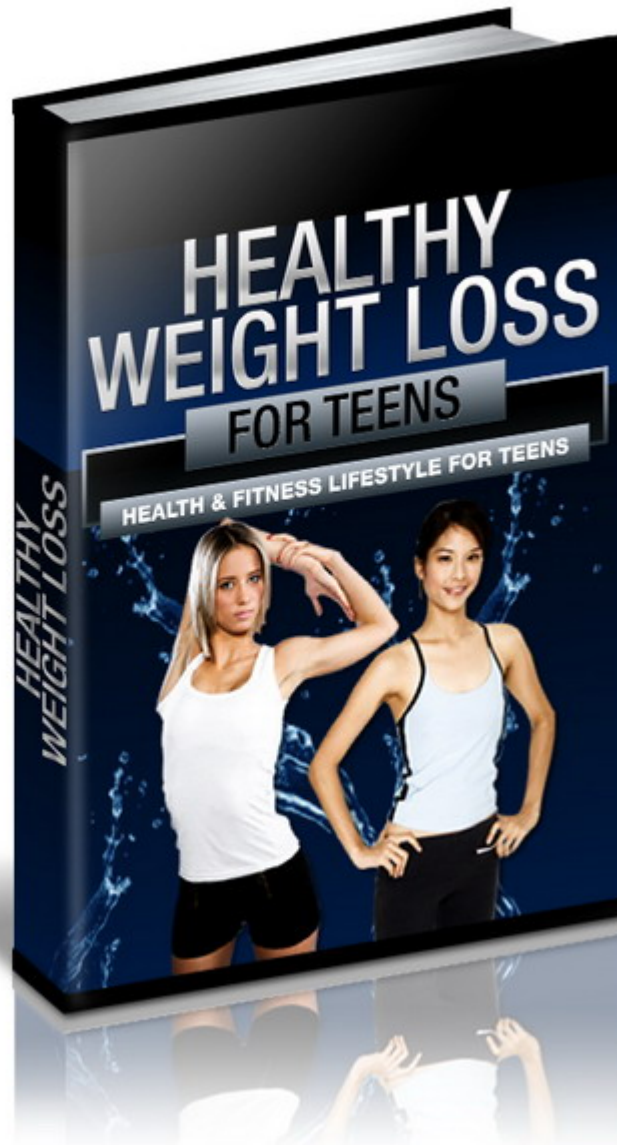


# Healthy Weight Loss For Teens



## Introduction

According to the National Center for Health Statistics, there has been a dramatic increase in obesity in Americans since the 1990s.

Almost 9 million (15%) children between the ages of 6 and 19 are overweight, and this number is still growing, according to information gathered between 1999 and 2000 (triple the number since 1980). The information has also shown that another 15% of children between the ages of 6 and 19 are at risk of becoming overweight.

Obesity is defined as having an excessive accumulation of body fat which will result in the person's body being about 20% heavier than their ideal body weight.

Although teens may have fewer weight related health issues than adults, if they're already overweight, they are more likely to be an overweight or obese adult. Teens who are overweight (in fact people of all ages that are overweight) are at risk from a number of health issues:

1. Heart Disease
2. Diabetes
3. High Blood Pressure
4. Stroke
5. Cancer

Those teens who are obese may find that they are physically unfit, have a low self esteem, and general unhealthy wellbeing. Many obese people will also tend to have a shorter life expectancy than those who are the right weight for their body size. Plus, it can also lead to social disabilities and unhappiness, which in turn may cause them stress and in some cases, may make them mentally ill.

A study in May 2004 suggested that overweight children are more likely to be involved in bullying than those children who are a normal weight. But they can not only be the victims of bullying, they may be the perpetrators as well.

The development of their own personal identity and body image is an important goal for any teenager.

