



The Natural Way to a Healthy and Energetic Lifestyle

Newsletter # 15: May 2011

The Three Most Popular Articles

The 3 most read articles on our website happen to be those over which we have been given the control and responsibility for the sake of our own good health. Here they are:

- [The First Stage of the Digestive Process.....Read More](#)
- [Posture.....Read More for Teens or Seniors](#)
- [How to Breathe Correctly..... Read More](#)

An interesting observation is the fact that most readers did not realize that all three are totally IN OUR CONTROL. Yes. It is in our hands whether we do them correctly for the benefit of virtually every aspect of the workings of our very own Human Body or not. If not, the effects will have an impact on our energy, mobility, overall health and fitness, as well as ailment and disease control.

Whether you have been in to the articles covering these issues or not, another few minutes to review them may be a worthwhile lifetime investment.

San Remo, Italy 1920

Me & My Body is not in to Politics – but we could not resist the temptation of including this momentous short feature.

Here is a short history of what happened in San Remo, Italy in 1920 when the powers of the time (England, France, Italy and Japan) decided how to divide the Middle East.

http://www.youtube.com/watch?v=ijS8mFP4I1A&feature=youtu.be_gdata_player

The Reason and Need for Good Dental Habits

One of the most important daily Human Body needs is to keep your Teeth and Gums clean and a fresh breath.

Your mouth and its organs – Tongue, Teeth and Gums – come in to contact and are heavily involved in whatever you happen to put in to your mouth. It is their responsibility to grind, cut, tear, shred and chew every that must pass through your mouth to get absorbed by your body.

The Reason and Need for Good Dental Habits

Liposuction fat is back within a year: What's taken from thighs 'returns on arms'

By [Chris Brooke](#)

Last updated at 10:46 AM on 3rd May 2011

Liposuction carries the unwanted side-effect of making other parts of a patient's body fatter, a study has found.

One year after having liters of fat removed, those undergoing the procedure will effectively be back at square one in terms of the amount of fat in their body.

However, the fat will not return to the areas of the body where it was removed from, usually the thighs, lower abdomen and buttocks.

Liposuction fat is back within a year

The Magic of the Banana is Highlighted yet Again

A professor at CCNY for a physiological psych class told his class about bananas. He said the expression 'going bananas' is from the effects of bananas on the brain.

The Magic of the Banana is Highlighted yet Again

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

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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Introduce a friend or family member to our website -
www.meandmybody.com

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