



The Natural Way to a Healthy and Energetic Lifestyle Newsletter # 30 2014

[HOME](#) - [BROWSE ARTICLES](#) – [EXERCISE & STRETCHING](#) - [BENEFITS](#) -
[FREE REGISTRATION](#)

Are you aware of the essential needs of your body and how easily you can provide for these needs?

Our website provides you with [numerous articles](#) written in non-medical terms wherever possible. Besides obtaining benefits for yourself, you will be displaying and encouraging HEALTHY LIFESTYLE HABITS by practicing them yourselves so as to provide good examples FOR THE BENEFIT OF YOUR CHILDREN

A Few Interesting Facts about FISH

Is fresh Fish always healthier than frozen fish?

It is recommended that you choose frozen, unless you know for certain that it is high-quality fresh fish. Most fish are flash frozen on the boat immediately after being caught. After thawing, it should still be of good quality.

On the other hand, "fresh" fish that was never frozen may have spent a few days sitting in a smelly ship's hold by the time you buy it. And some "fresh" fish may have been frozen and then thawed out behind the supermarket counter.

[Read all.....](#)

.....

What Does Your Liver Do?

The question should rather be – What does your Liver not do!

Your Liver has about 500 functions. It performs the vital task of removing toxins from your blood. It manufactures Bile – a liquid that helps you digest food. The Liver converts what you eat and drink, turning it into energy and nutrients. It helps the body use carbohydrates. It is also involved in helping your blood to clot.

The Liver is a wedge-shaped organ about the size of a football, weighing about 3 pounds (1.36 kgs.). It is your largest organ (besides your skin). It sits on the right side of your body, just under the rib cage. [Read all.....](#)

How to Understand Your Body Weight

Numerous factors contribute to obesity in both children and adults, whilst at the same time there are a number of “myths” regarding the composition of overall weight, as well as weight gain and weight loss.

We will hope to dispel a few of the “myths” and offer suggestions on excess weight in general.

Myth #1: *Carbs are often thought of as being fattening, and should therefore be limited when trying to lose weight.* [Read all.....](#)

Report: More schools bailing on Mrs. O's lunch program

By Bob Kellogg, [OneNewsNow.com](#) September 5, 2014 11:35 am

Gopusa - Last Updated: September 8 @ 08:04 am

An education analyst isn't surprised that two New York school districts have joined the growing list of those who are opting out of the National School Lunch Program heralded by First Lady Michelle Obama.

Central New York's Fayetteville-Manlius and Baldwinsville districts say there's a sharp downturn in students eating the nutritious but unappetizing fare and waste has skyrocketed. The two districts – and “thousands” of others, according to Education Action Group – have found the new regulations imposed by the federal government resulted in those two objective, measureable factors. The same EAG report also notes that three-fourths of New York's school districts are losing money because of the regulations enacted through the U.S. Department of Agriculture.

Kyle Olson of Education Action Group predicts more schools are certain to drop out as well. "Certainly there seems to be momentum building on the side of people questioning the standards, questioning the top-down mentality coming from Washington, DC," he tells OneNewsNow. "And we're seeing [those standards] be implemented and a lot of parents unhappy and students unhappy."

The EAG founder and CEO says the bland school food options are the main reason for the incredible waste found in lunchroom waste cans.

"They are required to give kids certain amounts of fruits and vegetables; they're required to put it on the plate – and we've seen stories where the school employees will watch the kids step out of the lunch line, go directly to the garbage can, and throw it away," Olson shares.

A recent Government Accountability Institute report estimates wasted school lunches have reached about one-billion dollars a year.

**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.*

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

Kind regards,

Lionel

Lionel H. Phillips D. O.

Email: health@meandmybody.com

A Member of the IHRSA (International Health, Racquet & Sportsclub Association) Panel of Experts for the "Ask the Industry Leader Program".

N.B.: Please advise if you wish your address to be removed from receiving further News from us.