

# MAMB August 2011 Newsletter

The Natural Way to a Healthy and Energetic Lifestyle Newsletter # 17: August 2011

## Mindful eating may help with weight loss

Everyone at one time or another during their lifetime has been given an important task to do. After being explained how, what and why, one would get on with it to the very best of their ability – especially if the rewards were positive gains for doing it right. And if all of this comes at NO CHARGE? That means “Nothing to Lose and All to Gain” – all the better!

Now what task could we be referring to?

At long last, a growing body of medical research suggests that the Human Being has FAILED miserably in carrying out the most important of all tasks given to him / her to control. The result? A spiraling epidemic of diseases and ailments that has no end in sight except for personal suffering and rising costs.

Do you fall in to this category of failing to do this most simple task correctly?

***Read more ... to find out.***

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## How to gain weight

Weight gain is something that isn't easy to do and you probably know this already. Ectomorphs are genetically gifted with a "slim body type" and they have the body type with the fast metabolism which makes gaining weight rather difficult.

The key to weight gain for this group is to do everything BIG. You have to eat big and exercise safely but with heavier resistance.

It is very important to increase your food intake with good healthy foods. Junk food will put on fat and have negative affects on the whole body and its intricate systems. ***Read more.....***

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## Global diabetes epidemic balloons to 350 million

(Reuters) - The number of adults with diabetes worldwide has more than doubled since 1980 to 347 million, a far larger number than previously thought and one that suggests costs of treating the disease will also balloon.

In a study published in the Lancet Journal, an international team of researchers working with The World Health Organization found that rates of diabetes have either risen or at best remained the same in virtually all parts of the world in the past 30 years.

The estimated number of diabetics is markedly higher than previous projections that put the number at 285 million worldwide. This study found that of the 347 million people with diabetes, 138 million live in China and India and another 36 million in the United States and Russia.

The most common type of diabetes, Type 2, is strongly associated with obesity and a sedentary lifestyle. [Read more .....](#)

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### THE CUCUMBER IS A REAL GEM



**( Note: We had to include this excellent piece on one of the most popular vegetables)!**

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.

2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.

3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.

4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.



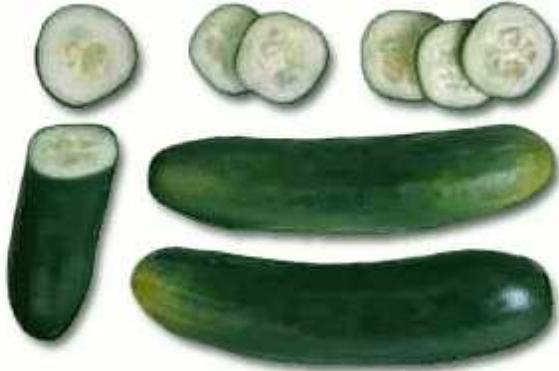
5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!

6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!

7. Looking to fight off that afternoon or evening snacking binge? Cucumbers

have been used for centuries and often used by European trappers, traders and explorers for quick meals to thwart off starvation.

8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.



9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!

10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.

11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.

12. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.



13. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!

Pass this along to everybody you know who is looking for better and safer ways to solve life's everyday problems.

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## What are the correct positions for stooping, squatting and kneeling?

Decide which position you need to use. For each of these positions, face the object, keep your feet apart, tighten your abdominal muscles (put them into gear like a motor car as explained above), keep your head up and lower yourself using your legs. Try to imagine that your buttocks are moving to the floor, not your head or shoulders. *Read more....*

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## Crash Diets – Never!

Be aware of promises for a quick weight loss. They have a negative effect of many body functions and more than half the weight lost is usually muscle – something you cannot afford to lose.

There is only ONE solution –

- Eat correctly which includes eating healthy foods;
- Chew every mouthful to its maximum and to the extent that whatever remains in your mouth BEFORE swallowing cannot be recognized from its original form – that is the stage that the previously known “food” is now called “bolus” which means it has been mixed with the saliva and enzymes

- as required and has taken on a different status – one that is critical to the rest of the digestive system’s workings;
- It will help you to eat less;
  - Your metabolism will be boosted;
  - Your energy levels will be kept constant;
  - Fat loss will be greatly increased in safety without muscle loss;
  - This simple discipline will do wonders for many other aspects of your body and its functions, including giving a new glow to your skin and life in general.
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## Heath Tips to Curb Overeating

Although most people realize when they have had enough to eat and the time has come to stop, too many find it difficult to listen to that signal.

Maintaining reasonable portion control is very difficult and for most, they don’t even give it a second thought – the habit is so deeply ingrained that they do not even realize that they are doing what they know is bad for them.

So one needs to us a few “gimmicks” that have a proven track record –

Use a smaller serving plate to indicate to you that your plate is full;

Serve up an appropriate portion and don’t tempt your self with seconds;

Remove any leftovers quickly to avoid the temptation of nibbling;

Never eat out of a packet or container;

Put bowls or platters of food away or out of sight during the meal, except for salads.

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**Do you have any of the under-mentioned or other issues that may be delaying necessary lifestyle changes?**

**Or, are there any specific issues that you would like us to research for you?**

**If so, contact us now. All inquiries and replies are held in the strictest of confidence.**

**Your Body is your greatest asset. Learn about it and Provide for its Needs.**

**For attention: Lionel’s Email address: [health@meandmybody.com](mailto:health@meandmybody.com)**

**Situations where we may be able to offer advice and help.....**

- \* I don't have time or the incentive for Exercise or to join a health club.*
- \* How do I start an Exercise program?*
- \* Is Stretching enough without Exercise?*
- \* I have to become more active. But how?*
- \* I want to control my eating habits. But how?*
- \* My persistent headaches are killing me.*
- \* I cannot get out of my fast-food habit.*
- \* I never thought that at the ripe age of 60, I would not be able to play with my grandchildren.*

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[www.meandmybody.com](http://www.meandmybody.com)

**Lionel H. Phillips D. O.** A Member of the IHRSA (International Health, Racquet & Sportsclub Association) Panel of Experts for the "Ask the Industry Leader Program".

