

# FITNESS UNLIMITED

**50**

**BEST**

**WORKOUTS**



**FLAT-FIRM-FAB**

**ABS ISSUE**

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# from the editor

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When we asked readers what they wanted in each issue of Muscle & Fitness, the results were enlightening. In terms of how you hit the weights, you guys are split pretty evenly between overall strength training and bodybuilding-style isolation training. Ninety-percent of you, however, said you're interested in regularly changing things up with your training and diversifying your workouts. You essentially want it all, and that's what we're giving you with this issue.

One of our featured programs is the MetroflexPowerbuilding system (page 100)--the same programming that guided Ronnie Coleman to eight Mr. Olympia titles over the course of his career. Created by Brian Dobson, the founder of legendary Metroflex Gym in Arlington, TX, and Josh Bryant, the gym's lead trainer, Powerbuilding combines elements of bodybuilding, powerlifting, and strongman training to produce a ripped physique backed up with some serious strength.

Since this is our outdoor issue, we wanted to show you how to take your workouts outside the confines of the gym. To do this, we turned to Jon Hinds, the man behind the Monkey Bar Gyms, to show you how you can get strong and jacked using nothing more than a set of suspension straps and a few simple tools you can fit in your gym bag. We also have a sick set of programs from Rob Orlando, one of the world's top CrossFit athletes. Finally, sticking to our traditional bread and butter, we're giving you a straightforward program for triggering massive growth in your arms by targeting your triceps.





# SIGNALING MOLECULES VITAL TO CELLULAR HEALTH

A ground breaking discovery in health science involves understanding the function of some simple molecules that are vital to the cellular health of every living organism. They are naturally produced within all living cells and are known as Redox Signaling Molecules.

When it comes to human health, most of us don't think beyond the organ, muscle, bone or blood level. But the fact is that everything in our bodies is made up of different cells. Heart cells are different from bone cells. Bone cells are different from blood cells and so on.

Cells are the basic building blocks of life. In fact, the average human body carries approximately 75 trillion of them. That's trillion with a t, which is a thousand billions or a million millions or... well, you get the idea.

Redox Signaling Molecules are the foundational tools pertaining to cellular maintenance and have been the subject of scientific study for several years. They continue to provide a hot topic of research in professional scientific journals, textbooks and hundreds of published articles.

Scientists have discovered a link between health, aging and the redox signaling molecules. Without a sufficient supply of these compounds, over time people can physically weaken and become more susceptible to health challenges.

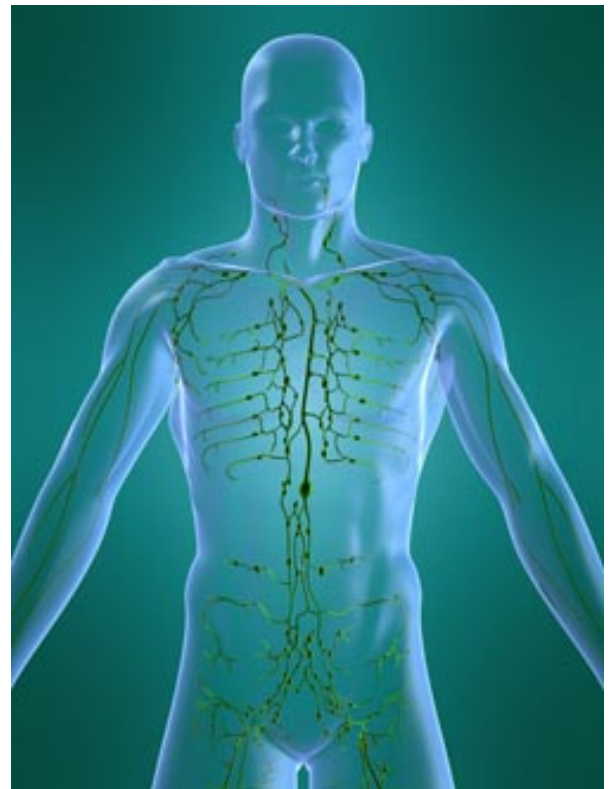
All living cells use redox signaling molecules as chemical messengers to help safeguard their health. These cellular compounds produce a continual system of detection, repair and even replacement of damaged cells while simultaneously protecting healthy ones.

