problems, they need to be addressed before you start a home workout. Anything from a prior injury to an unknown heart condition can prevent you from getting the results you want from your workout. They can cause setbacks, and even disaster. A few minutes of your time beforehand can prevent all of this.

The best kind of evaluation is a complete evaluation. If you have not made routine exams a part of your general lifestyle, now is a good time to start. When you are serious about beginning a home workout regimen, you probably already know that it will affect your body. Whether you have exercised before or not, making a home workout a part of your everyday life will place stress and strain on your body. It will affect your muscles, your joints, your blood pressure, and every other part of your system. Your body will be working much harder than it ever did before, to move in the direction

of your goals. This is why you need to know in advance that your body is ready for the task. It will help your workouts to proceed more smoothly, and without any unnecessary risks to your health.

A home workout is an exciting adventure. However, in addition to the effects it will have on your body, it will also affect your mind. From the increased blood flow which occurs during workouts, to the change in your blood-sugar levels, the physical benefits of exercise can affect your mood, spirits, and disposition. In order to ensure that these changes are positive, and you gain as much from them as possible, you need to be prepared by knowing that you are healthy.

Many people have sustained permanent injuries, and worse, solely due to not being aware of medical problems or limiting conditions prior to starting a regimen of strenuous exercise. Others have become overwhelmed and discouraged, leading them to quit before seeing any positive results. Still others have given up, because they simply did not know what to expect from their new venture. In most cases, all of these repercussions can be avoided.

You want your new home workout routine to produce great results. You want the perfect body that you may have been dreaming of for many years. You want it all to come in the healthiest, safest, and most enjoyable manner, without any unnecessary risks or setbacks. Getting a complete evaluation from your doctor before you choose any exercise or purchase any equipment is the best way to make your home workout routine a positive experience.

When you know that you are healthy, and without any risk factors, you will have a double benefit. First, you can take on the workout routines of your choice without undue risk to your health; and second, you will have the peace of mind from knowing that your new venture is safe for you.

In the interest of your health and safety, make an appointment to see your doctor before you begin your new home workout. Not only is this the most sensible step, it will do wonders for your self-confidence. When you know that you are physically prepared for the home workout routines which you are about to begin, you can look forward to one of the best and most exciting experiences of your life.

## **Making a Plan**

The second mistake many people make when starting a home workout is to not make a plan in advance. They buy expensive equipment which they really do not need, or believe that they must do certain kinds of exercises which they truly dislike. While many make this mistake because they believe that whatever is currently popular is the method they must try, others do not realize that a home workout is meant to be fun! You can avoid both of these mistakes by making a workout plan that is right for you.

The first point to consider is what you, yourself, enjoy. If you do not choose routines which you enjoy doing, you might dislike it so much that you quit. You may force yourself to continue doing them, while hating every minute of it. Instead, by focusing on the types of routines which interest you the most, you will be well-motivated each time you do your routines, enjoy them much more, and move closer and closer to your goals.

The second point to think about is your own particular needs. While this will be discussed further in later chapters, it is something which you should consider. Is your main priority to develop “six-pack” abs, to change a flabby body into lean muscle, or to gain overall strength? When you address your goals, it will be easier to choose the workout which focuses on these goals.

The third point is expense. While you may be thinking of a home workout as a less-costly alternative to joining a gym or hiring a personal trainer, if you are tempted to buy all of the latest home exercise equipment you may be dismayed to find that these costs are even higher. When you decide on the equipment that is necessary for your home workout, you can keep the expense at a minimum. You may even decide that you do not need to purchase any equipment at all.

There is another, equally-important reason for making a plan before you begin. Making a plan also gives you control of your home workout experience. If you think about it, this is true about anything worthwhile in life. If you begin something without first putting some careful thought into planning, you can end up with an entire course of action that is not suitable for you. You may feel overwhelmed, exhausted, discouraged, and confused. You might not even be sure if you are making any real progress.

Making a plan will eliminate all of these worries and give you the home workout routine that you will love to do on a regular basis. You will be more satisfied with the results, and happier with yourself.

How do you go about making a home workout plan? You can begin by setting goals which include reasonable expectations. If you want that perfect body, you can have it-- but you cannot have it overnight! You also cannot have it without work! When you set your goals, and include reasonable expectations about how much work you will need to do and how long it should take for you to see results, this is the foundation of a good plan.

A good plan also includes some leeway for error. For example, you may choose a specific exercise, but soon discover that it is not right for you. Even if you give it your best effort, you may find that it causes too much pain or discomfort, or places too much emphasis on a certain part of the body. When you are making your home workout plan, allowing room for error can eliminate frustration. You will not have an unnecessary sense of failure if this is included in your plan.

A good plan must be reasonable about the amount of time you can devote to your home workouts. As no one these days has unlimited time, it is important to not commit yourself to working out for many hours each day when you cannot fit such a regimen into your daily schedule. Not only would it make your workouts a burden, it would interfere with the rest of your day's priorities. You would end up too tired to do your job, or to enjoy quality time with your family.

However, you also cannot afford to make your home workouts the lowest subject on your priority list. Logically, if you do a workout only when you feel like it, or only when it is convenient, you will not obtain the results you want. Your plan should reflect the amount of time you can put into your workouts on a regular basis, and make a point of adhering to it. No matter how busy your life may be, you can make an appropriate amount of time for your workouts.

One way to do this is to assess your everyday schedule, and decide on the best time for your workouts. Whether this means getting up a little earlier so that you can work out before you go to school or to your job, or using half of your lunch hour to work out, it should be easy to fit your workouts into your schedule without disrupting your everyday life.

Making an advance plan will keep the chaos, confusion, and frustration out of your home workouts. You will know what you need to do, and when you need to do it. You will have a general idea of what kind of results you can expect to see, and how long it will take before they occur. When you add all of these factors together, your home workout will be something for you to look forward to, each and every time!

## Exercises

If you want that perfect body you have always dreamed of, you will need to exercise! The good news is that exercising does not have to mean boring routines which can soon become tiresome. There are three categories of exercises which will help you to gain that perfect body. When you have some information about each type, you can choose from amongst them to custom-design a home workout to meet your needs and personal preferences.

One form of exercise is known as pilates. While pilates have become increasingly popular during the last few years, it is not a modern concept at all. The basic principles of pilates go back as far as World War One, when they were developed in Germany by Joseph Pilate.

These exercise routines are great for the overall body, while placing much emphasis on the areas which most people find to be trouble-spots. Whether you are hoping to lose unwanted fat, or develop as much healthy muscle as possible, pilates are an excellent choice for your home workout routine. Your abs, hips, buttocks, and thighs will all benefit from pilates. Your muscles will become stronger, more flexible, and healthier.

There are many different exercise routines in the pilates category. Some of the most popular are “the Hundred” and “the Roll-Up,” which will do wonders for your abdominal muscles; and “the Single-Leg Stretch” and “the Double-Leg Stretch,” which will tone your buttocks and hips as well as your abdominal region. Many of the pilates exercises do not require any kind of exercise equipment other than a basic mat.

Aerobics is another popular form of exercise. While aerobics routines will assist in toning your muscles, there is a more important reason for including aerobics in your home workout. Aerobics will benefit your entire cardiovascular system. When you are thinking about that perfect body, health is as important as appearance. Adding aerobics exercise to your workout routine will strengthen your heart and your lungs. It will promote better health, as well as making your workout a truly exhilarating experience.

Calisthenics may already be familiar to you. You may remember some calisthenics exercises from your school days. However, you may not have

known how beneficial they can be in helping you to create the body of your dreams. Whether or not you enjoyed calisthenics as a youngster, they will go a long way in sculpting that perfect body.

There are many different calisthenics exercises from which to choose, so you can easily incorporate some of your favorites into your home workout. Some of the most common calisthenics exercises are jumping jacks, abdominal crunches, push-ups, sit-ups, and squats. They will get your blood pumping, and tone and firm your body. It will be fun to see how exercises you learned as a child can be so useful in helping you to create the perfect body you want today.

When you have custom-designed the exercise routines you wish to include in your home workout, you are partway to developing the workout which you will do each session. However, there are a couple of other points to consider before your workout regimen is complete. These extra points will make your workouts less stressful on your body.

First, regardless of the types of exercises you have chosen, you must begin each session with a warm-up. A brief period of basic stretching and bending will give your body the preparation it needs to be ready for a workout. This little preliminary can make quite a difference. When your body is readied beforehand, the exercising will flow more naturally and smoothly.

Second, a cooling-down period should be at the end of every home workout. The same kinds of stretching and bending motions that you used to warm up will help your body to conclude the workout. It will prepare your body for rest.

