



Fourteen Secrets To A Healthier Life

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[Men Living Longer](#)

[It Takes Work](#) (Author's Blog)

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Six Steps in Choosing the Right Fitness Program

Embarking upon a new fitness program can be a challenging task. Here are six steps to ensure you start down the right path to health.

1) What's your starting point? Before embarking on any fitness program, it is important that you first assess your own level of health and fitness. If you have not been regularly exercising, you should check with your doctor before taking the next step. At the very least, plan to start slow and build your way up.

2) Set your goals. What are you trying to achieve? Weight loss? A more muscular body? Write down short term concrete goals that will guide you. One goal might be to lose ten pounds. Another might be to move up to a more difficult level on the stationary bike. Goals are important for several reasons. They motivate you. They give you something measurable to evaluate your progress. And keeping them short term gives you the ability to more frequently enjoy the wins as you reach a new level.

3) Do what you'll enjoy. It's important that the fitness program you choose actually incorporates activities you will enjoy. If you hate the gym, find a program of home and outdoor based exercises. If you dislike jogging, focus on swimming or biking. The key is to choose activities that won't bore or frustrate you.

4) Mix it up. And speaking of boredom, it's helpful to incorporate a range of activities so you can mix up your workouts. Swim one day, bike the next. Not only does this keep you from falling into a rut, but it also forces your body to adapt to different types of movement and muscle use. For example, a program that alternates swimming with biking will ensure that you are working almost every major muscle in the body.

5) Check your wallet. You need to find a program that falls within any budget constraints you might have. If a gym membership is out of your price range, invest in a program that concentrates on exercises that can be done at home or outside. It makes no sense to invest in a fitness program that emphasizes the use of gym circuit machines if you can't afford the membership.

6) Just do it. This is the key step. After doing all the homework, go for it. Actually get up and start the program you've selected. It's time to get physical and follow through on your fitness goals. Start slow and build intensity gradually. What's the payoff? A future that includes a healthier and happier you. And chances are it's a future that will last longer than if you don't get off the couch.

[Click here to learn about a leading fitness and weight loss program.](#)

Don't Go Breaking Your Heart

Recent studies have shown that inflammation is closely linked to many health disorders including cancer, diabetes, DNA damage, and heart disease.

Inflammation is the process by which the body responds to infection or injury. But studies have shown that inflammation is also a key factor in the onset of atherosclerosis, the process in which fatty deposits build up in the arteries of the heart, leading to possible blockages and other cardio-related issues.

Here are some tips to identify and deal with the effects of inflammation in the body.

Get Tested

You won't see this test on the normal checkup menu, but you can request your doctor to administer a high-sensitivity C-reactive protein (CRP) test. Just think how impressed he or she will be that you even know what that means. A CRP level of 1 mg/L or greater indicates a risk for heart disease. A level greater than 3mg/L places you in the high risk category.

Take the test at least twice over a period of 2-3 months to ensure accurate and consistent results.

Go Fish

Experts recommend the intake of a 4:1 ratio of omega-6 fatty acids to omega-3s. However, the typical American diet provides 12 to 25 times the amount of omega-6s, in the form of saturated fats such as soy, canola, sunflower, and corn oils, as omega-3s. To achieve a healthy balance, try to eat 2-3 servings of fatty fish, such as salmon or trout, per week.

Eat Mor Chikin - Maybe Not

Gotta love those crazy cows in the Chick Filet commercials, but maybe they have it all wrong. Chicken has a high concentration of arachidonic acid, a fatty acid that encourages the body's production of inflammation causing chemicals. Lean beef contains half as much arachidonic acid and also provides high levels of the inflammation fighters selenium and zinc.

And when it comes to beef, grass-fed is always better due to the healthier omega acids balance.

Lose That Gut

It has been proven that the most effective way to reduce CRP levels, is to reduce excessive abdominal fat.

The Rainbow Is Your Friend

Flavonoids found in brightly colored vegetables and fruits not only provide healthy antioxidants, but also serve to reduce inflammation in body tissue. Choose from peppers, blueberries, sweet potatoes, oranges, grapes, and other colorful raw foods to enhance your daily diet.

A Little Spice'll Do You

A diet that includes 3-5 grams of ginger or tumeric a day has been shown to suppress production of inflammation causing chemicals in the body. Interestingly, studies have shown that these spicy substances work at the DNA level to shut down the genes responsible for inflammation.

Pass The Beans

A high fiber diet (30+ grams/day) can reduce CRP levels by 12-15 percent. A diet rich in whole grains and beans will ensure that you meet the required levels. Black beans, lentils, Buckwheat, and amaranth are excellent choices.

It's also critical to remember that recent studies have shown that as fitness levels go down, CRP levels go up. Researchers are not sure if poor fitness leads to an increase in CRP or vice versa, but exercise is an important part of maintaining a healthy heart either way.

[Click here to learn about a high quality cardio health supplement.](#)

Detoxification: It's Not Just For Hollywood Stars Anymore

American industry continues to pump wastes into the air, water and ground. Food producers continue to package our diet staples with artificial preservatives, refined sugars, and rancid vegetable oils. Our water is teeming with bacteria and waste. Our air is polluted. And our food is manufactured and fake.