Even though these signaling molecules are made within each living cell, over time the oxidative stress brought on by natural aging, environmental factors and even the poor quality of some foods we eat can dwindle the volume of these molecules, which are absolutely essential to cellular health.

In fact, by the time we reach seventy, our bodies produce only about ten percent of the redox signaling molecules we retained when we were young children. Even a perfectly healthy adult will decrease their production of these molecules over time.

Finding a suitable way to increase these redox signaling molecules in the body to replenish and stabilize our dwindling cellular reserves would definitely be a giant leap forward in scientific progress. In fact it may prove to be one of the greatest health science breakthroughs of all time.

Fortunately the last obstacle to this fantastic accomplishment has been crossed and a pristine solution containing these regenerating molecules is available today.





# <<< Hitting Biceps and Triceps Twice Per Week For Optimal Gains

If you're a competitive bodybuilder, then a pair of killer arms are essential for making your mark in any competition you enter. If you're just a beach bodybuilder, a set of well developed biceps and triceps is very much needed to make acquaintance with the fairer gender in your travels. If you're just a regular guy trying to make a statement at work or anywhere, a pair of powerful arms is a prerequisite for getting noticed. Heck, is there any place when having an amazing set of arms isn't a distinct advantage?

If your arms aren't where you want them to be - and whose are? - then you may want to consider giving them a little extra attention. Sure, this is the point where a trainer will yell at you to "train harder" and "push it to the max" and other cheesy catch phrases. If you're a hard working trainer, then you're probably already doing that. It's likely that you're giving your arms everything you have on their training day.

There's your limitation. Your training "day". You are training one day a week for your arms, just like all of your other muscle groups. There is the key to making better gains for this particular muscle group in particular - you need to train them more. You need to 'find' another day to hit your arms.

The easiest split is the common sense split. Chest & Triceps will be trained on Monday. Back & Biceps will be targeted on Tuesday. Wednesday is shoulder day. Thursday you hit your legs. Then Friday is arm day - AGAIN. On Friday, you train arms alone, to their greatest potential, then you drop the weight and you don't tough them again until Monday.

Since you will be hitting the triceps & biceps in a secondary role on Monday and Tuesday, respectively, you will want to avoid going too heavy for them on this training day. Use lower weight, with higher repetition. They won't be worth much in terms of control and balance of weight, since they've been torched with the heavy chest and back work already. Instead you should keep your repetitions in the 8 to 15 range, and use lots of sets.

Once the heavy day rolls around, it's time to get to work. Friday is "Lift heavy arm day" and nothing more. Use a rep range of 5 to 10 repetitions, and let the weight go heavy, as you have all weekend to heal.

Hitting the arms twice a week gives them 104 mini 'growth cycles' to enjoy each year - and the feeling you'll enjoy with bigger arms at the beach, bedroom, or bodybuilding stage will be indescribable!

# 5X5 Workout – The Intermediary Between Strength Reps and Muscle Mass Reps

I am going to discuss the 5x5 workout which could quite possibly be the best workout to gain muscle and strength. I am sure you have heard this piece of advice before that when it comes to toning up, you should lift light weights and do high reps. I am sure you have also heard that you should lift heavy weights to gain big muscles. I am going to tell you, forget everything you think you know about fitness, and listen to what I have to say. These two pieces of advice are absolute nonsense. The idea behind light weights and high reps for toning is that with the decrease in rest time, the workout becomes almost cardio in nature. This is true and yes the inevitable pump which is just blood rushing into the muscle can make you look highly toned in the mirror, but this is only temporary. Although this workout is cardiovascular in nature I don't recommend it for toning up. I actually recommend the opposite. The other piece of advice is to gain weight you need to lift heavy, and although this is partially true, this isn't the whole truth. Actually lifting lighter weights for higher reps will make your muscles bigger, not a nice big, but bigger nonetheless. Before I explain muscle mass reps vs strength reps even further, I need to explain the different types of muscle and the 5x5 workout which will be our intermediary.