It is not difficult to choose the forms of exercise that are best for you. You can start by thinking about the types of exercise you like the most, and conform them to your specific needs. You can tone the areas which are most in need of attention, or aim for an overall workout which will benefit your entire body.

It is important to choose exercises which you will not tire of, so that you will be motivated to do your workout on a regular basis. If you keep your expectations reasonable, and demonstrate self-discipline, you will be pleased with the results. You can begin to see your body's shape and strength improve within a relatively short period of time. The perfect body you have

always wanted can be yours-- and it all starts with custom-designing your own exercise routine.

## **With or Without Weights?**

When you think of gaining that perfect body, thoughts of weights may come to mind. Whether this is positive or negative depends on your opinion. While planning a great home workout can include the use of weights, a workout can be done without them. In addition, there are a number of different kinds of weights, if you do decide to use them.

One form of weights are known as dumbbells. These are good to use when doing exercises while standing. While dumbbells can greatly tone the muscles in your arms, shoulders, and upper torso, they can also assist in toning your abdominal muscles.

Dumbbells can be found in a variety of different weights. When you are beginning your workouts, it is a good idea to start with lighter dumbbells, and increase the weight as your body becomes accustomed to the workouts.

A second form of weights are barbells. They are generally used while lying flat. While the power exercise known as bench-pressing is popular amongst professional body-builders and other athletes, you can easily make it a part of your own home workout routine. As bench-pressing places a considerable amount of strain on the body, especially the abdomen, it is essential to choose light weights when you are beginning your workout routines. Otherwise, this strain could cause permanent damage to your muscles. When you choose lighter weights, you can easily work up to heavier weights as your body becomes accustomed to this practice.

While dumbbells and barbells are available in various weights, there is an additional feature which can be useful to you. Dumbbells and barbells are both available in a solid, one-piece style, and in a style which allows you to take off and add on weights as your needs change. The latter can be the most beneficial to your workout routine, as you can continue to adjust the amount of weight you use to reflect the progress you make in your workouts.

You may also be wondering if you can get that perfect body without using any weights at all. The answer to this is yes, it is possible, but it is likely to take longer. The exercises you do with weights direct the focus to specific points in your body. The use of the weights help these points to tone and strengthen quicker and easier. Power exercises done with weights will give

you that perfect body faster, but this does not mean you cannot get the body you want without using them. If you are prepared to work harder and longer, you can reach your goal without using weights.

If you have decided that weights are a good addition to your home workout, there are some safety tips to make your workout better, more pleasurable, and without undue risk. Please do not simply order weights and begin using them without considering these tips first.

One tip is to be sure you choose the right weights. If you are not accustomed to using this kind of workout equipment, it cannot be stressed too strongly that you should select light weights. Whether you are considering barbells, dumbbells, or both, you do not want to put too much strain on your body and risk injury.

Another tip is to ensure your safety when you work out with weights. While this is true for exercising in general, maneuvering weights in a standing position means wearing appropriate workout gear. You should have sneakers or similar shoes with non-slip rubber soles. You should also avoid wearing clothes that are too loose, or long sleeves.

It is also important to be sure that you are working out on a safe floor. Slipping or falling can be especially dangerous if you are working out with weights. You should avoid floors with rugs, carpeting, tile, and other potentially hazardous material or coverings. Whether you create your own home gym, or simply devote one particular part of your home to a workout space, you must keep your safety in mind when you work out with your weights.

Working out with weights can give you that perfect body! It will also invigorate your entire system. Your heart and lungs will greatly benefit when you make working out with weights a part of your home workout routine. If you keep all of these tips in mind, start slowly, and do not demand overnight results, you will be amazed at how quickly you do begin to see results.

Your body will not only feel stronger, it will actually be stronger. The new tone you will see in your muscles will be beyond compare. That perfect body you have always dreamed of will be more than just a dream-- it will start to take shape, and be in the best condition of your life.

## What About Other Equipment?

One mistake many people make when preparing to do home workouts is to go overboard in purchasing exercise equipment. They end up wasting money on expensive equipment they do not really need, and cluttering their homes with products they will not use. When you are preparing to do home workouts, some tips will help you to decide what kinds of equipment are suitable for you.

One point to consider is the amount of space you have in the area where you plan to work out. A good rule of thumb is that you probably do not need more equipment than you can comfortably fit in that space. Even the smallest workout space can accommodate your exercise equipment if you do not purchase unnecessary products.

A second factor is cost. While you may be tempted to purchase all of the popular equipment you have seen advertised, the expense is rarely worth it. You do not have to equip your workout space to rival a gymnasium-- you can have that great body without it.

The third factor is your goal. As you probably already know what you hope to accomplish from your home workouts, selecting the right equipment will help you to reach your goal.

You should also consider your own preferences. If you are like most people, there are certain things which you like and certain things which you dislike. Even if you think specific types of exercise equipment are absolutely necessary, they will not get much use if you hate to use them. When you focus on your preferences, you will be more likely to get the exercise equipment that is best suited to you.

While taking these factors into consideration can assist you in choosing the right exercise equipment, there are a few types of equipment which are especially beneficial to the person who is beginning a new home workout regimen. With a little comparison-shopping, you can find them at a relatively low price to fit your budget. It is not necessary to buy name brands, or the most expensive model on the market. You can be price-conscious, while giving your new home workout the boost it needs to be successful and fun!

One piece of exercise equipment that is easy to use, enjoyable, and beneficial, is a stationary bike. A stationary bike can be the ideal way to warm up before your regular workout, or a nice change as a mini-workout in itself. A good stationary bike is adjustable, so that it will feel custom-fit for your personal comfort. It will provide all of the benefits of riding a bicycle--right in your own home. It is a great way to exercise in general, as well as to focus on those troublesome spots. If you use a stationary bike on a regular basis, it will help to firm your hips, buttocks, and thighs. This is one type of exercise equipment that will make working out feel like play.

A treadmill will also provide special benefits. If you are new to working out, using a treadmill can help to increase your physical endurance. You will become able to breathe better, and gain better strength in your heart and lungs. As a perfect body has as much to do with increasing your health to its very best as it does with your appearance, a treadmill should be on your must-have list of home exercise equipment.

A rowing machine is another popular piece of exercise equipment. When your goal is that perfect body, you will be delighted with how quickly the regular use of a rowing machine begins to tone your abdominal muscles, your arms, and your shoulders. Not only will a rowing machine help to strengthen your upper body, it will increase your body's firmness. Your upper body will start to take on a better shape as your muscles become more well-defined.

If you have a large area of your home to devote to your workouts, and plenty of money to spare, you can choose a number of other types of exercise equipment for your workouts. However, you can have the best possible start to that perfect body without spending a lot of money or using a lot of space. When you begin your new home workouts with only these three pieces of exercise equipment, you may soon decide that you do not really need any others.

In addition, considering basic home exercise equipment as a worthwhile investment is a positive way to look at it. When you purchase these products, you are not only taking the first step toward creating the body of your dreams, you are also making strides toward a healthier body that can last for a lifetime. Even if you have only a small amount of money to put into your home workouts, these few pieces of exercise equipment will be well worth

the investment. They will help you to reach your goal of a great-looking body, while increasing your overall health at the same time.

## Do You Need More?

You may be well-motivated and looking forward to beginning your new home workout regimen. At the same time, you may be wondering if you could benefit from something more. You may be unsure of whether you are completely prepared to do it all on your own. If you think that you need a little extra help, it could very well put you on the right track.

One possibility is to enlist the aid of a personal trainer. It is not necessary to have a personal trainer at your side for the duration of your workouts--some input when you are starting out can be very beneficial.

A personal trainer can help to customize your home workout regimen, if you are uncertain of what is right for you. He can also advise you of what to expect from your workouts. If you do not know how to deal with discomfort in your muscles, or how long you can reasonably expect to wait before you see results, a personal fitness trainer can answer all of your questions.

A second possibility is a short-term membership at a gym. Even if you plan to do your workouts in your own home, there is much to be gained from a few visits to a gym. You can see workout equipment in use, which can help you to decide which types of equipment you want for your home. You can interact with others who are working out, which will help you to see what you yourself need to do, and the results which you can expect. You can take all of this knowledge home with you, to put to use in your own workouts.

Another possible extra is for your home workouts to utilize the buddy system. While some people do very well at any venture on their own, others do much better if they are in the company of likeminded friends, or even family members. If you are in the latter category, encouraging others to join you in your home workouts can be useful to both you and the others in your life. Mutual support can be quite motivating. Even healthy, good-spirited competition can make your workouts more enjoyable and more oriented toward results.

The buddy system is not for everyone. There are many who do much better with working out alone. You probably already know which category describes you the best. Whichever one you choose, it should be the method that works for you.