There are a number of causes for obesity which center around an imbalance in the teens energy they put into their bodies, (calories that they obtain from the food they eat) and the energy they release from their bodies (how good their metabolism is, and how much physical activity they take part in). Often when a teen is overweight, there is a problem with the nutritional value of their diet. It could also be a result of psychological, familial or physiological issues.

## **The Family**

Often children and teens are more at risk of becoming overweight if they have two overweight parents. This may be a genetic factor, or they may be modeling themselves after what they see their parents eating. Also, if they take part in any physical activities, this can indirectly affect the teen.

## **Inactivity**

On average, an American child will spend several hours each day watching television or on a computer. Compare this to years ago, when this time would have been spent doing some form of physical activity. There are a large amount of teens and children who are now overweight, as they are expending very little energy, and often eat high calorie snacks while watching TV or playing on the computer. Today in the US, about 1/3 of elementary school children carry out some form of physical education, and less than 1/5 take part in physical activity programs after school.

## **Heredity**

Recently, information has shown that heredity can influence fatness in a child and teen. It was found that children with overweight mothers have been found to be less active, and often gain more weight than those children born to mothers who are a normal weight.

In this book, we will look at various ways to help overweight teens lose weight successfully, without resorting to fad diets etc.

## Psychological Issues

For many overweight teens, their physical health and well being are the least of their problems. The main issue is the teasing and abuse they receive from their peers at school. For many, it is not only what others think of them that is upsetting, but it's what they think of themselves. A good percentage of teenagers (especially girls) are clinically depressed, because they are so preoccupied with their weight.

A recent survey reveals that overweight teens rate their quality of life as low as that of young cancer patients who are having chemotherapy. Other studies report increased rates of depression, low self esteem and isolation from other members of their age group, which can result in behavioral problems. These teenagers are less likely to be accepted into higher education (college) or to get married, and are more likely to be part of lower socioeconomic groups.

Many overweight teens will be hard on themselves, and will often be mistreated by others. A study carried out in 2001 by Latner and Stunkard found that this situation, has steadily gotten worse.

Often, teens who are overweight can suffer from other problems such as cardiovascular, orthopedic, gastrointestinal, respiratory, hormonal, neurological and metabolic diseases (diabetes). These can often manifest themselves through psychological problems.

Today in the US, there are some weight loss programs for kids that combine psychological therapy with behavior modification therapy to improve the teens self esteem as well as their physical health.

## **Parenting Your Overweight Teen and Improving Their Self Esteem**

Teaching teens the importance of proper eating habits, nutrition, and physical activity is the first step in addressing the overweight problem.

By helping them become more selective with the types of food that they consume, and increasing the amount of physical activity that they accomplish, it will only produce positive results.

However, it should be stressed that formal dieting, especially giving your child a severely restricted diet, should only be attempted with medical approval and the appropriate nutritional supervision. Many pediatricians believe the best course is to hold an overweight child's weight at a steady level, and avoid losing large amounts of weight at a time. When their height is at a healthier proportion to their weight, then a dietary regime may be started.

The following 4 steps will help to facilitate healthier eating habits, and increase the amount of physical activity your teen does.

### **1. Assessing the Health of Your Child**

Before you make any personal or environmental changes in your teen's life, take a few minutes to survey what your home life is like. Do you allow them to lead a sedentary lifestyle? Are they given plenty of chances to over eat at any time? If they are, it's important that you introduce changes in to these areas of their life gradually.

First, look at just how many hours your teen spends either watching TV, or sitting at their computer. A teen can spend up to 24 hours a week watching TV. Log any time that they spend doing either, watching TV or on the computer, and try to reduce this by half.

When you have meals, does your family gather around a table, or do you eat most of your meals sitting in front of the TV or computer? Make it a family rule that, all food (including snacks) will be eaten in the kitchen or in the dining room at a table. This one small change has been shown to significantly reduce the amount of over eating that takes place at home.

Next, you will need to take a close look at your fridge and pantry. Which foods do you have that you are most likely to eat when hunger hits? If the foods are high in fat, sweetened or low in nutritional value, then find healthier alternatives, such as fresh fruit and vegetables.