Picture a car running on watered down gasoline and oil that never gets changed. It may limp down the street as it tries to get energy from the substandard fuel, but sooner or later that engine is going to grind to a halt as the wastes and sludge in the oil tear the components apart. That's what the combination of toxins in the air, water, and our food do to us. And sooner or later, that sludge in our body will lead to issues such as cancer, heart disease, obesity, and/or mental clarity degeneration.

Let's examine some of the sources of these toxins. You'd be surprised how pervasive they have become in our everyday life.

Chemical Clouds

The air we breathe is polluted by exhaust emissions from cars, buses, planes, trains, and industrial processes. Carbon monoxide, which has been closely linked to increased risks of heart disease, makes up approximately 50% of air pollutants. If the air we breathe is contaminated with carbon dioxide, smog, chemicals, and other pollutants, then those toxins are being inhaled through the nose and mouth, absorbed into the lungs, and pushed into the bloodstream, where the heart will pump it through every cell of our body.

Incinerators, industrial plants, and waste disposal sites put out enormous amounts of volatile chemicals. Benzene, vinyl chloride, carbon tetrachloride, formaldehyde are just a few of the typical substances permeating the air we breathe. Many of these are linked to higher risks of cancer.

Office Fumes

Surprisingly, newer office buildings being built are far more toxic than the ones constructed in years past. Volatile chemical substances including benzene, styrene, carbon tetrachloride, and formaldehyde, can be over 100 times as strong in newly constructed buildings as compared to outdoor levels.

Modern building materials emit gasses into the air over their lifetime. Paints release solvents. Carpets and pressed wood furniture release formaldehyde. Other fumes can originate from common fabrics, curtains, and glue used in industrial outfitting.

Pesticides

You would be amazed at the number of common products that contain anywhere from trace to substantial amounts of pesticides, such as diazinon. The chemicals can be found in shampoos, soaps, mattresses, disposable diapers, and carpets. We are being exposed to unhealthy levels of these organic toxins everyday. They are easily absorbed through the skin, inhaled, or swallowed.

Our body is designed to combat a reasonable inflow of these type of poisons, but at today's levels, there's no way the body can keep up, so they accumulate inside us over time. This accumulated residue can lead to depression, memory loss, Parkinson's Disease, mental psychosis, and hormone-related cancers such as the strains that attack the breast and prostate.

Dietary Poisons

Pesticides are still used in the majority of our crop growing soils. Thus these harmful chemicals become a part of the food supply. Fruits, vegetables, and meats tainted with pesticides will cause these chemicals to become lodged in our fatty tissues, including the breasts, prostate gland, and the brain.

In addition, the increased use of artificial additives to preserve our food, refined sugars to flavor our food, and rancid vegetable oils to package our food, has led to a new class of poisons that our bodies were never designed to handle.

Toxic Love Handles

Anyone who is overweight has an excess of stored body fat. When all the poisons we ingest are not able to be eliminated, they wind up lodged in the fatty tissues of the body. Those love handles become a three car garage for the accumulated toxins. And since your brain is roughly 60% fat, there's another place for the poisons to set up house.

Fortunately there are ways to help your body deal with these accumulated toxins. There are [detoxification programs](#) and products that can provide the guidance and resources needed to facilitate a cleansing of the body. If you want to keep your engine running, look into detoxification as a routine part of your health and wellness regimen.

[Click here to learn about obtaining a free trial of a leading detoxification program that will eliminate the accumulated toxins in your body.](#)

Grow Your Own Superfood

Wheat grass has become one of the more popular "go green" dietary supplements. You find it offered at premium prices in juice bars, health shops, and many restaurants. It can be purchased in juice, salad, smoothie, pill, and powdered form.

So, what's all the hype about?

In this instance, the hype is all fact. In addition to being loaded with micro-nutrients, wheat grass also contains high concentrations of raw protein, chlorophyll, calcium, Lysine, and vitamin C. Wheat grass is a true superfood and has been shown to provide a range of benefits including:

- Replenishing blood cells
- Restoring balance in the body
- Providing nourishment to critical organs including the kidneys, liver, and heart
- Flushing toxins from the body
- Supplying raw energy

A single ounce of wheat grass juice provides the nutritional value found in 2.4 pounds of raw, fresh vegetables.

This value is derived from the 30 enzymes and the 70% chlorophyll content found in freshly juiced wheat grass. And as most of us don't get the recommended eight servings of fruits and vegetables in our daily diet, being able to obtain the equivalent nutritional value in a one ounce shot of juice is certainly an attractive alternative.

Many people are now growing their own wheat grass in their kitchen, or anywhere there is ample sunlight. Utilizing a wheat grass juicer, or even a household blender (not recommended as you lose much of the nutritional value via the high speed blending process), you can save that \$2-\$4 dollars you would pay in a juice shop and make your own juice at home.