An additional factor is your own level of motivation. There are many people who want great results, but are not sure that they have what it takes to get there. You may wonder if you will always have the time to devote to your workouts, or if you might become tired or discouraged and tempted to quit, or whether you may decide that it really is not worth the effort. If you want your home workout routine to be a success, and to give you that perfect body, it is a good idea to address these concerns in advance.

Everyone becomes discouraged at times, and no one is one-hundred-percent motivated each and every day. For your workouts to be a success, without the worry of quitting before you reach your goal, you should have a plan for how to deal with those less-than-ideal days before they occur.

As each person has his own method of getting things done, consider the method that works for you. How do you prime yourself to do something when you really do not feel like doing it? It could be a task at work, a household chore, or even something you usually like. No one is at his best every single day, but this does not mean you can afford to neglect whatever you must do. This includes your home workout routines.

When you know the method you use in your everyday life, you can apply the same methods to your workouts. Perhaps it involves getting yourself in a certain frame of mind. Perhaps you might give yourself a small treat, chat with a friend, or promise yourself a reward for a job well done. Whatever works for you, to help you to be motivated when you do not feel motivated at all, can be a wonderful aid to keeping you on track. If you have such a plan in advance, you will be less likely to skip your workouts, and more enthusiastic about doing them.

You may decide that you do not need any of these little “extras” at all. You may be the type of person who can commit a specific period of time into your daily schedule for workouts, and stick to it on a regular basis, without fail. If this sounds accurate, good for you! However, giving yourself the option for extra help when you need it is not a sign of weakness. It only means that you know yourself well enough to be aware that you may require a bit of extra help to be consistent with your home workouts. If it will help you to stay on the right track, incorporating some extra help into your basic workout plan is a positive step. It can keep you on the track toward success!

## **Especially for Women**

These days, home workouts are as popular amongst women as they are for men. Women have a natural desire to look and feel their best, too. This is evident by the large number of women who join gyms, purchase exercise equipment, and try various diets. While being more physically attractive and healthier are sensible goals for women, women who wish to begin home workouts do have special circumstances.

One topic is working out during pregnancy. You may have heard “old wives’ tales” which claim that no exercise at all is safe when you are pregnant, and you may also heard that virtually nothing is off limits. If you are pregnant, or planning to become pregnant, you may be unsure of which point of view to believe.

With your doctor’s approval, working out during pregnancy can be very beneficial. In fact, starting a home workout routine prior to becoming pregnant can prepare your body for this exciting adventure. The better shape your body is in, the easier and more comfortable your pregnancy and childbirth will be for you. It will also make returning to your pre-pregnant state easier and faster after your baby is born.

However, you should be sensible about your home workouts. Your goal is to get your body in its ideal condition, not to overtax your strength or put unreasonable demands on your body. The home workout routine you choose should reflect making your body stronger and more limber, and improving your muscle tone. It is unwise to go to extremes with working out while you are pregnant. If you really want to lift weights, it is best to wait until after your baby is born!

A second topic involves the female anatomy in general. Even when pregnancy is not an issue, you must still take this into consideration. Although it should be obvious, your body is made differently than that of your husband or brother. First, workout routines which place an extreme degree of stress on the abdominal and pelvic regions can indeed cause damage to the internal organs. This is something to keep in mind when you are choosing your home workout program.

In addition, the female muscles are not as prepared for strenuous routines as those of a man's. This does not mean that you cannot obtain the perfect body you want. It does mean taking on less, especially at the beginning, and proceeding slower. If working out is new to you, it is not a good idea to risk tearing muscles by attempting to do too much, too soon.

Whether your body is petite or full-figured, athletic or out of shape, you can have the perfect body of your dreams. In order to avoid the risk of unnecessary injuries, common sense is the key. After all, the purpose of working out is to get your body in its best possible shape, not to incur damage which can slow you down or even become permanent.

The woman who does not have pregnancy as a factor should assess her personal situation before planning a home workout routine. The current condition of your body, and how familiar it is with exercise in general, are two points to consider. If you are already athletic, and used to a moderate amount of exercise on a regular basis, you have more leeway than the woman who has never exercised and is quite out of shape.

Thinking about your goals is a positive way to begin. Do you want to increase your overall health, stamina, and be your most attractive? Firming and toning your body can give you a glowing, youthful appearance, regardless of your age. The body that is strong and fit is also a healthier body. It will reduce your risk of developing many kinds of illnesses and diseases, make everyday life a joy, and can even add years to your lifespan. There is much more to a great body than simply looking good in a swimsuit!

Your goals should be sensible. While you may be able to obtain the body of a female bodybuilder, this is not a common goal for most women. You probably want to get the body you have in its best possible condition, so that you will feel and be more attractive. You probably also want the strong, toned body that reflects good health.

If these are your goals, physical fitness is your answer. You can choose the home workout routines which not only move you toward your goal, but are also much fun to do. Your home workout program will be much more satisfying, and you will be more likely to reach your goals, if you do not start with routines that are too physically-taxing or dull.

Starting with simple routines instead will give you two benefits. First, you will be less likely to incur injury; and second, when you choose fun routines, you will be more likely to continue them faithfully. Your workouts will be something to look forward to, each and every day.

Any woman can have a more attractive, healthier body. Most women can obtain amazing results. The key is to take your circumstances into consideration, and begin your workouts with enthusiasm. You can have that perfect body you have always wanted if you start slowly and proceed with consistency.

## Special Situations

You are thinking about that perfect body. You may wonder if you have what it takes to obtain it. You may have a special situation which is leading you to doubt whether a home workout is for you. After all, the idea of starting a workout routine, and aiming for the body of your dreams, is quite new to you.

The good news is that home workouts are a great option for nearly anyone. Even if there is something different about your particular situation, you can turn it into something positive for working out.

One situation is the person who has neglected his body for many years. Not only has he become out-of-shape, flabby, and weak, the body that is not properly cared for often suffers in terms of health. You may be considerably overweight, even obese. If this sounds like you, you may be thinking that a home workout program would be useless, if not hazardous.

In this kind of situation, slowly-but-surely is the key to success. Beginning your workout program with easy exercises will help your body to become accustomed to its new adventure. While it is necessary to follow your physician's recommendations, it is not impossible for you to move in the direction of a healthy, fit body. In fact, it is simpler than you may believe.

The body that has been neglected will take more time to get into shape. This is only logical. However, you must not give up on yourself before you begin! You may be carrying more than a hundred extra pounds, and you may have fallen into the sedentary lifestyle of a couch-potato. With effort, hard work and determination, you can shed those extra pounds, and be physically fit and healthy again!

A second situation involves youngsters who are longing for that perfect body. It must be stressed that children and adolescents who are still growing should not take on a strenuous workout routine without their doctor's approval. This does not mean that working out is not suitable for children and teens. It only means that special attention must be focused on their growth stage.

When you keep this in mind, developing a good home workout program is one of the best things you can do for your child. He will learn to associate exercise with fun, and he will become stronger and healthier at the same time. When you provide your youngster with a workout program that is appropriate for his age and stage of physical development, you are teaching him good habits that will benefit him throughout his entire lifetime.

Many people who have physical impairments or disabilities also want to improve their bodies. It can give them more self-confidence, and be a boost to their overall health. If you have a disability or a medical condition which could interfere with the safety of a home workout program, it is advisable to check with your doctor before you begin. He can help you to customize a workout that is based on your special needs.

Some people have the idea that working out is only for young adults. They may believe that once a person reaches a certain age, working out is useless, and even dangerous. The good news is that nearly anyone who is reasonably healthy is not only capable of working out, but can benefit from a solid workout program.

You may be forty or sixty years of age, and not at all pleased with the condition of your body. You may be listening to friends or family members who tell you that you must accept this as a natural part of aging. This is not true at all! While your age may require you to impose sensible limitations on working out, you will be delighted with the results. You can have the fit, firm body that you recall from decades in the past, increase your overall health, and have a general sense of wellbeing. Working out at home can be the best decision you have ever made!

Almost anyone can benefit from working out. Most people can gain positive results. If you have any of these or other special situations, do not dismiss the idea of a home workout program. Regardless of your situation, a program can be custom-tailored, just for you. Your doctor and a physical fitness trainer can provide the advice you need to get on the right track.

As long as you proceed in a sensible manner, and keep your expectations reasonable, the odds are on your side that you will be successful. Home workouts are not only for the young, the person with unlimited time and resources, or the person who has athletics in mind. The benefits you gain from your workouts will have you convinced within a very short period of

time. Anyone can look his best, and feel his best-- and this means you, regardless of your personal situation.

