



The Natural Way to a Healthy & Energetic Life

Newsletter # 11:

January 2011

## Fact and Fiction about Osteoarthritis

What are the facts about the most common arthritis fictions, and can you keep your joints happy and healthy for years to come?

<http://tinyurl.com/4nbsm9v>

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## How can you wean yourself off the wrong foods?

I am sure you may have tried time and again, but over time the body has got so used to being fed these foods contaminated with too much fat (the wrong type), too much sugar and too much salt, that change will not be easy but it can definitely happen.

<http://tinyurl.com/49pw3z5>

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## Anti-inflammatory Diet: Road to Good Health?

Experts discuss the potential disease-fighting benefits of diets that try to reduce inflammation.

Unlike the typical diet, it doesn't have a catchy name. Nor does it promise you'll drop a size in a week. It's not even really a diet, per se, but actually an eating plan for life.

It's the so-called **anti-inflammatory diet** -- or rather, anti-inflammatory diets.

<http://tinyurl.com/4rr8aaa>

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## Make the Most of Your Metabolism

Is your metabolism really the reason it's often so hard to lose weight?

And, more important, is there anything you can do about it? If you're carrying some extra pounds (and having a hard time losing them), it's tempting to put the blame on a sluggish metabolism.

In fact, experts explored facts and myths about metabolism -- and the good news is, there *are* things you can do to help boost your body's calorie-burning power.

<http://tinyurl.com/4vj25zh>

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## Situations where we may be able to help.....

- I do not have the spare time for Exercise?
- I do not have the incentive 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 and what?
- I want to control my eating habits. But how?
- My persistent headaches are pulling me down.
- I cannot get out of my fast-food habit.
- I never thought that at the ripe old age of 60, I would not be able to play with my grandchildren.

Do you fall in to any of these categories? It should not be that way and there is a way out. Contact us at

Email:  
[www.health@meandmybody.com](mailto:www.health@meandmybody.com)

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Thanks to those of you who have given me valuable feedback.

Regards,

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".



*A special note to all Fitness & Health professionals, Health Club owners and Instructors, Fitness Equipment manufacturers and those serving the Fitness Industry –*

*Diarize this important event .....*



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