Wheat grass is the young seedlings of wheat plants. It's fast and easy to cultivate and can be grown in containers ranging from plastic cups to full size plant trays. Follow these steps to grow your own nutrition-rich wheat grass:

1. Obtain a bag of wheat berries (seed). They can generally be found in any natural food store for around a dollar per pound. They keep well, so stock up and store the extra in a darkened pantry.

2. Determine what you want to use to grow the plants in. You can use any container that is at least two inches deep. A used flat from a gardening project is ideal. And if you can find one with drainage holes, even better. Otherwise poke an appropriate number of small holes in the bottom of your selected container.
3. Select the wheat berries you intend to plant. There should be enough to completely cover the surface of the planting container. Err on the side of too many rather than too few. Soak the selected wheat berries, or seed, in clean cold water for eight hours.
4. Add soil to your container to a depth of at least two inches. Any type of good potting soil should be sufficient. Spread the seeds over the top of the dirt. Use enough to completely cover the planting area.
5. Although not strictly necessary, it's helpful to cover the seeds in a light layer of moss of some type. I typically use Spanish moss, breaking it up and sprinkling it over the seeds. But any dry type will do.
6. Water the plants well and cover the container with a thin sheet of plastic. Sandwich wrap or the like can be used as long as light is able to get through.
7. After a couple of days, the seeds should have germinated and the plastic can be removed. Make sure the plants are positioned to get ample sunlight. Mine grow on the counter beneath a kitchen window.
8. To avoid mold (a common problem), mist the plants daily with a mixture of water, baking soda, and kelp extract. Assuming a 16 ounce spray bottle, fill with water and add two tablespoons of kelp extract and a quarter tablespoon of baking soda.
9. Once the grass has reached 3-4 inches in height, it's ready to be harvested. Just cut around 3/4 of it's length to allow the blades to regrow.
10. To juice your harvested grass, you'll need a [wheat grass juicer](#) (a fruit juicer will not work due to the high speed process which will destroy the delicate enzymes in the wheat grass). An alternative is to put a half cup of water in a blender, throw in the grass, blend at a low speed, and filter the mixture through a fine strainer. But even this method will destroy many of the enzymes, reducing the nutritional value of the resulting mixture.

Six Foods to Save Your Brain

It was just a few months ago when I experienced what some might call a "senior moment". I was in a conversation and, all of a sudden, I had a thought I wanted to get out, but couldn't think of the word I needed to express it. I knew exactly what I wanted to say, but the specific word I was looking for just wouldn't come.

Moments like this are not necessarily tied to age and have happened to anyone who has forgotten a name, misplaced their car keys, or found themselves tongue tied in a conversation. They just seem to occur more frequently as we get older and our brains lose vitality.

However, there are ways to ensure that your brain continues to operate at a peak performance level, even as we age. The key is to energize the cells of the brain by supplying it with a steady diet of brain essential fatty acids and ensuring that blood sugar levels remain consistent.

There are many supplements that have been designed to provide brain-rich chemical combinations, but it all starts with a healthy diet. There are many foods that provide brain essential nutrients, but six key staples excel in their ability to keep our brains young and sharp.

Berries

Berries of all types, but especially blueberries, raspberries, blackberries, cranberries, and strawberries, provide high levels of brain essential omega-3 fatty acids. A study at Tufts University showed that rats, when fed a diet that included blueberries, raspberries, strawberries, and vitamin E, tested at a superior level for balance, memory, and speed while navigating a maze.

Fresh berries are best, but frozen will do in the off-season.

Fish

Cold water fish are rich in omega-3 fatty acids. Salmon, herring, mackerel, sardines, and tuna all contain high levels of the brain essential omegas. Wild, deep water fish are best as they typically avoid heavy exposure to mercury, dioxin, and the other toxins and bacteria that permeate shallower waters.

Eggs

Eggs get a bad rap for their relatively high levels of cholesterol, but they actually provide multiple nutrients critical in the maintenance of healthy brain tissue. Eggs are rich in lecithin, a critical building

block for brain membranes, and a natural emulsifier of cholesterol and fats.

Eggs are also contain high concentrations of lipids, serine, inositol, and the brain essential amino acids tryptophan and tyrosine. All are critical components in maintaining mental clarity, memory, and other brain functions.

Spinach

Spinach, especially when served fresh and raw, protects healthy brain cells and rejuvenates old and damaged ones. The green leaves contain high levels of the B vitamin folic acid which is a powerful neuro booster. Studies have shown that diets rich in folic acid prevent the onset of Alzheimer's and other mentally degenerative diseases. Spinach also contains high levels chlorophyll, lutein, and flavonoids. Flavonoids are especially valuable for the long lasting antioxidant protection they provide.

Other green vegetables that feed the brain include kale, broccoli, basil, arugula, kelp, and cilantro.

Beans

Beans are at the top of the brain-essential food chain. The dark beans (black, red, and kidney), provide a healthy supply of low glycemic carbs, brain essential amino acids, and high concentrations of antiaging antioxidants.