## **Building Muscle**

When you think of a perfect body, what is the first thing to come to mind? You may be thinking of how great you will look in a new swimsuit, on the beach. You may be thinking about how much better you will look in your everyday clothes, when your body is in ideal condition.

Building muscle is the key to that perfect body. Whether you are naturally thin, or whether you are overweight and out of shape, it is muscle that will give your body the look you want.

This is why exercise routines which focus on building muscle are the foundation to a good home workout program. While increasing your body's overall strength, building solid muscle mass will firm and tone your contours. From biceps to abs to thighs, solid muscle will change your acceptable body into your ideal body.

If you are currently overweight, taking off pounds should not be your main focus. Instead, your workout program should reflect the process of turning unsightly fat into strong, healthy muscle. When your body starts to become firm, you will notice the difference. While solid muscles have weight, it is much different from the fat which you have been carrying! Toned muscles will give your body the shape you want, so that you will look better than ever before.

If you are naturally slim, you may be bothered by your thinness as much as the person who is overweight. Building muscle will give your body the bulk it needs to be stronger and more attractive. After you begin your new home workout program, you may be surprised at how quickly you start to see results. When you adhere faithfully to your workout program, your mirror will be all that you need to notice your hard work paying off.

Building muscle from working out is as appropriate for women as it is for men. While this is true for women in general, it is especially beneficial for women who are in their childbearing years. In addition to all of the other benefits, building strong, solid muscle can make pregnancy and childbirth much easier.

Pregnancy and childbirth place a considerable amount of stress on the body. Logically, the better shape your body is in, the better it is prepared for these processes. Strong muscles are what your body needs to work at its best. When your body is well-prepared with strong muscles, not only will your months of pregnancy be much smoother and more comfortable, it can contribute to an easier childbirth. It will help natural delivery to proceed faster, less painfully, and with a lower risk of complications.

Children and older persons benefit from building muscle, also. The youngster who has begun to build solid muscle from home workouts will find his natural growth spurts to be less troublesome. When coupled with a healthy lifestyle, it will also reduce his risk of becoming obese.

Older persons who build muscle will also benefit. The older person who is physically fit, with strong muscles, is less susceptible to falls and other accidents which are common amongst elderly people who are weak and out of shape. It will give him better mobility, and add to his overall quality of life. He will feel better about himself, and enjoy his life much more in his golden years.

When you first started thinking about that perfect body, your first emphasis was probably on appearance. After all, it is only natural to want to look your very best. You want to feel good about the way you look, and possibly even impress others! As you have been reading through this book, you have noticed more, equally important factors. You have learned that developing your ideal body is much, much more than having a body you will want to show off in a swimsuit. You have learned that a strong, physically-fit body is the number-one key to a healthier life.

Fortunately, the old saying “You cannot have it all” is not true. You can have physical fitness, glowing health, and the impressive body that you have always wanted. There is no miracle that can give you all of this. You must be willing to put the time and work into it. When your muscles start to become firmer and solid, you will notice the difference in your appearance. You will also feel the difference. The newfound strength in your body will be astonishing. Building muscle may feel as if you have been given a new lease on life, regardless of your age or physical condition.

You really can have it all-- and when you focus on building muscle with your home workout program, you will soon start to see the proof!

## How to Be Goal-Oriented

Some people sabotage their goals before they even begin. If you want success with your home workout program, you cannot afford to have this happen to you. Some tips to help you to be goal-oriented may be exactly what you need to transform your workout program into an exciting, successful experience.

There are two common mistakes which are often made in home workout programs. One mistake is to focus on your ultimate goal, and nothing else. If you use this method, you may soon begin to feel overwhelmed, overburdened, and frustrated. After all, nothing worthwhile was ever accomplished overnight.

Rather than making this mistake, you should consider the entire process. Instead of looking at your ultimate goal, you should appreciate every step you take to get there. Each day's workout is a success in itself, as it takes you that much closer to your goal.

You can set smaller goals along the way, and reward yourself for each one you attain. With this method, you are not only moving closer to that perfect body, you are also enjoying and appreciating all of the effort you are putting into it. This will help you to look forward to each workout, and see each one as progress.

The other common mistake is to overdo the focus on individual workouts, thinking that each one should provide miraculous results. If you find yourself stepping on the scale or reaching for a measuring tape after every workout, you are likely to become frustrated and disappointed very quickly.

Being sensible about what you can expect from your workouts can solve this problem. If you view each workout as one step on the ladder, you will find them much more satisfying. It is a positive way to appreciate your hard work.

One idea is to keep a diary of your workout program. Jotting down a brief note after every workout can help you to keep track of what you are doing. It will give you a basic framework of how much you are accomplishing, and how much more you still need to do. It is also something nice to look back

on once you have reached your goals. When you notice how much effort you have put into your workouts, you will appreciate your success even more!

When you first decided to try a home workout program, you may have had a different method of being goal-oriented. Perhaps you had seen someone on television, and admired how great the person looked. Perhaps you saw a picture in a magazine, and wished that you could look so amazing. When you are goal-oriented, it does not need to be merely wishful thinking! You can have a perfect body, just like those people you see in the media. All you have to do is know where you are, where you want to go, and how to arrive.

There is a little something extra to this aspect of being goal-oriented. If the person you admire the most is clearly showing his natural body, without any photographic enhancements or anything else unnatural, this can be a very good way to become more goal-oriented. Instead of envying the person with the perfect body, you can remind yourself that he had to work to get to where he is. He was not born with handsome muscles and a lean physique--he had to work hard for many months, possibly years, to look this way!

Reminding yourself that anything good takes time, hard work, and a great deal of patience, is the right way to become and to stay goal-oriented. While it may sound odd, or even a bit childish, posting a picture of someone with that perfect body where you can see it on a regular basis can be more useful than you realize. You can also tape or glue it onto the cover of your workout diary. It can provide that little extra bit of motivation, just when you need it the most!

Being goal-oriented does not mean focusing on your goal. Emphasizing the results you want can be counter-productive if it is not accompanied by the process. Like the old saying "Rome was not built in a day," the perfect body was not achieved overnight. No one can gain all of the results they desire from one or two workout sessions. It requires the commitment of being both oriented to your goal, and appreciative of everything you need to do to get there, for you to have that body of your dreams.

It can take a long time to reach your goal of a perfect body. When you think of it in terms of redesigning your entire body, changing everything that has been adequate or neglected thus far into something spectacular, you cannot afford to be in too much of a hurry. After all, whatever your current age

may be, you have gone this far in your lifetime without the workouts your body requires to be in top-notch condition.

A year, or perhaps more, is not too much to expect. When you do not demand overnight results, you will see results much sooner. Every small success, when it is acknowledged and appreciated, brings you that much closer to your ultimate goal.

## Diet and Supplements

You are almost ready to start the wonderful adventure of home workouts! You have your goals in mind, and are willing to work toward them. You are making your plan for exercising, equipment you want to buy, and scheduling time into your day to put it all into practice. You are motivated, enthusiastic, and prepared! There is a little more which you must do before you begin.

When you are looking forward to that perfect body, strength, vigor, and all-around health are as important as your exciting new appearance. As you have already learned in this book, when home workouts are done on a regular basis, it can be one of the most positive factors in good health and a longer lifespan. However, if you want the very best results, some changes to your lifestyle are also necessary.

One lifestyle change involves your diet. Whether your diet has been relatively good, or whether you have spent years surviving on junk-food, planning your home workout program is the perfect time to implement some changes.

A healthy diet does not require a professional dietician's input. All you really need to do is make a point of purchasing and eating healthy foods, and eliminating foods that are high in empty calories. If you want the perfect body, now is the time to give up carbonated soft drinks, alcohol, and other products which may taste good but do nothing for your body.

A healthy diet will make you healthier, of course. It also provides another benefit. Foods that are high in protein, and those that are rich in carbohydrates, provide long-lasting energy. When your diet contains plenty of these foods, not only will your workouts be easier, but your entire day will be filled with natural energy.

Sweet foods and snacks give the opposite effect. They will cause your blood-sugar level to rise abruptly, and allow you to feel more energetic for a short period of time. As the effects of the sugar do not last long, your energy level will drop lower than it was before. Keeping your use of sugary snacks to a minimum will allow your energy level to remain consistent.

Dietary changes for the perfect body should include plenty of fruits, vegetables, and grain products. You will be amazed at how great you feel when these kinds of foods are the main focus of your daily diet. Equally important, the nutrients they provide will make you healthier than you ever were before. Your body's systems will work better, and you will feel great!

When you are beginning a new home workout program, do not underestimate your body's need for fluid. While this is important in general, it is even more relevant when you are doing strenuous exercise. Fresh water, cool fruit drinks, and drinks which are specially made for this purpose, will keep your body hydrated. Sports drinks which are designed to replace and balance electrolytes are a good choice.