The two types of muscle are sarcoplasmic and myofibrillar. Sarcoplasmic muscle growth is where the volume of sarcoplasmic fluid in the muscle cell increases with no increase in muscular strength. You can think of this as a balloon filling up with water. Myofibrillar muscle growth is when the cells within the muscle actually multiply and makes the muscle more dense, dense being the keyword which I will come back to later. You can think of myofibrillar muscle growth as a balloon and adding more and more rubber to it making it denser.

## Muscle Mass Reps

To gain muscle mass, which is just sarcoplasmic growth, you should focus on a rep range of between 6-15 reps using a pyramid scheme with the weight getting heavier each time. Rest should be kept down to a minimum 30-60 seconds to really fatigue the muscle. This will increase the fluid within the muscle and make them bigger. This type of growth gives off the soft bodybuilder look.

## Strength Reps

To gain strength, you should avoid failure and lift as heavy as possible in the 1-4 rep range. Lifting in this rep range is what develops muscle tone. Lifting in this range is what will give you myofibrillar growth, it won't make your muscles big, but it will make them strong and really dense, and this is what gives off true tone. There is more to being toned than just having a low body fat. Having a low body fat and dense muscles is what gives off that really nice looking effect.

## 5x5 Workout

This is where the 5x5 workout comes in as an intermediary. It is bang in the middle of both strength reps and muscle mass reps. So if you want to gain strength as well as size, performing a 5x5 workout strategically is the right way to go about it. I hope you have now learnt that lifting light weights with high reps will not tone you up and lifting heavy won't give you much muscle mass.

I personally wouldn't just use the 5x5 workout but would instead use all three to develop an incredible physique. It's a bit like shampoo and conditioner, is it better to use shampoo and conditioner combined? Or better to shampoo and then condition your hair? The answer is to first shampoo and then condition. To build an impressive physique, develop a foundation by building up sarcoplasmic muscle, then start hardening the muscle by using a 5x5 workout and then use strength reps to really bring out true muscle tone while focusing on burning body fat.

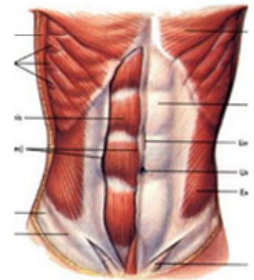






**CLICK HERE**

## 5 Odd Foods that KILL Abdominal Fat?



*See some odd fat-fighters...*

**For Men:**

**For**

**Women:**



**MEN CLICK HERE**  
TO SEE A SHORT BUT  
WEIRD VIDEO SHOWING  
SURPRISING FOODS  
AND TIPS TO LOSE  
ABDOMINAL FAT



**WOMEN CLICK HERE**  
FOR YOUR SHORT  
BUT UNUSUAL VIDEO  
SHOWING **ODD FOODS**  
AND TIPS TO GET  
A **FLAT STOMACH**



# Foods to Get a Six Pack

## - 3 Breakfast Super Foods Which Burn Belly Fat and Build Six Pack Abs

If you're serious about building six pack abs then your breakfast is the most important meal of the day because your body has been recovering in sleep and is starved of energy so first thing in the morning it's your opportunity to feed your body some much needed great foods which will kick start your metabolism.

### Porridge/Oats

This an ideal breakfast for first thing in the morning because it contains lots of good carbohydrates which will release energy over a longer period of time. It also contains a lot of protein and fibre which will keep you feeling fuller for longer. Porridge/Oats also contain essential vitamins and minerals, so if your trying to build your six pack abs porridge/oats is one of the best options you can eat first thing in the morning.