Walnuts

A handful of walnuts provides over 3g of healthy omega-3s. They contain an optimal balance of the omega-6 and omega-3 fatty acids, ensuring that the maximum benefits from both are obtained. Walnuts are best acquired while still in the shell to preserve the valuable oils inside. They make an excellent snack between meals and assist in stimulating healthy brain activity throughout the day.

Peanuts, hazelnuts, pecans, and almonds are also excellent sources of antioxidants.

A finely tuned brain is a critical component of any healthy lifestyle. It all starts with a diet rich in brain boosting vitamins and nutrients that will keep you sharp and focused. You will live younger if you include them in your daily eating habits.

Resveratrol Supplements: Or Just Polish Off the Merlot

The popularity of the Mediterranean Diet and its apparent impact on longevity has led to research into the substance resveratrol, an ingredient found in red wine and a diet staple in the Mediterranean culture.

After extensive experimentation, doctors have concluded that resveratrol demonstrates the ability to reverse the effects of obesity in mice. In addition, they observed that mice placed on a diet of resveratrol supplements also exhibited higher endurance levels and longer lifespans than mice on a non-supplemented diet.

In a controlled test environment, ordinary mice will normally run approximately one kilometer on a treadmill before collapsing in exhaustion. However, mice that have been given a resveratrol supplement will run twice as far before showing evidence of tiring. In addition, subsequent tests also show that the mice on the resveratrol program demonstrate heightened muscle control and strength and have a significantly reduced resting heart rate when compared to the ordinary mice.

After the success of resveratrol supplement testing on mice and other animals, doctors at the Institute of Genetics and Molecular and Cellular Biology in Illkirch, France have now completed initial human experiments that demonstrate that similar results can be obtained in human test subjects that are placed on a program of high quality resveratrol supplementation.

The key to resveratrol's effects on the body are in the substance's ability to work at a cellular level to increase the production of mitochondria. Mitochondria are the organisms in the body that generate energy. The extra mitochondria in the treated mice resulted in the ability to burn more fat and to optimize muscle functions.

Dr. Ronald M. Evans, a scientist at the Salk Institute and an expert on the hormonal control of metabolic functions, stated that the report by the French genetics team had "shown very convincingly that resveratrol improves mitochondrial function" and wards off metabolic disease. Evans characterized the study as "very important, because it is rare that we identify orally active molecules, especially natural molecules, that have such a broad-based, positive effect on a problem which is as widespread in society as metabolic disease."

A drug that can prevent degenerative disease, promote weight loss, prolong life, and reshape an individual into a highly trained athlete sounds like the stuff of science fiction. But doctors are convinced that their work into the effects of resveratrol and resveratrol synergy have led to some surprising advancements in the area of anti-aging. They now believe that the body's ability to utilize sirtuins,

enzymes that protect and energize our systems, declines with age. This is the process that is reversed by resveratrol.

The growing evidence supporting the benefits of resveratrol has enthused scientists who do research on the aging process, several of whom are already taking resveratrol supplements. Dr. David Sinclair, a scientist at the anti-aging drug research company Sirtris, has been taking resveratrol supplements in liquid and capsule form for over three years. He claims that half the members of his laboratory do the same and that he is encouraging use of the supplements to family and friends. There are a range of views on appropriate resveratrol dosages, but this involves detailed debate around ingredient purity and potency.

Quality resveratrol supplements are designed to maximize the efficiencies of formula and dosage.

[Click here to learn about a top quality resveratrol supplement.](#)

Stress Relief: Entrain Your Brain

There is an old saying that goes "Music doth soothe the savage beast", or something to that effect. It turns out there is more truth to that adage than you might expect. Scientists, through extensive studies into brain wave management, have shown that certain frequencies can be combined to create stress relief music. Utilizing this technology, digital music makers have created CDs and MP3 libraries of music designed to provide health benefits including stress relief, improved sleep habits, and mental focus.

The mechanism behind the design of these digital stress relievers is the science of binaural beats.

[What are binaural beats?](#)

Experiments in audio stimulation and reaction have determined that when two different sounds of similar frequencies are sent one to each ear, the brain initiates a process called entrainment.

Entrainment is a phenomenon that occurs when the brain automatically adjusts itself to the two different frequencies being piped in, and essentially filters out the difference between the two frequencies to create a new differential frequency or "beat".

Practically speaking, if you play a tone of 250 cycles per second frequency in one ear and a tone of a 265 cycles per second frequency in the other, each tone will be processed by both the left and right hemispheres of the brain. The brain reacts over time by creating a "phantom" frequency in an attempt to "smooth" out the difference between the 2 tones. This frequency (15 cycles per second in this example) is a binaural beat and the brain will adjust its wave output to match this frequency.

Brain wave ranges can dictate focus, mood, and level of relaxation. Brain waves are nothing more than electromagnetic activity. This activity can be measured, as any other type of current, in increments of cycles per second. Extensive experimentation has established ranges scientists commonly use to define particular states of mind. When our brain waves, or electrical impulses, are being generated in these ranges, particular behaviors can be observed.