Exercise depletes the body's natural fluids. It often happens quite rapidly. Losing fluid through perspiration can make you feel run-down and tired, as well as undermining your body's overall health. Be sure that you have plenty of liquid on hand to drink during your workout, and to drink afterward. It is essential to replenish your body's natural fluids.

Planning your home workout program to include lifestyle changes should also include the use of supplements. No matter how healthy your diet may be, the lack of any essential nutrients can impede your progress. For example, you might not be aware of how minerals can be lost through normal perspiration. This is especially true when you are perspiring excessively during workouts.

Multi-vitamin and mineral supplements are a positive addition to your home workout program. You do not have to spend a fortune on name-brand supplements. With a little comparison-shopping, you can find less expensive supplements that provide all of the nutritional elements you need. Choosing a good multi-vitamin and mineral supplement for your daily use is more than a good decision to add to your workout program-- it is a healthy habit that will benefit you for the rest of your life.

You may be wondering why a home workout program contains so many more extras than you had initially considered. The reason for this is that a perfect body requires much more than some basic exercises and equipment. If you want your workout program to be truly productive, you must focus on your entire body as a whole. This means getting healthier, increasing your

stamina, and making sure that your body has everything it needs for a rigorous workout and all the years ahead.

As you have learned in this book, there is much to do, and much to gain from doing it. At times, it may not be easy, but it is not complicated. When you know what you want, and are willing to do the work to achieve it, that perfect body can be yours!

## Success!

If you have been approaching the subject of home workouts with the goal of a perfect body in mind, there is one additional point to consider. While you may have much to overcome in order to get the great body you are dreaming of, you cannot allow success to mean complacency. What we mean by this is that even after you reach your goal, you can backslide if you do not continue the practices and habits you have learned in this book.

When you reach success, you have so many reasons to be proud of yourself! It takes work, motivation, time, commitment, and determination to gain that perfect body! When you reach your goal, you surely do not want to risk losing it.

Instead of looking at your home workout program as a means to an end, think of it as habits and practices that will benefit you throughout the rest of your lifetime. While you may not need to continue the same exercise routines as you use to get into shape, you must continue exercising to stay in shape. Otherwise, the solid muscle you have put so much time into building and perfecting can lose its tone.

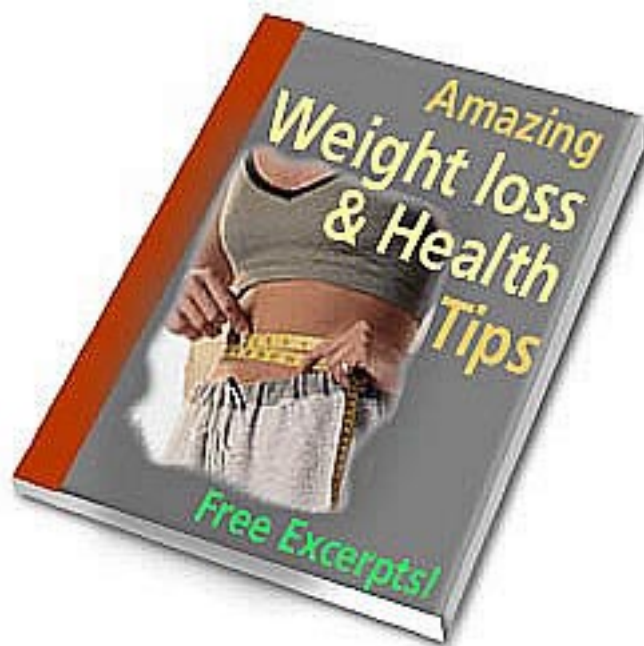
The same is true with your dietary changes. When you get into the habit of eating only nutritious foods, and taking dietary supplements, you must look forward to continuing this practice for the rest of your life.

While a little backsliding is natural, you do not want to risk everything which you have worked so hard to attain. Making your program a lifetime program will help to ensure that you keep it. You can look great, feel great, and even proceed into old age when you make it all a part of your everyday life.

The success of a perfect body does not come easily, or quickly. Now that you know the steps you need to take to reach your goal, it can happen for you! You will surely be delighted with the results!

# Amazing Weight Loss & Health Tips

This FREE EBOOK contains excerpts from the books in [www.healthrecipes.com](http://www.healthrecipes.com)'s Digital Book Libraries available here: [http://www.healthrecipes.com/ebook\\_library.htm](http://www.healthrecipes.com/ebook_library.htm)



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## **ABOUT FRUIT JUICES AND SMOOTHIES!**

**(Excerpt from the free 10-day course offered at [Healthrecipes.com](http://Healthrecipes.com))**

A FUN and EASY way to get more vitamins & minerals into your diet is by drinking freshly made fruit juices, vegetable juices, and by blending thick and frothy smoothies and shakes from frozen fruit.

A friend of mine describes drinking freshly made fruit juices like this:

*"If you have never taken a mouthful of cantaloupe juice or strawberry juice mixed with apple, you simply have not lived. Blueberry juice is a taste of liquid heaven."*

Freshly made juices are a tremendous source of bio-available vitamins and minerals which are the partners of enzymes and co-enzymes. Vitamins activate enzymes and without vitamins, enzymes could not carry out their work, and we could not live.

Enzymes act as catalysts in hundreds of thousands of chemical reactions that take place throughout your body, and are essential for digesting, absorbing and converting food into body tissue. Enzymes produce energy at the cellular level and are critical for most of the metabolic activities taking place in your body every second of every day.

Another benefit of drinking fresh juices and smoothies is that your body can absorb MORE of the vitamins and minerals than if you were to eat the fruits and vegetables whole! Many of the nutrients are TRAPPED in the fiber and by blending fruits and vegetables, you break down the fiber and release the vital nutrients.

### *Example:*

When you eat a raw carrot, you are only able to assimilate a small percentage of the available beta carotene. When a carrot is juiced, removing the fiber, a LARGE percentage of the beta carotene can be assimilated by your body.

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Of course, you still need to eat whole produce because fiber is also an important part of your daily diet.

Meeting you or your children's need for energy and nutrients is essential for good health. Children who do not meet their needs for energy may stop growing and gaining weight. In severe situations, they can develop a condition which is life threatening called protein energy malnutrition. Vitamins and minerals are only required in very small amounts, but a diet insufficient in these can cause SEVERE deficiency diseases.

### **You may be showing signs of malnutrition if you ...**

- feel tired and weak.
- feel like you never have the energy to clean your home, make meals or even do the dishes.
- have difficulty losing or gaining weight.
- can't easily get to sleep.
- feel stressed and/or nervous.
- feel drowsy during the day.
- sometimes can't concentrate, you're mind feels numb, or you get confused easily.
- have problems with your digestion.
- have constipation and/or hard dry stools.
- have mood swings, or get easily upset.
- don't have patience for anything.
- sometimes feel depressed.
- have overly dry or oily skin.
- sometimes have nausea and/or abdominal pain.
- have annoying eye twitches.
- bruise easily.
- have muscle cramps and/or low back pain.
- sometimes get cracks and sores in the corners of your mouth.
- notice that your nails have become thin and/or brittle.
- are losing your hair.
- have water retention.
- have uncontrollable temper outbursts.
- don't eat a well-balanced nutritious diet EVERY DAY

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Natural vitamins are found only in living things, that is, plants and animals. Your body, with a few exceptions, can't manufacture vitamins. They must be supplied in your food or in dietary supplements but supplements can't replace food, especially fruits and vegetables which provide thousands of substances, some of which have well-known functions, and some whose roles in the human body are not yet understood or recognized.

## Vitamins and minerals ... ..

- ◇ reduce your risk of getting a stroke or heart attack!
- ◇ strengthen your nails!
- ◇ improve your hair condition, strength and growth by providing certain essential nutrients to the hair follicle!
- ◇ beautify your skin by keeping it smooth, soft and disease-free!
- ◇ provide essential compounds that are necessary for growth, health, normal metabolism and physical well-being! Without them, you would die!
- ◇ promote normal growth and development!
- ◇ maintain bone density and strength!
- ◇ regulate blood clotting!
- ◇ help in the function of nerves and muscles, including regulating a normal heart beat!

When it comes to choosing a healthy diet for their children, many parents don't realize the important role that beverages play. For example, fruit flavored drinks and soft drinks are not a substitute for real fruit. Many of these drinks only contain 10% real fruit juice. The very best drinks are made from whole fruit and you can make great fruity healthy drinks at home.