### Grapefruit

Grapefruit is another citrus fruit which gets ignored a lot, but it shouldn't because the nutrients that they contain are absolutely fantastic especially if you are trying to get rid of stubborn belly fat and build six pack abs. Grapefruits are rich in lycopene and Limonoids which help to prevent things like tumors and cancer, they are very hard to find in other fruit and vegetables but you get plenty in grapefruits. They also help with the digestion of your food and after a big meal can be a wise choice to help digest your food faster because of their acidic properties. So, a great option for your breakfast especially if your looking to lose body fat or lose weight in general.



### Scrambled Egg

Eggs are a great source of protein and what better way to start your day with a round of eggs. There is however a certain way to make your scrambled egg. Firstly NEVER use milk when making your eggs in the morning, just mix your eggs up as they are using the egg white and the yolk. The yolks are fine to eat, its been well documented that eating the yolks of eggs is perfectly healthy as that is really where most of the goodness is anyway. You can eat boiled eggs by all means there just as good but scrambled egg is also another super breakfast option that you can choose to eat.

So you now know 3 great super breakfast foods to eat. Another little tip though, I often have a small bowl of porridge with some nuts and berries on top to give it an extra bit of taste. It's delicious, try it.

# High Repetition Leg Training



**You've been killing it on legs this year, right? As the months wind down and the weather gets cold, your body often feels older than its years. Sure, you maintain a disciplined lifting regimen and yes, you look terrific as a result. But your legs just seem to be starting to feel the aches and pains that result from steady consistent bombardments of training. You don't want to give them a complete rest, but you know that your outright insane heavy lifting style has to take a backseat for a few months**

Let's take a month to just scale back the leg training. You'll still be spending 90 minutes per week hitting your legs, but you'll be cutting back the weight and bumping up your repetitions. This will not only limit the amount of pressure you're putting on the non-muscle portions of your leg composition, but will also isolate and target those slow-twitch muscle fibers which are typically ignored when using standard set schemes of 8 to 12. Once you hit repetition number 21, 25, 28 and beyond, you'll discover a new level of muscle burning that you may not have previously thought possible!

Pre-Exhaust is a method which works wonderfully with higher rep leg training. You'll be unable to balance and control heavier sets of weight, but that's okay! The initial high repetition method is terrific when you isolate the legs with leg extensions for 18 repetitions, and then throw 15 repetitions of lunges or barbell squats at them!

Hamstrings First? Referring back to the balance issue, without the requirements of going extremely heavy, you can hit the hamstrings hard and early for excellent isolation and eventually, results. Start your workout with high repetition lying leg curls immediately following by seated leg curl machine. Then finish off your day with stiff legged deadlifts. Now, it's time to move on to hitting your thighs with that same intensity and insanity.

Splitting up your Hamstring & Thighs works well with this higher repetition training methodology. A Monday front thigh workout followed with a Thursday hamstring & calf workout is the perfect way to give yourself adequate rest and recovery from each tough workout, with the ability to really isolate and give each muscle group a nice level of dedication.

30, 40, 50 and beyond? Tom Platz used to start his leg extensions, and spend literally a dozen minutes on a single set. He would complete the 20 reps until he reached failure, then he would reduce the weight by 10% and complete another 5 repetitions slowly. He'd repeat this pattern until he was down to 10 or 20% of his initial weight. Then he would move from full to half to quarter repetitions.

Training in this matter allows your very tired and sore joints and tendons to rest while delivering a new level of intensity and an isolation and targeting of your various muscle fiber types. Happy training!

# BACK TO BASICS



Today's commercial gyms are packed with all sorts of foo-foo machines delivering promises of full stretches, pumps and muscle blood engorgement, without having to balance a weight. Yes, these Hammer Strength and Nautilus machines can be useful at times for 'finishing off' the back after a tough training session. But most of the time, these exercises should only be the "icing" upon a cake of a workout built around the solid foundations of heavy iron lifting. Let's look at a standard "first 2/3" of any back workout, and how it should look.

## Deadlifts

Keep it simple, stupid (KISS). Pick up the weight, and put it down. Wear a back brace, warm up completely, and complete your reps slowly. With a nice mix of songs on your iPod, you should be able to take your sweet time and train completely without much trouble or rush. Five sets of slow and heavy deadlifts will torch your lower back and contribute to an overall body hormone release that will give you some new muscle quickly.