The wave range our brain exhibits in our normal day-to-day activities is called Beta. The Beta range occurs in the 15 cycles per second and up range. There is little deliberate organization in the mind in this state, and it is typically just running from one thought to the next. In daily life, this is the brain wave range that supports our multi-tasking oriented lifestyle.

The next level down is Alpha. Alpha waves are associated with a state of mind generally referred to as alert relaxation. The Alpha range is 8-14 cycles per second. This state is commonly exhibited in the

minutes just before we wake or just before we fall asleep. It is also the pattern our brain exhibits when we are daydreaming or "dozing off".

As we move down the brain wave range the next classification is the Theta range. Theta, occurring at the 4-7 cycles per second range, is the brain wave level associated with dream activity, deep meditation, and REM sleep. The bottom of the known spectrum is the Delta range, which occurs at brain wave rates less than 4 cycles per second. It is usually associated with deep, dreamless sleep and body healing and rejuvenation.

Through the use of designed sound combinations, selected binaural beats can be generated in our brains, placing us in a specific mental state. In addition to lowering or raising brain wave frequency to relax or excite a listener, there are other more controversial, alleged uses for binaural beats. For example, it has been postulated that by using specific frequencies, an individual can stimulate certain glands to produce desired hormones. As an example, experiments have demonstrated that endorphins, commonly produced in the "runner's high" state of mind, can be generated by using specific combinations of binaural beats.

In other experimental uses, there are studies that show that learning time and sleep requirements can be reduced by introducing adults to a program of theta wave inducing music. Theta waves are thought to improve learning because children, who usually learn new concepts faster than adults, exhibit stronger theta wave patterns and typically maintain the healthy theta wave state for longer periods than their elders.

Binaural beats are now routinely used by therapists to help people reduce stress and improve mental clarity and focus. Progressive programs are also utilizing binaural beats to assist cancer patients deal with the effects of chemotherapy and other treatments. Binaural beats can also be used for meditation and self-hypnosis and to potentially alter selected behavioral patterns, including smoking and over-eating.

As the science around binaural beats advances, new uses are being discovered and more people are developing binaural beat recordings to achieve specific results. The potential benefits of the healing and rejuvenating powers of binaural beats include weight loss programming, attention deficit disorder therapies, and stress management applications. The benefits are just being tapped and the progress is very encouraging for the future of emotional and physical therapy.

Don't be surprised if you hear more and more about the medical profession embracing therapies involving the use of stress relief music and other binaural beat relaxation applications. Many people are taking advantage of these advances through the use of custom audio programs designed to induce a desired state of mind, to train the brain to better handle stress and anxiety, or to help the body heal and re-energize itself.

[Click here to get a free demo of a high quality binaural beat program.](#)

Heart Healthy Tips

Low-fat diets. High-fat diets. Eat good fats. Stay away from bad fats. There is so much information out there and it can be confusing to know what the best diet choices are. Especially when it comes to healthy versus unhealthy fats.

Most foods we eat contain fat of some kind. There are many kinds of fat including trans, saturated, unsaturated, and polyunsaturated. Are they all bad for you?

Unhealthy Fats

Trans and saturated fats are unhealthy and can raise the levels of LDL (bad cholesterol) in the body. Dietary cholesterol, while technically not a fat, is typically lumped into the fat category. Dietary cholesterol originates in animal based food sources, such as meat and poultry and is typically not as harmful to the body as trans or saturated fats.

Examples of foods rich in trans fats include:

- Foods processed in partially hydrogenated vegetable oils such as crackers, cookies, and cakes.
- Fried foods such as french fries, battered chicken, and doughnuts

Examples of foods containing saturated fat include:

- Tropical oils such as palm, kernel, shea nut, and coconut
- Animal sourced foods such as dairy products, seafood, meat, and poultry

Food derived from animal sources contains levels of both dietary cholesterol and saturated fat. Red meat contains far higher levels of both than poultry, dairy, or seafood.

Are all fats unhealthy?

No. In fact, there are fats that, in moderation, are actually healthy and provide multiple benefits to the body, especially the heart. These heart healthy fats are in foods that contain unsaturated, monounsaturated, and polyunsaturated fats.

Maintaining a diet of foods that include these types of fats and excludes trans and saturated fats will lower your cholesterol and decrease your risk of cardiovascular disease.

Good fats lower the levels of LDL (bad cholesterol) in the body. Again, moderation is the key as many food sources rich in healthy fats are also rich in calories.

Omega-3 fatty acids, a polyunsaturated fat, are especially beneficial in the control of cholesterol levels. Hence the popularity of fish and flaxseed oil supplements. They both contain high levels of omega-3 fatty acids.

Examples of foods containing healthy monounsaturated and polyunsaturated fats include:

- Canola, peanut, almond, and olive oil
- Sunflower, soy, and other vegetable oils
- Avocados, seeds, and nuts
- Peanut butter

Examples of foods rich in omega-3 fatty acids include:

- Cold water fish such as tuna, salmon, and mackerel
- Flaxseeds
- Walnuts

Make Good Fat Choices

- Replace the use of fatty salad dressings and butter with olive oil
- Use olive or canola oil for cooking
- Skip the potato chips and cookies in favor of a handful of nuts and/or seeds
- Eat 3-4 servings of cold water fish each week
- Make sandwiches with sliced avocado instead of cheese
- Replace red meat with chicken

Although monounsaturated and polyunsaturated fats minimally affect LDL levels in the blood, they still need to be eaten in moderation. Large quantities of any fat will contain relatively high calorie levels. Make sure you maintain a diet that is rich in fruits, vegetables, and grains. Limit fats to a small percentage of your overall intake.