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# HOW TO MAKE HOMEMADE FRUIT AND VEGETABLE JUICES

**Excerpt from "I Hate Counting Calories! Smoothies, Fruit Juices and other drinks!"**

[http://www.healthrecipes.com/ebook\\_library.htm](http://www.healthrecipes.com/ebook_library.htm)



1. You'll need an inexpensive juice machine.
2. All fruits and vegetables should be juiced raw.
3. Small seeded fruit, such as watermelon and pears, may be juiced with their seeds with the exception of papaya and apple seeds. Orange and grapefruit seeds might impart a bitter taste to your juice. Remove the large pits from fruits like peaches and nectarines, etc.
4. Peel all fruits and vegetables that are not organically grown because the peel is where most of the chemical residues can be found. While most skins of organically grown fruits and vegetables may be left on, with the exception of waxed produce, the skins of pineapples, kiwis, oranges, grapefruits and papaya should be removed.
5. Choose fresh ripe produce. Rubbery vegetables, bruised fruit, wilted greens and over or under-ripe fruits will produce juices that are neither tasty nor healthful.
6. Cut the fruits or vegetables into pieces that will fit into the mouth of your juice machine. Turn the juice machine on and push the pieces through the mouth of the juicer. As you juice, pulp will collect in a large receptacle. If you don't clean the pulp out right away, it will develop a

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sour odor and tiny gnats and fruit flies may appear after 8 to 10 hours.

7. It is best to drink freshly made juices within one day.

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# FRUIT JUICE RECIPES



**Excerpt from "I Hate Counting Calories! Smoothies, Fruit Juices and other drinks!"**

[http://www.healthrecipes.com/ebook\\_library.htm](http://www.healthrecipes.com/ebook_library.htm)

All the fruit juice recipes serve one. You can double or triple the recipes to serve more people.

## Lemon~Lime Ginger Ale



1 apple, cored and sliced  
½ inch fresh ginger (less if you find the taste too strong)  
handful of grapes  
¼ lemon  
½ lime  
sparkling mineral water

Remove the grapes from the stem. Juice the apple and ginger together, then juice the rest of the fruit. Pour the juice in a large glass and fill to the top with sparkling water and serve with ice.

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## Fruit Punch



1 apple, cored and sliced  
6 strawberries, fresh or thawed from frozen  
1/2 orange, peeled and sectioned

Process the fruit in a juicer and serve.



## Sparkling Tropical Juice



1/2 mango, peeled and sliced  
1 orange, peeled and sectioned



## Peach-Pear-Apple Juice



2 peaches, remove seed  
1 pear, sliced  
1 apple, cored and sliced

Process through a juicer and serve.

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## Gingered Apple Cidar

3 apples, cored and sliced  
1 inch piece ginger

Process through a juicer and serve.

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## 5 STEPS TO MAKING THE PERFECT SMOOTHIE

**Excerpt from "I Hate Counting Calories! Smoothies, Fruit Juices and other drinks!"**

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1. Put the fruit in the blender first. Make sure that the items are smaller than a golf ball so they will blend completely. Add the liquid ingredients next.
2. Fasten the lid and press the start button. Use high speed for about 20-30 seconds.
3. Stop the blender and check to see if the ingredients are well blended. Sometimes the frozen fruit will jam under the blade. If there is jammed fruit, use a spatula to unjam the fruit, and blend again.
4. Once the mixture is evenly blended, slowly add two ice cubes through the opening of the blender lid. Keep adding one or two ice cubes at a time until the blender sounds smooth instead of gravelly. If your blender is not strong enough to blend ice cubes, omit the ice and substitute just enough ice cold water so that the shake will have a milkshake consistency.
5. If the shake/smoothie is too thin, add more fruit or ice. If it's too thick, add more liquid.

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## SMOOTHIE AND SHAKE TIPS

Excerpt from **“I Hate Counting Calories! Smoothies, Fruit Juices and other drinks!”**

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- A smoothie is basically a blended fruit drink. The best-tasting smoothies are made from fruit that is fresh or frozen, and not canned.
- All smoothies begin with a liquid base. This can be orange juice, milk or another liquid.
- You can make a frostier drink by freezing fresh fruit before making a smoothie.
- Smoothies are best when they're fresh out of the blender, but they can be frozen the night before, as well – just remove the smoothie from the freezer about an hour before drinking.
- You can replace a meal with a smoothie or shake by adding a scoop of high-quality protein powder and a tbsp. of high-quality olive or flax oil.

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# FRUIT SMOOTHIES



**Excerpt from "I Hate Counting Calories! Smoothies, Fruit Juices and other drinks!"**

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All the recipes serve one. You can double or triple the recipes to serve more people.

## Apricot~Pineapple~Strawberry Shake



- 1/4 cup crushed pineapple, canned or fresh
- 1 fresh apricot, diced, seed removed
- 6 strawberries, frozen
- 1/2 banana, cut in chunks, frozen
- 1 1/2 cup water
- 1 tbsp. skim milk powder
- 1 heaping tbsp. high-quality protein powder (optional)

In a blender, process fruit with the rest of the ingredients. Blend until thoroughly mixed and serve.



## Banana~Strawberry Shake



- 1 banana, cut in chunks, frozen
- 6 strawberries, frozen
- 1 1/4 cup water
- 1 tbsp. skim milk powder
- 1 heaping tbsp. high-quality protein powder (optional)

In a blender, process all the ingredients until thoroughly mixed and serve.

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## Tropical Shake

- 1/2 mango, peeled, seed removed
- 2 tbsp. frozen pina coloda mix (or 1/8 tsp. natural coconut extract)
- 1/2 banana, cut in chunks, frozen
- 4 strawberries, frozen
- 6 ice cubes
- 1 1/4 cup water
- 1 heaping tbsp. high-quality protein powder (optional)

In a blender, process all the ingredients until thoroughly mixed and serve.



## Banana~Berry Shake

- 1/2 banana, cut in chunks, frozen
- 1/2 pear, cored and sliced
- 1/4 cup frozen blueberries
- 1 1/4 cup water
- 1 tbsp. skim milk powder
- 1/8 tsp. cinnamon
- 1 heaping tbsp. high-quality protein powder (optional)

In a blender, process all the ingredients until thoroughly mixed and serve.



## Banana~Orange~Strawberry Shake

- 1/2 banana, cut in chunks, frozen
- 6 strawberries, frozen
- 1/2 cup orange juice
- 1/2 cup water
- 1 tbsp. skim milk powder
- 1 heaping tbsp. high-quality protein powder (optional)

In a blender, process all the ingredients until thoroughly blended and serve.

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# HOMEMADE BEAUTY RECIPES



Excerpt from “Healthy Living For a Busy Family”

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## Avocado Facial

Avocado is a naturally rich moisturizer. Mash the meat of the avocado into a creamy texture. Massage into the face and neck. Leave on for 15 minutes and gently rinse off.



## Facial Mask

Squeeze half a lemon and mix the juice with one beaten egg white. Leave on your face overnight or, for a quick pick-me-up, just 15 minutes. Splash warm water on your face to rinse. It helps to remove blotches, because the lemon works as a bleaching agent.



## Egg & Honey Mask

Mix together 1 tablespoon honey, 1 egg yolk, 1/2 teaspoon almond oil and 1 tablespoon yogurt. Honey stimulates and smoothes, egg and almond oil penetrate and moisturize, and yogurt refines and tightens pores.

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## **Cornmeal Facial Mask**

Two tablespoons of cornmeal mixed with enough water to make a thick paste makes a great inexpensive facial mask. Gently apply to face and wash off.



## **Lighten Circles under Eyes**

To lighten dark circles under your eyes, wrap a grated raw potato in cheesecloth and apply to eyelids for 15-20 minutes. Wipe off residue and apply an eye cream.



## **Egg, Avocado & Mud Facial Mask**

(best for oilier skin types)

Clay is available in powder form at any health food store. Mix 1 tbsp. dry clay with 1 egg yolk, 1/4 of a mashed avocado and enough witch hazel to create a smooth mixture. Mud dries excess sebum while the egg yolk and avocado replenish lost moisture. Witch hazel tones.



## **Egg & Olive Oil Hair Mask**

Mix two whole eggs with four tablespoons of olive oil. Smooth through hair. Wrap head with plastic wrap, and leave in hair for 10 minutes. Rinse well.

## **Fruit Smoothie Hair Mask**

Blend 1/2 a banana, 1/4 avocado, 1/4 cantaloupe, 1 tablespoon wheat germ oil and 1 tablespoon yogurt. For extra conditioning, squeeze in the contents of a vitamin E capsule. Leave in hair for 15 minutes.

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## **Facial Exfoliator**

2 heaped tsp. fine oatmeal  
1 tsp. baking soda

Combine ingredients, and add enough water to make a paste. Apply to skin and rub gently. Rinse and gently pat dry.