## **2. Do Not Shame your Child into Losing Weight**

Neither adults nor children can be shamed into losing weight, and an overweight teen will know that they weigh too much. What a teen doesn't know, is how they can achieve a normal weight, as well as increase their self esteem. Teens like to know that their parents love them unconditionally, whether they are fat, thin or normal.

For any parent, mastering the fine art of loving your child just the way they are, while helping them to achieve a healthier body can be difficult. Any parent must learn to "give time" and believe that the lessons we teach, will one day come to fruition.

This means we can teach our youngsters to visualize a healthy meal, one that is half salad or vegetables, a quarter starches and the remainder protein such as fish, meat, poultry or soy. But you also know that at some point, they will sneak either sweets or cookies, and upset the balance that you have achieved.

A parent can persist in teaching their teens to see their plate before any food is put on it. This is helpful, as it creates a sense of portion control that is helpful when the parent is not around. This portion control can also be practiced when visiting a restaurant as well.

## **3. Physical Activity as a Family**

Physical activity should be practiced several times a week. The recommended amount of physical activity for an adult is 30 minutes. For children it's 60 minutes. However, if you are trying to lose weight, more physical activity may be necessary.

A great way of breaking the pattern is to arrange activities that involve plenty of movement for the whole family. These types of activities burn calories, and serve as a setting for parent and child communication. It is especially important in a teen's life, since opportunities to interact with your teen are at a premium.

There is little or no financial cost involved in going for a walk or a bike ride. Many communities now have swimming pools which do not cost too much to use. Just taking the family dog for a walk in the evening will help to increase the family's metabolism.

## **4. How to encourage the right sort of behavior in your teen**

The best way to help an overweight or obese teen is through your own behavior. Too often, teens will do as an adult does, rather than what we tell them.

No parent can ask their child to turn off the TV when they are watching it in another room, or to stop using the computer when they are spending hours themselves surfing the net. Nor should they restrict the portions of food they eat, when they do not watch what they are eating. Why would any child want to drink water or munch on fruit or vegetables, when they see the adults around them drinking sugar laden soda or having a bag of potato chips?

When looking to lead a healthier life style, it should be done one day at a time, and the end result will be well worth the effort.

## **Advice for Helping Teens Lose Weight**

Losing weight as a teen is far different from losing weight as an adult. Weight loss in a teen depends on their age, the metabolic rate, their eating habits, and the type of lifestyle they lead.

For many teens, losing weight is easier than it is for an adult. The teenage body burns calories much easier and quicker. Often, teens lead a much more active lifestyle; they enjoy doing exercise, walking, jogging or participating in some form of sports. These types of exercises will help boost a teen's metabolism, and increase the amount of calories they burn.

Teens could start with one of the many fad diets that are available, but they should only use these for about a week. Anything longer can cause damage to their bodies. After a week of using a fad diet, they should continue on a much more healthy diet regime, one that allows them to lose weight more slowly, which is the best way to lose weight healthily.

When on a diet, a teen should also lead a more active lifestyle. They can do this by exercising whenever possible, or participating in some sporting activity. This is especially important for teenagers, as they are still growing, and they need more food. They need to exercise in order to help remove some of the extra calories they are gaining from the extra food they are eating. So, get out and exercise. If they sit around at home watching TV or playing on the computer, they will soon find that their weight has increased.

As a teenager, you have much more energy, so put it to good use by exercising or becoming involved in sports. The best benefit is they are exercising their bodies and burning off the excess fat and calories which improves their health.

It is imperative, therefore, for those teens to lead both an active life, and have a healthy diet, in order to achieve maximum performance and productivity. Many teens who lead healthy lifestyles, find they are able to do everything they want, and do not suffer from fatigue or weakness.

## **Simple Rules For Safe Weight Loss**

Although there is no magic formula to helping your teen lose weight, the real key to succeeding is by helping them to lead a healthier lifestyle that they can carry on into adulthood.