Wheatgrass Juice: Tastes Like Lawn Clippings, But...

Wheatgrass juice. Every juice shop and many health food stores sell little cups of the dark green liquid that smells, and tastes, like freshly cut summer grass clippings. Wheatgrass juice has become popular with the "soy and yogurt" set, but most people will turn their noses at the pungent smell of this concoction and stick to their coffees and sweetened teas.

They don't know what they're missing, because once you get past the taste, wheatgrass juice packs quite a concentrated nutritional and medicinal punch.

Wheatgrass is one of the many green plants that are grown through the process of sprouting. Sprouts are "total foods" because they contain a full range of essential dietary nutrients in combination with the enzymes that are necessary to ingest and absorb them. Humans are unable to snack on wheatgrass in its plant form, as the cellulose makeup makes it too fibrous for our digestive system.

In juice or powder form, however, wheatgrass breaks down through digestion very rapidly and almost immediately hit the bloodstream. The full menu of nutrients provided by wheatgrass juice is assimilated by the human body in twenty minutes or less, making it also an extremely effective source of quick energy.

Wheatgrass provides a multitude of benefits including:

Energy

Two ounces of fresh wheatgrass juice supplies the vitamin and mineral content of three pounds of organic vegetables. The same two ounces also provides a healthy energy boost equal to two cups of coffee, without the caffeine.

Complete Food Source

Wheatgrass is a nutritious source of calcium, magnesium, iron, phosphorous, sodium, cobalt, and zinc. It is a complete meal with high levels of protein made up of thirty+ enzymes and is approximately 70% raw chlorophyll, an important component in muscle growth and the development of new blood cells.

Body Detoxification and Cleansing

Wheatgrass contains many detergent capabilities and will work to drain the lymph system, carrying away many of the toxins found in cells and tissue. Muscles, tendons, and joints, sore from exertion or degenerative issues, will develop a buildup of mucous in the lymph area of the pain or injury.

Wheatgrass will breakdown the mucous and allow it to drain. Wheatgrass is a powerful detoxification agent and will immediately react with toxins and mucous in the stomach before being absorbed into the blood, where it will wash away toxins stored throughout cells and fatty tissues.

Weight Control

Wheatgrass has only approximately 10-15 calories per teaspoon and contains no fat, cholesterol, or refined sugars. It supplies close to a gram of protein per teaspoon and includes all eight of the essential amino acids, as well as thirteen of the remaining sixteen types. Due to its dense nutritional makeup and

inherent quick energy producing capabilities, wheatgrass acts both as an appetite suppressant and a boost to the body's systems. It is especially popular with athletes as the juice is absorbed into the bloodstream within twenty minutes of ingestion.

Cancer Fighter

Wheatgrass contains high levels of beta-carotene which can contribute to lowering risks of certain types of cancer. For example, experiments have shown that high levels of beta-carotene can negate the accumulated effects of smoking, leading to a 40% reduction in the chances of developing lung cancer.

Okay, so wheatgrass juice isn't the tastiest beverage around. It more than makes up for this by providing a two ounce shot of super charged nutritional and medicinal benefits. If an ounce of prevention is worth a pound of cure, then look into supplementing your diet with the superfood wheatgrass.

Superfoods: Jumpstart Your Diet

We all strive to eat a healthy and well-balanced diet. In a perfect world, healthy eating habits would be enough to ensure that we are taking in the required levels of the various vitamins, minerals and other nutrients our bodies need.

However, today's world is far from perfect. Our land is made up of depleted soils that result in substandard crops of fruits and vegetables. The increasing use of additives can be seen by looking at the labels of most every item you see on a grocery shelf. And most every food prepared in restaurants or prepackaged for our convenience utilizes unhealthy combinations of refined sugar and stale vegetable oils.

It's almost impossible to maintain a healthy diet without supplementing your "normal" eating habits.

Superfoods are substances that naturally contain high concentrations of valuable nutrients. In today's fast food world, they are essential to ensure that we take in even the minimum of what our bodies need to operate efficiently.

Superfoods include foods that are high in fat soluble vitamins such as unprocessed eggs, fish, and organ meat. They also include whole grains, which are even more nutritionally enhanced after being soaked in warm water. And of course, there are many herbs that fall into the superfood category. They typically work to strengthen the body's immune system and regulate chemical levels.

There are superfoods powerful enough to lower your cholesterol, reduce your risk of cancer and heart disease, and, as an added extra, put you in a better mood. All with absolutely no side effects. Sound too good to be true? Guess what? These life-altering superfoods are available right now in your local supermarket or healthfood shop.

