



The Natural Way to a Healthy & Energetic Life Newsletter # 13:
March 2011

Mucus – Know the Facts

Not all subjects about the Human Body are pleasant.

However the functions of Mucus and the fact that everyone has it, makes it a subject that should be of interest especially since its importance must not be underestimated.

"Mucus is incredibly important for our bodies," explains Michael M. Johns, III, MD, director of the Emory Voice Center and assistant professor of otolaryngology -- head and neck surgery at Emory University. "It is the oil in the engine. Without mucus, the engine seizes."

How much mucus is normal, and how much is too much? What does its color tell you about your health? Can you just get rid of it, or at least cut down on it, and how should you do that? Here are answers.

"Mucus is incredibly important for our bodies," explains Michael M. Johns, III, MD, director of the Emory Voice Center and assistant professor of otolaryngology -- head and neck surgery at Emory University. "It is the oil in the engine. Without mucus, the engine seizes."

Read More [**Mucus – Know the Facts**](#)

The Honey Facts

Honey is the only food on the planet that will not spoil or rot. It will do what some call turning to sugar. In reality honey is always honey. However, when left in a cool dark place for a long time it will do what is called "crystallize". When this happens, loosen the lid, boil some water, and sit the honey container in the hot water, turn off the heat and let it liquefy. It is then as good as it ever was. Never boil honey or put it in a microwave. To do so will kill the enzymes in the honey.

Facts on Honey and Cinnamon....

Read More [The Honey Facts](#)

YOU DECIDE! True or False

Our most vital nutrient is Water. So is it fair to compare it to any other drink? You be the judge by scrolling through the exercise attached. If nothing else, you will have a better appreciation of the importance of consuming enough water daily. Our full article on Water can be found at [Water – The Most Vital Nutrient](#).

Read more..... [Water or Coke?](#)

Water or Coke?



What Is Prediabetes or Borderline Diabetes?

People with prediabetes have glucose levels that are higher than normal but not high enough yet to indicate diabetes. The condition used to be called borderline diabetes. Most people with prediabetes may not have the symptoms, but they are considered to be at high risk of developing heart disease.

Read more.....

[What Is Prediabetes or Borderline Diabetes?](#)

Hummus: A Hot Food Trend and Healthy Too!

Hummus has virtually taken over the “refrigerated flavored spreads” category, which enjoyed sales of more than \$300 million in 2009, according to data from

Symphony IRI Group, a Chicago-based market research firm.

This traditional Middle Eastern spread is typically made from pureed chickpeas, lemon juice or vinegar, garlic, tahini (sesame seed butter) and olive oil, freely available in any grocery store and in restaurants across many countries.

Chickpeas, also called garbanzo beans, are one of the world's oldest cultivated foods, dating back to the Neolithic period in what is now Sicily.

This is what you can get as a Hummus fan:

Firstly, how Healthy is Hummus?

See new article on [Hummus: A Hot Food Trend and Healthy Too!](#)

Calorie Counting a Common Vital Error

According to the Time Magazine issue dated 19th February 2011, Weight Watchers admitted that "Calorie counting has become unhelpful. When we have a 100-calorie apple in one hand and a 100-calorie pack of cookies in the other, and we view them as being 'the same' because the calories are the same, it says everything that needs to be said about the limitations of just using calories in guiding food choices."

"The radical overhaul, which is the first major alteration to the Points program, comes at a time when Weight Watchers is trying to revive its recession-battered business."

Read more..... See new article on [Calorie Counting a Common Vital Error](#)

Do you have any of the undermentioned or other issues that may be delaying necessary lifestyle changes? 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 Email address:

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.*

Introduce a friend or family member to our website -
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".