### **1. Talk to your Teen**

If your teen is overweight, they are probably concerned about it too. Aside from long term health issues, such as high blood pressure or diabetes, there are also the social and emotional issues involved as well.

Offer your teen the support and gentle understanding that they are looking for, and help them to take control of the problem.

### **2. Unrealistic Images**

For many teenage girls, their weight and how they look can be a very delicate matter. You should remind them there is no perfect body. Remind them that the right weight for one person, is not necessarily the right weight for somebody else.

Instead of talking to them about fat or thin, encourage your teenage to focus on behaviors which will promote a much healthier weight. If you want to, talk to your family doctor, and he will help to set realistic goals for your teenager with regards to body mass index, and the weight they should be, based on their age, height and general health.

### **3. Resist Using Quick Fixes to lose weight rapidly**

Help your teenager by teaching them how to lose weight, and then keep it off. Many of the fad diets around are likely to rob your teen of essential nutrients, iron and calcium that they need in their diet, as they are still growing.

Don't allow them to take weight loss pills or other quick fixes, as they will not address the root of the problem. The effects of these types of treatment are short lived anyway.

It is important to remember that only permanent changes in their habits will help them keep the weight off.

### **4. Increase the amount of physical activity**

Like any adult, a teenager will need to do about 60 minutes of physical activity, several times a week, preferably daily. But this does not mean that they have to do it all at once. They can do the activity in short bursts throughout the day in order to help burn off excess calories or fat.

Team sports, which they do at school or at a local sports hall, are a great way for your teen to get active. However, if your child isn't an athlete, or finds it difficult to participate in certain

sports, encourage them to walk, cycle or skate to and from school, or just to walk a few times around the school before they begin classes. They could spend at least one day away from the computer and do something a little more physical like taking the dog for a walk, or just going for a walk themselves.

Get them to do some household chores, like vacuuming or washing the car. Most housework has aerobic benefits.

## **5. Ensure that your teen has breakfast**

Breakfast is the most important meal of the day. A good nutritious breakfast will help jump start your teen's day and their metabolism. It provides them with the energy they need to face the day ahead. You may also find that it stops them from eating too much during the rest of the day as well.

If your teen is not keen on high fiber cereal or whole wheat toast, suggest they eat what was left over from the night before. You could even suggest a piece of cheese, a small handful of nuts and a piece of fruit.

## **6. Snack wisely**

It may be difficult for your teenage child to make healthy choices when they are at school. Encourage them to replace a bag of chips with a much healthier option from home, such as frozen grapes, an orange, strawberries sliced red, orange or yellow peppers, a few cherry tomatoes or baby carrots.

## **7. Watch the Size of the food portions**

When it comes to the portions that a teen eats, size really does matter. If you encourage your child to cut back and stop eating when they feel full, they'll have a much easier time getting their weight under control. You may find that just one slice of pizza, or half the pasta is enough to make them feel full.

## **8. Drinks**

An average 12 ounce can of soda has 150 calories and 10 teaspoons of sugar. The calories and sugar that you find in fruit juice, specialty coffees and other drinks can also add up quickly. So getting your teenager to drink more water, instead of soda and other sugary drinks, will save on the calories and their sugar intake. Suggest they drink flavored water, seltzer water or unsalted club soda instead.

## **9. Let them have the occasional treat**

Allowing your teen to have a late night pizza at a friend's, or some nachos when they're at the movies, doesn't derail your teen's healthy eating plan.

Suggest that when they are out, they have a breadstick with sauce instead of garlic bread, or they share a snack with their friend, instead of having an order themselves.

It is important that you let your teenager know that they are in control, and the occasional treat is okay. The most important thing is getting them to lead a healthier lifestyle.

## **10. Family involvement**

Rather than just singling out your teenager to lead a healthier lifestyle, adopt these healthy habits for the whole family.