Unlike drugs, you don't have to worry about focusing on specific foods for specific ailments. A healthy diet that includes a variety of the following superfoods will help you fight disease, maintain a healthy weight, and live longer.

One thing they do all have in common? They are all "real" unprocessed food. You won't find "fortified" Fruit Loops cereal in the superfood category.

Some Popular Superfoods Offering Powerful Health Protection

- * Blueberries
- * Beans
- * Oats (raw)
- * Oranges

- * Pumpkin
- * Salmon (wild)
- * Soy
- * Spinach
- * Turkey
- * Walnuts
- * Yogurt
- * Tea (green or black)

In addition, you can find many supplements that provide many of the benefits found in the natural superfoods. Many focus on combining the essential nutrients found in the green plant family.

Over the coming weeks, we will be highlighting many of the lesser known superfoods that offer even higher concentrations of vital vitamins and nutrients than the foods listed above. These include substances such as bee pollen, wheat grass, noni juice, and blue-green algae.

Testosterone: Get Your Game Back

The magical hormone testosterone. It's the substance in our bodies that causes muscles to grow, hair to sprout, and our libido to thrive. Testosterone has long been associated with massive bodybuilders and Sylvester Stallone comeback movies, but it's actually a normal component of the human body that controls many critical internal functions.

Normal levels of testosterone act to protect the body against disorders such as cardio-vascular disease, diabetes, obesity, anxiety, depression, and sexual dysfunction. Testosterone treatment through supplementation is commonly prescribed to deal with outbreaks of these and many other hormone related disorders.

Men typically have 40%-60% higher levels of testosterone than women, who maintain higher levels of the hormone estrogen. This is why women have curves and men like to go one on one on the basketball court.

Natural testosterone production slows down once we hit our thirties - to the tune of approximately 10% every decade. As these levels drop, the human body is more prone to experience a host of issues ranging from erectile dysfunction and heart issues to anxiety and degenerative mental clarity.

Decreased levels of testosterone are one of the primary causes of the visible and invisible signs of aging, including loss of muscle tissue, lack of energy, and connective tissue degeneration.

Keep Your Game Alive

There are ways to stall or even halt the decline in testosterone levels. The two key contributors to maintaining healthy levels of the hormone are adopting a rigorous resistance-driven exercise program (yes, that means weights and strength building machines) and ensuring that your daily diet includes the following:

Chow Down Like A Caveman

Beef

Red meat gets a bad rap as the bane all dietary evil. Actually, beef is chock full of the ingredients essential for testosterone production: zinc, protein, and fat. And although scientists have yet to discover the relationship, studies show that weightlifters with low levels of fat intake had far lower levels of testosterone than those that maintained a diet that included lean cuts of beef or some other source of dietary fat. It has been demonstrated that a minimal 10% drop in fat intake from recommended levels will result in a sharp decline in testosterone production in the body.

Remember, there are good fats and bad fats. Try to limit intake to the good fats that come from sources such as lean beef, olive oil, and nuts. Avoid the bad fats in foods such as butter and lard.

Eggs

A great source of testosterone producing stimulants, food doctors recommend 1-2 eggs a day to obtain those critical nutrients. Don't go overboard though, as you want to limit the cholesterol intake .

Oysters

Oysters have a reputation as an aphrodisiac. It's not all myth. Oysters are an excellent source of zinc, a critical component in testosterone production and prostate health.

Cruciferous Vegetables

Vegetables don't directly contribute to the production of testosterone, but broccoli, cabbage, cauliflower, and Brussels sprouts are all packed with indole-3-carbinol, a compound that has been shown to reduce the production of the female hormone estrogen.

Moderate Alcohol Consumption

It has been shown that consuming ten+ drinks a week results in a significant dropoff in testosterone production.

Keep Your Fish Swimming For The Gold

Lower testosterone levels also play nasty tricks on your manhood and can lead to decreased sexual drive and a significant drop in sperm count.

The health food stores are full of testosterone supplements. Contrary to popular opinion, these pills, powders, and drinks are not just used by bodybuilders or over-the-hill actors looking to keep a franchise alive. Over the counter testosterone supplements are routinely recommended by doctors to men in their thirties and older who come in looking to regain the energy and vitality of their youth. More radical treatments for age and other related hormone issues are available by prescription and usually involve injection protocols.

Looking to get **your** game back?

[Click here to learn about a free trial offer on a performance boosting supplement.](#)

Free Radicals: Tearing Us Up One Cell at a Time

The popularity of antioxidant-based supplements has ballooned over the last few years. We see advertisements for pills, juices and bars that tout claims ranging from "stop the aging process" to "prevent cancer". And while, in selected products, there is an element of truth to these claims, it's critical to understand the role antioxidants play in our body to evaluate these supplements appropriately. It's helpful to have a base knowledge of the key body processes that are involved. Antioxidants, as the name would imply, counter oxidation.

Oxidation is a chemical reaction that results in electrons being transferred from a substance to an oxidation agent. Common oxidation agents include halogens (iodine, etc), peroxide, ozone and bleach. Oxidation is a common process and is manifested in the outside world in processes such as explosions and metal corrosion. Oxidation is also a routine process inside our bodies and, although destructive, is chemically critical to sustain life.