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## **Banana Wrinkle Fighter**

Banana is wonderful as an anti-wrinkle treatment. Mash 1/4 banana until very creamy. Spread all over face and leave for 15-20 minutes before rinsing off with warm water followed by a dash of cold. Gently pat dry.

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## **Grape Cleanser**

Grape juice makes an excellent cleanser for any skin type. Simply split one or two large grapes, remove pips and rub the flesh over face and neck. Rinse off with cool water.

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## WEIGHT LOSS BY FASTING

Excerpt from "How and When to be Your Own Doctor"

Loss of weight indicates, almost guarantees, that detoxification and healing is occurring. I can't stress this too much. Of all the things I find my patients seem to misunderstand or forget after being told, it is that they can't heal in a rapid manner without getting smaller. This reality is especially hard for the family and friends of someone who is fasting, who will say, "you're looking terrible dear, so thin. Your skin is hanging on your bones. You're not eating enough protein or nutrient food to be healthy and you must eat more or you're going to develop serious deficiencies. You don't have any energy, you must be getting sicker. You're doing the wrong thing, obviously. You have less energy and look worse every day. Go and see a doctor before it is too late." To succeed with friends like this, a faster has to be a mighty self-determined person with a powerful ability to disagree with others.

Medical personnel claim that rapid weight loss often causes dangerous deficiencies; these deficiencies force the person to overeat and regain even more weight afterward. This is largely untrue, though there is one true aspect to it: a fasted, detoxified body becomes a much more efficient digester and assimilator, extracting a lot more nutrition from the same amount food is used to eat. If, after extended fasting a person returns to eating the same number of calories as they did before; they will gain weight even more rapidly than before they stated fasting.

When fasting for weight loss, the only way to keep the weight off is to greatly reform the diet; to go on, and stay on, a diet made up largely of non-starchy, watery fruits and vegetables, limited quantities of cooked food, and very limited amounts of highly concentrated food sources like cereals and cooked legumes. Unless, of course, after fasting, one's lifestyle involves much very hard physical labor or exercise. I've had a few obese fasters become quite angry with me for this reason; they hoped to get thin through fasting and after the fast, to resume overeating with complete irresponsibility as before, without weight gain.

People also fear weight loss during fasting because they fear becoming anorexic or bulimic. They won't! A person who abstains from eating for the purpose of improving their health, in order to prevent or treat illness, or

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even one who fasts for weight loss will not develop an eating disorder. Eating disorders mean eating compulsively because of a distorted body image. Anorexics and bulimics have obsessions with the thinner-is-better school of thought. The anorexic looks at their emaciated frame in the mirror and thinks they are fat! This is the distorted perception of a very insecure person badly in need of therapy. A bulimic, on the other hand stuffs themselves, usually with bad food, and then purges it by vomiting, or with laxatives. Anorexics and bulimics are not accelerating the healing potential of their bodies; these are life threatening conditions. Fasters are genuinely trying to enhance their survival potential.

Occasionally a neurotic individual with a pre-existing eating disorder will become obsessed with fasting and colon cleansing as a justification to legitimize their compulsion. During my career while monitoring hundreds of fasters, I've known two of these. I discourage them from fasting or colon cleansing, and refuse to assist them, because they carry the practices to absurd extremes, and contribute to bad press about natural medicine by ending up in the emergency ward of a hospital with an intravenous feeding tube in their arm.

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## RAW FOOD HEALING DIETS

Excerpt from "How and When to be Your Own Doctor"

Next in declining order of healing effectiveness is what I call a raw food healing diet or cleansing diet. It consists of those very same watery fruits and non-starchy vegetables one juices or makes into vegetable broths, but eaten whole and raw. Heating food does two harmful things: it destroys many vitamins, enzymes and other nutritional elements and it makes many foods much harder to digest. So no cooked vegetables or fruits are allowed because to maintain health on this limited regimen it is essential that every possible vitamin and enzyme present in the food be available for digestion. Even though still raw, no starchy or fatty vegetables or fruits are allowed that contain concentrated calories like potatoes, winter squash, avocados, sweet potatoes, fresh raw corn, dates, figs, raisins, or bananas. And naturally, no salad dressings containing vegetable oils or (raw) ground seeds are allowed. Nor are raw grains or other raw concentrated energy sources.

When a person starts this diet they will at first experience considerable weight loss because it is difficult to extract a large number of calories from these foods (though I have seen people actually gain weight on a pure melon diet, so much sugar do these fruits have, and well-chewed watermelon seeds are very nourishing). Eating even large quantities of only raw fruit and raw non-starchy vegetables results in a slow but steady healing process about 10 to 20 percent as rapid as water fasting.

A raw food cleansing diet has several huge advantages. It is possible to maintain this regimen and regularly do non-strenuous work for many months, even a year or more without experiencing massive weight loss and, more important to some people, without suffering the extremes of low blood sugar, weakness and loss of ability to concentrate that happen when water fasting. Someone on a raw food cleanse will have periods of lowered energy and strong cravings for more concentrated foods, but if they have the self-discipline to not break their cleansing process they can accomplish a great deal of healing while still maintaining more or less normal (though slower paced) life activities. However, almost no one on this diet is able to sustain an extremely active life-style involving hard physical labor or competitive sports. And from the very beginning someone on a raw food

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cleansing must be willing and able to lie down and rest any time they feel tired or unable to face their responsibilities. Otherwise they will inevitably succumb to the mental certainty that their feelings of exhaustion or overwhelm can be immediately solved by eating some concentrated food to "give them energy." Such low-energy states will, however, pass quickly after a brief nap or rest.

Something else gradually happens to a body when on such a diet. Do you recall that I mentioned that after my own long fast I began to get more "mileage" out of my food. A cleansed, healed body becomes far more efficient at digestion and assimilation; a body that is kept on a raw food cleansing diet will initially lose weight rapidly, but eventually weight loss slows to virtually nothing and then stabilizes. However, long-term raw fooders are usually thin as toothpicks.

Once starchy vegetables like potatoes or winter squash, raw or cooked, or any cereals, raw or cooked, are added to a cleansing diet, the detoxification and healing virtually ceases and it becomes very easy to maintain or even gain weight, particularly if larger quantities of more concentrated foods like seeds and nuts are eaten. Though this diet has ceased to be cleansing, few if any toxins from misdigestion will be produced and health is easy to maintain.

"Raw fooders" are usually people who have healed themselves of a serious disease and ever after continue to maintain themselves on unfired food, almost as a matter of religious belief. They have become convinced that eating only raw, unfired food is the key to extraordinarily long life and supreme good health. When raw fooders wish to perform hard physical work or strenuous exercise, they'll consume raw nuts and some raw grains such as finely-ground oats soaked overnight in warm water or deliciously sweet "Essene bread," made from slightly sprouted wheat that is then ground wet, made into cakes, and sun baked at temperatures below about 115 degrees Fahrenheit. Essene bread can be purchased in some health food stores. However, little or no healing or detoxification can happen once concentrated energy sources are added to the diet, even raw ones. During my days at Great Oaks School I was a raw fooder for some years, though I found it very difficult to maintain body heat on raw food during chilly, rainy Oregon winters and eventually struck a personal compromise where I ate about half my diet raw and the rest fired.

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## **EAT ONLY WHEN HUNGRY**

**Excerpt from the Classic Book "The Hygiene System"**

If we do this we eat only to supply the demands of the body. We cannot repeat too often the admonition, do not eat if not hungry.

If this plan were followed the present three meals-a-day plan would end. Also the practice of many of eating between meals and in the evening before retiring would cease. For most people real hunger would call for about one meal a day, with occasionally some small amounts of fruit during the day.

Hunger is the "voice of nature" saying to us that food is required. There is no other true guide as to when to eat. The time of day, the habitual meal time, etc., are not true guides.

Although genuine hunger is a mouth and throat sensation and depends upon an actual physiological need for food, muscular contractions of the stomach accompany hunger and are thought by physiologists, to give rise to the hunger sensation.

Carlson, of the Chicago University, found that in a man who had been fasting two weeks, these gastric "hunger" contractions had not decreased, although there was no desire for food. The same has been observed in animals. Indeed these contractions are seen to increase and yet they do not produce the sensation of hunger. I do not consider these so-called "hunger-contractions" as the cause of hunger. Real hunger is a mouth and throat sensation.

But there is a difference between hunger and what is called appetite. Appetite is a counterfeit hunger, a creature of habit and cultivation, and may be due to any one of a number of things; such as the arrival of the habitual meal time, the sight, taste, or smell of food, condiments and seasonings, or even the thought of food. In some diseased states there is an almost constant and insatiable appetite. None of these things can arouse true hunger; for, this comes only when there is an actual need for food.

