



**The Natural Way to a Healthy & Energetic Life**

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## **Proven beyond any Doubt! A simple and natural solution to the Obesity Crisis.**

The Obesity crisis is growing – no pun meant. Diets and exercise recommendations don't work.

What does work? If, as one is lead to believe, that most obesity problems are man-made, then a switch in a few lifestyle habits could be the answer. After all, no one, to our knowledge, is happy to be obese or even overweight.

So there could well be a cure – let us call it PREVENTION. And although habits are extremely difficult to break, a commitment to three simple disciplines, neither of them being invasive on your lifestyle, could work like magic for you. These are:

1. Change certain buying habits; refer to the article below – *“Reducing Calorie Intake in a few Easy Steps”*.
2. Use smaller plates and forks; the smaller plate recommendation follows research which proves that the more food you have in front of you, the more you will consume.
3. Chew every mouthful as well as you possibly can by using all the natural tools at your disposal – teeth, tongue, cheeks, lips and saliva – in a relaxed enjoyable setting. Smaller mouthfuls will allow you to chew better, you will eat less, be more satisfied and you will be carrying out the only function of the Digestive System over which you have been given control.

Eating less but absorbing more nutrients will cut calorie intake by thousands per week, whilst allowing the Digestive System to function better.

Surely these three switches from your current habits are worth the effort for a few weeks. You will be amazed at the results.

Start now! Then send us your feedback.

## **Arthritis Pain - Heat and Cold Therapy**

What can be done to alleviate the pains, stiffness and inflammation caused by Arthritis? It is worth heeding the research and advice of doctors specializing in this field.

Highly recommended is that heat and cold therapy be given a chance.

### **How does heat and cold therapy ease arthritis pain?**

This therapy helps the body's own resources. Heat dilates the blood vessels, reduces muscle spasms and stimulates blood circulation. Heat brings immediate relief whilst the cold reduces the swelling by constricting blood vessels. While cold packs may be uncomfortable at first, they will numb deep pain.

### **How do I apply the hot & cold?**

Firstly, whatever system you choose make sure that the heat will not burn you and that the cold pack (if using an ice pack) is not placed directly on the skin. There are numerous ways of applying heat & cold therapy. The easiest two alternatives are possibly

1. Heat & Cold packs. Apply then to the affected areas by compressing the Heat pack first for no longer than 5 minutes, followed by the Cold pack for the same time. Try for two treatments per day.
2. Sit on a sturdy non-slip stool while allowing a warm shower to run on to the affected area. The constant pulsating heat flowing on to the arthritic joint or pain site helps to keep pain to a minimal and allows for easier movement.

When using the shower treatment, move the affected areas in a slow relaxed action.

Give it a few days before deciding that the treatment is effective or not. There is no doubt that you should feel more comfortable.

### Does cold therapy only work for arthritis pain?

No. Cold packs will numb the painful area whilst reducing the inflammation and swelling arising from a sprain or bruising. Ice packs are especially good for joint pain caused by an arthritis flare. You can make instant cold packs from frozen bags of vegetables, especially frozen peas.

Some patients prefer cold therapy to moist heat for arthritis pain, while others tell of having the best relief when they alternate the sessions with moist heat and ice. Select the method that gives the best relief.

Take care not to use either heat or ice therapy on skin affected with cuts and sores. Always protect your skin with a thin cloth or towel.

## Dark Chocolate? Yes Please

Many are those who just love chocolate. You will be happy to know that chocolates may be packed with some potential health benefits. Mounting evidence links some types of chocolate with these benefits:

- Improved cardiovascular health
- Lower blood pressure
- Increased insulin sensitivity
- Cancer prevention
- Elevated mood.

### The Natural Wonders of Chocolate

What is it that makes chocolate so wonderful? Chocolate is special because it is full of antioxidants. However, not all forms of chocolate reap equal health benefits. Dark chocolate and cocoa (cocoa content of at least 70%) are the heavy hitters in the chocolate line-up due to their high levels of flavonols. Flavonols have been shown to help ward off certain diseases. Also, dark chocolate is far less processed than milk and white chocolate and contains less sugar.

You can however get too much of a good thing since all chocolate is high in calories and fat, so it is best to eat only small portions. Even with the health benefits of chocolate, it does not take the place of eating your fruits or vegetables. A good alternative is

to include some other flavonol rich foods paired with one (yes, one) square of chocolate.

Consider:

- Apples
- Berries
- Cinnamon
- Tea and coffee and moderate amounts of red wine.