The oxidation process results in the production of free radicals, which are highly reactive molecules containing unpaired electrons. These unstable molecules, like a magnet pulling pins from a pile, will start chain reactions that result in damage to cell membranes throughout our body. This cellular damage can be visibly observed from the accelerated free radical production that a sunburn can cause (leading to skin damage), or even in the normal course of aging. Free radicals literally scavenge your body grabbing electrons and damaging cells, proteins, and, most critical, DNA. This same oxidative process also causes peeled apples to turn brown, oils to degrade and become rancid and iron to corrode into rust.

Due to ongoing biochemical processes in the body, free radicals are a normal part of our system. A healthy immune system is typically able to control the existence of free radicals and minimize their ability to damage cells. And, in fact, not all free radicals are harmful. For example, our immune system will manufacture critical free radicals to manage and destroy virus and bacteria. Other free radicals produce vital hormones. Day to day bodily functions depend on certain types of free radicals. But even the benefits of free radicals rely on their destructive capabilities, and if not controlled, they will ravage the body inside and out.

Antioxidants are organic compounds capable of counteracting the damaging effects of oxidation in animal tissue. They interact with free radicals and interrupt the chain reaction before vital molecules are damaged. The primary antioxidants are vitamin E, beta-carotene, and vitamin C. There are three potential source is of antioxidants: natural production by the body, certain food types, and nutritional supplements. Even a healthy body is unable to produce sufficient quantities of antioxidants on its own. Studies have also shown that required levels of antioxidants are not supplied from food intake. Consequently, it is important for most individuals, especially as we advance in age, to supplement their diet with substances containing abundant levels of antioxidants. The body, a healthy diet, and selected supplementation will work synergistically to ward off the destructive effects of free radicals that can lead to heart disease, cancer and other disorders.

How to Save 50% On Health Products

With a minimal investment (currently less than \$50), you can set up your own online health product store. Using the HerbalBiz package, you can offer a full range of health products including cosmetics, supplements, and books.

You never have to worry about dealing with shipping or handling payments as all payment processing and product shipping is handled by HerbalBiz. You just collect 50% of whatever is sold through your store.

So, set up your store, tell your friends to buy through your site, and, in addition to saving money on your own purchases, you can create a nice income.

[Click here to learn more about the HerbalBiz program.](#)

Going Grey and Feeling Great

"Grow old and die"

I've always hated that phrase. It just sets an expectation that life pretty much ends when you hit the "old" stage. And while I'm nowhere close to being classified as "old", I don't expect to start wilting away when I get there.

The truth is, to grow old does not have to mean to grow decrepit or frail. Aging is inevitable. Hair turns grey, gravity starts to take its toll on our body, and we may lose a step or two in our running speed. But looking old is not the same thing as feeling or acting old. There are some key biological facts to remember.

The evolution of the human body has not caught up with the couch potato lifestyle that many of us fall into, especially as we advance into middle age.

The human body is designed for a life in nature where a feast and famine cycle is typical.

Our bodies still think we're cavemen.

Our ancestors, as recently as the last century, followed a Summer-Winter circle of life. Summers would be spent hunting and foraging for food, and Winters would be the time to hunker down against the elements and live off carefully rationed food that had been stored. The human body, over thousands of years, adapted to this and developed internal controls to facilitate survival.

During warm weather, when activity levels are high, the body uses nourishment to feed all the functions that the body requires for these hunting, farming, and foraging activities. The brain sends signals that encourage the body to be lean, efficient, and strong. Bones and joints are fed to become more resilient, the heart and circulatory system increase in blood and oxygen capacity, and the body's immunity functions are enhanced.

When the cold season hit, humans typically would slow down and adopt a low activity lifestyle and just try to survive the Winter. The body, with the goal of preserving energy, would go into "famine" mode where only the critical bodily functions were supported. Energy would be doled out to keep the heart beating, the blood pumping, and the nervous system operating. But other areas would be left to decay. Without the signals encouraging growth and the expenditure of energy, muscles would begin to atrophy, cardio capacity decreased, and the body's immunity system would weaken.

In addition to the effects of the feast/famine cycle, as we grow older, the body's natural balance of growth and decay begins to shift to the decay side of the scale. This occurs as we enter our 40's and 50's and increases as we advance in age.

Chronic stress also contributes to this imbalance, as the body reads the chemical changes associated with stress as signals that our environment has changed for the worse. In response, the body goes into shutdown survival mode and allows non-essential systems to decay from the lack of support.

The key to overcoming the tendency to exhibit this cycle of growth and decay is to fool the body.

We must fool the body into maintaining the "feast" stage of the growth cycle.

How do we do that?

[Exercise is the key factor.](#) Exercise mimics the physical work that our bodies associate with hunting and foraging. Maintaining a consistent high intensity exercise program will promote steady and consistent growth and maintenance of all body functions including the cardio related systems, bones and joints, and muscle tissue.

Grow old and stay young.