- a. Encourage the whole family to eat more fresh fruit, vegetables and whole grains. It's important that you set a good example for all your children.
- b. Forget the junk food. Although healthy food often costs more, it is a good investment in your child's life.
- c. Try out new recipes or healthier alternatives to those family favorites.
- d. Don't allow anyone to eat while sitting on the couch. This will curb mindless eating.
- e. Arrange some family activities, such as walks in the evening, or visiting a local recreation center on the weekend.

## **11. Be Positive in your Attitude when helping your teen to lose weight**

Being overweight does not always lead to a lifetime of low self esteem, but your acceptance of your teen's weight problem is critical. Remember to listen to your teen's concerns regarding their weight, and comment on their skills, efforts and accomplishments.

Make it perfectly clear that your love for them is unconditional, and not dependent on how they look. Help your teen learn to express their feelings in much healthier ways, say by writing down what they feel in a journal.

If your child is struggling with low self esteem, and finding it difficult to cope with their weight in a healthy way, then consider looking for a support group, formal weight control program or professional counseling to help them.

There are many support groups which will provide your teen with the tools to counter any social pressure and cultivate a positive attitude. This will help them to take control of their weight. These benefits will then last them a life time.

## When the pendulum swings too far

In some cases, an overweight teen becomes obsessed with losing weight and pushes the pendulum to the other end of the scale. The opposite side of obesity is anorexia and bulimia, which are more dangerous.

It is very difficult to understand how anorexia and bulimia affects people who may look healthy and a normal size weight. For many sufferers, they see themselves as fat and undesirable, and they usually lack self confidence and self esteem. They may feel this because they have been laughed at when they were younger, or it can be that they are just too shy or embarrassed to discuss how they feel.

Those suffering from either anorexia or bulimia are at risk. Their health will be compromised if their eating problems are not diagnosed early. What you need to do is get to the root of their problem and discuss how they feel about themselves. Find out why they feel that they need to lose the weight in such a manner. Then you can look at ways in which you can help them to combat this problem.

People who are suffering from anorexia or bulimia will most likely need professional help. There are plenty of self help groups which assist with these eating disorders.

How do I recognize if my teen is suffering from an eating problem?

Unfortunately, most people, especially children, are good at hiding the symptoms related to eating problems. But here are some signs that should help.

1. The color of their skin. Does it have a healthy glow or is it dull and pale?
2. Eyes - are they bright or dull?
3. Hair – It is full and shiny or has it become dull, flat and thinning?
4. Legs and Arms – Have they got good tone, or do they look just like skin and bone?
5. Have their energy levels decreased?
6. Teenage Girls – Has their menstrual cycle altered in any way?

Discreetly watch your teen's bathroom habits. Are they constantly going to the bathroom after they have eaten in order to purge the food from their body? Do they have loose stools and stomach cramps because they are taking laxatives?

Teenagers who are suffering from anorexia will often play with the food, or say they are not hungry or that they ate earlier when they were out with their friends. Others may skip breakfast and just grab something on the way school, or they won't take their lunch to school. Discreetly check with the school to see if they are eating meals at school. Speak to their friends and find out what they are eating when they are with them. However, it is important that you do not pry too much, or it will lead to them only hiding the problem from you even more.

If you are able to, monitor what they are reading and logging onto on the internet.

If your teen losses a dramatic amount of weight in a short period of time, it could signal a larger issue. Weight gain is an issue, but critical weight loss is even more alarming.

## **Conclusion**

There are number of ways to help a teen to cope with their obesity, as well as helping them lose weight safely.

Often, obesity treatment programs which have been devised for teens rarely have weight loss as a goal, but rather they aim to slow or halt any weight gain so the teen will grow into their body weight over the next few months or years. It is estimated that for every 20% excess body weight a teen has, they will need about 1½ years weight maintenance to obtain their ideal body weight.