### Nutrition at a Glance

One ounce of dark chocolate with 70-85% cocoa contains:

- 160 calories
- 11 grams fat (7 grams saturated fat)
- 14 grams carbohydrates (3.5 grams fiber)
- 3 grams protein.

Chocolate and cocoa naturally supply minerals such as magnesium, copper, and potassium. Though not a low fat food, dark chocolate is lower in fat and sugar than other forms of chocolate.

### Myths and Facts

- Chocolate is not high in caffeine. An ounce of dark chocolate has 28 mg of caffeine compared with 95-140 mg in a cup of coffee.
- Chocolate is not linked to tooth decay; in fact the tannins in dark chocolate may actually reduce this dental problem.
- Chocolate cannot cause addiction. If you or someone you know is a "choc-o-holic" that just means you have a strong preference for the taste, texture, and aroma.

Here are some delicious ways to get your chocolate fix:

- Have a bite-sized piece of dark chocolate
- One packet of low-fat hot cocoa mix
- Chocolate covered strawberries: 1 ounce dark chocolate melted over whole strawberries (try with grapes, dried apricots, and banana slices)
- Nonfat dark chocolate pudding
- Add cocoa powder to a smoothie made with banana, yogurt, frozen berries, and a touch of honey.

### Chocolate recipe substitution:

- When a recipe calls for chocolate, use dark chocolate or better yet, cocoa powder.
- To substitute 1 ounce of unsweetened chocolate, use 3 tablespoons of dry cocoa plus 2 tablespoons sugar plus 1 tablespoon of vegetable oil.  
The bottom line is that a little bit of chocolate goes a long way. Just ¼ ounce or 30 calories a day of dark chocolate has been linked to lower blood pressure, without causing weight gain. Eat small amounts and enjoy every morsel.

## Reducing Calorie Intake in a few Easy Steps

A minor change or switch in eating habits and activity level will have a more positive impact on health because you are more likely to stick with it. What if you undertook to reduce your usual intake by only 100 calories per day? Check out the suggestions below, make your choices and you will find it easy and possible:

- In your coffee – switch from 2% milk (250 calories) to a skim milk (135 calories) – Save 115 calories;
- Switch from 12 ounces of whole milk (225 calories) to skim milk (135 calories) – Save 90 calories
- Eat a medium orange (60 calories) instead of drinking 12 ounces of orange juice (160 calories) - Save 100 calories
- Use 1.5 ounces of fat-free cream cheese (41 calories) instead of regular cream cheese (149 calories) - Save 108 calories
- Choose a small (2.9 oz.) bagel (220 calories) instead of a large (4.5 oz.) bagel (350 calories) - Save 130 calories
- Eat 1.5 oz. grapes (34 calories) instead of 1.5 oz. raisins (129 calories) - Save 95 calories
- Choose 2 oz. pretzels (200 calories) instead of 2 oz. potato chips (300 calories) - Save 100 calories.
- Order a grilled chicken breast (180 calories) instead of a fried chicken breast (370 calories) - Save 190 calories

Cutting 100 calories here and there is an easy way to form healthier eating habits without feeling deprived or hungry. Here are some other easy ways to cut some calories

Trim the fat from beef or remove the skin from poultry prior to cooking.

- Enjoy raw veggies with salsa or a fat free dressing instead of chips.
- Use smaller plates, bowls, and glasses for meals and drinks.
- Fill omelets with veggies instead of cheese.
- Top sandwiches with lettuce, tomato, onions, and pickles instead of cheese.
- Reduce portions of cooked rice and pasta by half a cup.
- Take smaller mouthfuls and eat slowly to reduce the desire & need for a second serving.
- Satisfy sweet tooth with a sliver, bite, or taste instead of a full portion.
- Choose a piece of cake from the middle with less icing.
- Make sure there is a beginning and end to snacks with 100-200 calories.

Managing a healthy weight is serious but most worthwhile. Look at switches you can make short term that will become long term successes. Remember slowly but surely is the formulae for success.

### What about a few Stretches?

Choose 4 or 5 stretches from the many photos & full explanations in the Stretching & Exercise section of the website – [www.meandmybody.com](http://www.meandmybody.com) . Choose those that you feel are appealing to you. Make a note in your diary to set aside the 5 minutes it will take to do them – 3 times a week. Need help? Contact us. [health@meandmybody.com](mailto:health@meandmybody.com)

**Introduce a friend or family member to Me & My Body.** Are you getting any benefit from the information on the website? If so, introduce a friend. If not, contact us for help. [health@meandmybody.com](mailto:health@meandmybody.com)

***Your Body is your greatest asset.  
Provide for its Needs.***