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One may have an appetite for tobacco, coffee, tea, opium, alcohol, etc., but he can never be hungry for these, since they serve no real physiological need.

Appetite is often accompanied by a gnawing or "all gone" sensation in the stomach, or a general sense of weakness; there may even be mental depression. Such symptoms usually belong to the diseased stomach of a glutton and will pass away if their owner will refrain from eating for a few days. They are temporarily relieved by eating and this leads to the idea that it was food that was needed. But such sensations and feelings do not accompany true hunger. In true hunger one is not aware that he has a stomach for this, like thirst, is a mouth and throat sensation. Real hunger arises spontaneously, that is without the agency of some external factor, and is accompanied by a "watering of the mouth" and usually by a conscious desire for some particular food.

Dr. Gibson says that, "The condition known as appetite, ... with its source and center in nervous desire, and its motive in self-indulgence, is a mere parasite on life, feeding on its host--the man himself--whose misdirected imagination invites it into his own vital household; while hunger, on the other hand, is the original, constitutional prompter for the cell-world calling for means to supply the true need and necessities of man's physical nature. ... Appetite does not express our needs, but our wants; not what we really need, but what we think we need. It is imagination running riot, fashioning out of our gluttonous greed an insatiable vampire which grows with our wants, and increases its power until finally it kills us unless we determine to kill it. ... As long as our attention is absorbed in the pleasures of the table, in the gratification of eating for its own sake, and in the introduction of new combinations to bring about stimulating effects, we are increasing the power of our appetite at the expense of our hunger."

The hungry person is able to eat and relish a crust of dry bread; he who has only an appetite must have his food seasoned and spiced before he can enjoy it. Even a gourmand is able to enjoy a hearty meal if there is sufficient seasoning to whip up his jaded appetite and arouse his palsied taste. He would be far better off if he would await the arrival of hunger before eating.

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There is no doubt of the truth of Dr. Geo. S. Weger's thought that "*appetite contractions* in the stomach are often excited by psychic states, as influenced by the senses." Appetite contractions thus aroused, are of distinct advantage in digesting a meal if they are super-added to pre-existing hunger contractions. We know that these psychic states increase the flow of the digestive juices--make the stomach "water" as well as the mouth--and enhance digestion.

Dr. Claunch says, "the difference between true hunger and false craving may be determined as follows: when hungry and comfortable it is true hunger. When hungry and uncomfortable it is false craving. When a sick person misses a customary meal, he gets weak before he gets hungry. When a healthy person misses a customary meal, he gets hungry before he gets weak."

If we follow the rule to eat only when truly hungry, those people who are "hungry" but weak and uncomfortable would fast until comfort and strength returned. Fasting would become one of the most common practices in our lives, at least, until we learn to live and eat to keep well and thus eliminate the need for fasting.

There are individuals who are always eating and always "hungry." They mistake a morbid irritation of the stomach for hunger. These people have not learned to distinguish between a normal demand for food and a symptom of disease. They mistake the evidences of chronic gastritis or of gastric neurosis for hunger.

Hunger, as previously pointed out, is the insistent demand for food that arises out of physiological need for nourishment. Appetite, on the other hand, is a craving for food which may be the result of several different outside factors operating through the mind and senses. Anything that will arouse an appetite will encourage one to eat, whether or not there exists an actual need for food.

Hunger may be satisfied and appetite still persist, a not unusual thing. Our many course dinners, with everything especially prepared to appeal to the taste and smell, are well designed to keep alive appetite, long after hunger has been appeased. No man is ever hungry when he reaches the dessert, so commonly served after a many course dinner. Few, though filled to repletion and perhaps uncomfortable in the abdomen, ever refuse to eat

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the dessert. It is especially prepared to appeal to appetite. This style of eating necessarily and inevitably leads to overeating and disease. Too many articles of food at a meal overstimulate and induce overeating. Hunger and the sense of taste are the only guides as to the quantity and character of food required. If we eat when we are not hungry, and if the delicate sensibilities of taste have been dulled and deadened by gluttonous indulgence and by condiments, spices, alcohol, etc., it ceases to be a reliable guide.

The unperverted instinct of hunger craves most keenly the food that is most needed by the body and the unperverted taste derives the most pleasure and satisfaction out of the food or foods demanded, and will be satisfied when we have consumed sufficient of such food or foods to supply the body's needs. But, if we have been in the habit of crowding the stomach when there is no demand for food, just because it is meal time, or because the doctor ordered it, and we know no other indication that enough food has been consumed, than that the stomach can hold no more, we are headed for disaster. The existence of a natural demand for food indicates that food is required by the body and that the organs of the body are ready to receive and digest it. Eating when there is no time, or as a social duty, or because one has been able to stimulate an appetite, is a wrong to the body. Both the quality and quantity, and the frequency of meals should be regulated by the rules of hygiene rather than by those of etiquette and convenience.

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# WEEKLY MEAL PLAN TEMPLATE



Excerpt from “Healthy Living For a Busy Family”

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# Weekly Meal Plan

|                   | Monday | Tuesday | Wednesday | Thursday |
|-------------------|--------|---------|-----------|----------|
| <b>Break-fast</b> |        |         |           |          |
|                   |        |         |           |          |
|                   |        |         |           |          |
|                   |        |         |           |          |
| <b>Snack</b>      |        |         |           |          |
|                   |        |         |           |          |
|                   |        |         |           |          |
|                   |        |         |           |          |
| <b>Lunch</b>      |        |         |           |          |
|                   |        |         |           |          |
|                   |        |         |           |          |
|                   |        |         |           |          |
| <b>Snack</b>      |        |         |           |          |
|                   |        |         |           |          |
|                   |        |         |           |          |
|                   |        |         |           |          |
| <b>Supper</b>     |        |         |           |          |
|                   |        |         |           |          |
|                   |        |         |           |          |
|                   |        |         |           |          |

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# Weekly Meal Plan

|            | Friday | Saturday | Sunday | Extras |
|------------|--------|----------|--------|--------|
| Break-fast |        |          |        |        |
|            |        |          |        |        |
|            |        |          |        |        |
|            |        |          |        |        |
| Snack      |        |          |        |        |
|            |        |          |        |        |
|            |        |          |        |        |
|            |        |          |        |        |
| Lunch      |        |          |        |        |
|            |        |          |        |        |
|            |        |          |        |        |
|            |        |          |        |        |
| Snack      |        |          |        |        |
|            |        |          |        |        |
|            |        |          |        |        |
|            |        |          |        |        |
| Supper     |        |          |        |        |
|            |        |          |        |        |
|            |        |          |        |        |
|            |        |          |        |        |

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# The Quest to Manage Weight

Whether it's weight loss or weight gain, whether it's five pounds or fifty, almost everyone in our society – irrespective of gender or age – has dealt with **some form of weight issue**.

Often excess weight and weight loss issues revolve around slow metabolism and lack of energy. So, detoxification and system cleansing are frequently needed to boost both metabolic rates and energy levels.

**Achieving weight loss and maintaining a healthy weight** are crucial factors in sustaining both physical and psychological wellbeing. Shedding those extra pounds not only helps protect the body from heart disease, hypertension, arthritis, diabetes and other physical ailments, but also from mental problems like stress and depression.

At [Native Remedies](#) you will find a comprehensive set of herbal remedies to help you manage and optimize your body and weight health – naturally and safely.

## View Natural Products for Weight Management

- [Metabolism & Weight](#)
- [Detox & Cleansing](#)
- [Energy](#)

### ***Two Important Differences in Native Remedies Products***

We use the **Full Spectrum Method** of extraction to create our products. Many *so-called natural remedies* are manufactured using standardized extractions which – although often cited as being more scientific method – is not approved by the manufacturers of holistic medicines.

To us, it makes little sense for companies to go the natural route, while being unable to guarantee that their product is free of contamination with chemicals known to be harmful to health! Using the Full Spectrum Method helps us to maintain the integrity, balance and

therapeutic effect of herbs with the least risk of side effects or harm to your health!

Read more about the our [\*Manufacturing & Full Spectrum Approach\*](#) »

We utilize a unique **dual-modality approach** to complete holistic wellness because we know that natural medicine works best in combination (herbal, homeopathic, flower essences and tissue salts) for fast relief and long-term care. Our approach provides a complete solution by offering OTC homeopathic remedies for relief of symptoms as well as compound herbal remedies for complete support of your physical, emotional and mental well-being.

While each of our natural remedies works well on its own to address a specific body function or relieve a particular symptom, we believe that by combining our herbal and homeopathic remedies you will find a complete solution that is safe and highly effective.

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- \* The best combination of the most effective ab exercises
- \* A sample ab routine that will absolutely kick your arse!

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