So, early and appropriate intervention on the part of the parent is particularly valuable. Modifying a teen's eating and exercise habits is much easier to do than with an adult.

The three forms of intervention that a parent could use are:

### **Physical Activity**

By adopting a formal exercise program, or just simply becoming more active, you help burn fat and increase the amount of energy a teen expends. Studies have shown that exercise, as well as one of the other form of intervention, is a successful way to help a teen lose weight safely.

### **Diet**

It is advisable that you do not allow your teen to fast or drastically reduce their calorie intake. Not only is this way of losing weight psychologically stressful on them, but it may adversely affect their growth. Make sure they have a balanced diet, with moderate restrictions on the amount of calories they consume.

Your teen may need to be educated on the nutritional values of foods so they are aware of what foods are most beneficial for them.

### **Modification of a Teens Behavior**

There are many behavioral strategies that are used on adults, which can be successfully applied to teens, such as:

1. Self monitoring and recording the food they eat
2. Increased physical activity

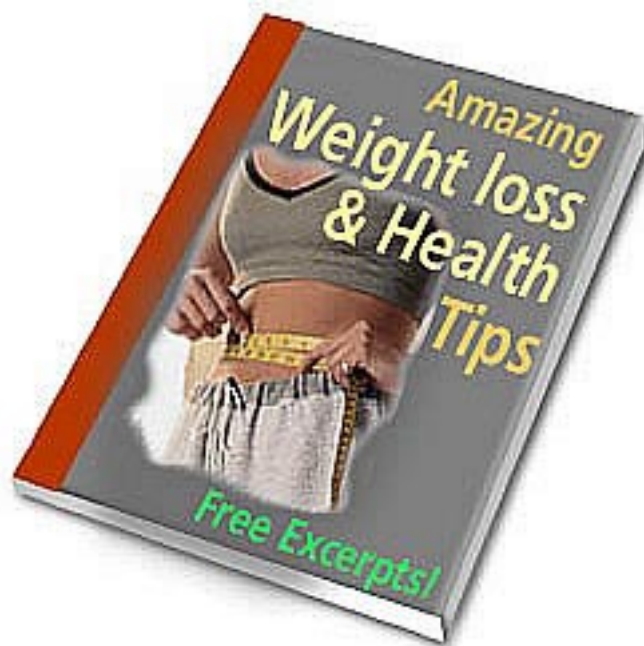
3. Slowing the rate at which they eat their food
4. Limiting the time and place they eat
5. Provide them with rewards and incentives

Hopefully you are inspired to help your teen with any weight issues they have. However, it is easier to prevent a teen from being overweight, than it is to treat it.

Where prevention is concerned, it focuses on educating the parents about providing their children with a good nutritional diet and plenty of physical activity. It's also important to help teens build their self esteem, and address any psychological issues that they have.

# 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!"**

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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!"**

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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.

[http://www.healthrecipes.com/juicer\\_ebook.htm](http://www.healthrecipes.com/juicer_ebook.htm)

## 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.

[http://www.healthrecipes.com/juicer\\_ebook.htm](http://www.healthrecipes.com/juicer_ebook.htm)

## Gingered Apple Cidar

3 apples, cored and sliced  
1 inch piece ginger

Process through a juicer and serve.

[http://www.healthrecipes.com/juicer\\_ebook.htm](http://www.healthrecipes.com/juicer_ebook.htm)

## 5 STEPS TO MAKING THE PERFECT SMOOTHIE

**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. 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.

[http://www.healthrecipes.com/juicer\\_ebook.htm](http://www.healthrecipes.com/juicer_ebook.htm)

## SMOOTHIE AND SHAKE TIPS

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)



- 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!"**

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

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.

Read more about the our [\*Dual-Modality Approach\*](#) »

## **Supplements are not the only way to manage your weight!**

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- \* How to get killer results with super short workouts
- \* The best combination of the most effective ab exercises
- \* A sample ab routine that will absolutely kick your arse!

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