## Chins

Nobody likes completing chins. Even the guy who invented them was probably kicking himself all the way to the grave for subjecting the world to such torture. But if you want upper back thickness and width, they are essential. Complete 1 set or ten sets, it doesn't matter. You need to complete forty repetitions and you can take as long as you wish. They should be slow, deliberate, and controlled repetitions, and the soreness you "enjoy" in the following days will be all the evidence you need that you did things right. Hope you packed a lunch, champ - it's going to be a long back day!

## Barbell Rows

Here's another slow and painful movement that almost nobody enjoys, most people avoid, but that deliver some terrific results for all involved. Whatever weight you're using for the deadlifts, cut in 1/3, and start pulling. Five sets of slow and steady work while using a back brace should be ideal for you.

Remember, you have the last 1/3 of your training session, or 20 to 25 minutes, to enjoy all the pumping work you'd like - but only after you have knocked out these heavy three sets first. Technology is wonderful for making life easier. But when it comes to stimulating the muscles of the back into some serious growth, "easier" is not better - by a long shot!

# EXPLOSIVE WEIGHT TRAINING



You've been plugging away in the gym for quite some time, and the results have been good. But now you're ready to mix things up a bit more, and add something new to your training mix to bring out some new gains. Have you considered giving explosive training a shot?

This kind of training involves moving through your standard repetitions at a very fast rate of speed. Most of the time when you train, you're using a highly controlled, slow motion to move the weight from Point A to Point B. With this kind of training, you are working to activate the fast twitch muscle fibers as they've never been targeted before, by initiating each repetition as fast as safely possible. Each chest workout, for example, will still contain 16 sets of incline, incline, flat, then crossover movements, of course. After all, you're still targeting the same muscle groups using the same exercises, same set and same repetition schemes. You'll just be using a tad more weight, and working to move through each repetition **FASTER** than you are used to doing. This will mean your muscles are doing less work, and your tendons are doing a tad bit more work, but it'll also mean you can move more weight for more repetitions. You're not cheating - you're exploding - into each and every repetition.

When using explosive training, you should realize that you're going to be placing a great demand upon several systems in your body. The central nervous system, of course, will have to assist your tired muscles in recovering from such workouts. But your joints and tendons will also take quite a beating. In order to give your body the tools it needs to recover from this kind of training, you will want to add a few rest days to the mix and bump up your overall caloric intake, particularly in the form of protein and solid carbohydrate sources. Work to remove as many stressors from your life as possible as well. Sleep more, stress less, and relax every chance you have.

You can use explosive training exclusively in your workouts, or perhaps just for one exercise per body part. Maybe you want to give  $\frac{1}{4}$  or  $\frac{1}{2}$  of your workout this style in order to see if it works for you. You'll gain explosive power which will help you in all aspects of training and in life - Give it a shot!





# 2000 Calorie Diet Menu and Meal Plan

The 2000 calorie diet plan limits a person's daily intake of food to 2000 calories. This is almost close to the normal amount of calories a person consumes in a day. But the difference between a 2000 calorie diet plan and a normal everyday eating is that the 2000 calories from a diet plan come chiefly from fruits, vegetables, nuts and other nutritional food stuff rather than from foods that contain saturated fats. Following the 2000 calorie diet will keep you hale, healthy, energetic and brisk. With this 2000 calorie meal plan, your odds of reducing your weight and maintaining it at the desired level is more because you don't have to worry about adjusting calories and food stuffs after the weight is lost. Against normal conceptions, a healthy diet like this can also be very tasty and so sticking to the diet plan will not be a difficult task at all. Consequently all the pieces those are required to achieve a healthy weight loss and to maintain a perfect body shape fall into their places correctly with the 200 calorie diet plan.

## Sample 2000 calorie diet plans:

In general terms, a 2000 calorie diet plan can be made up using two servings from the fruit group, seven servings from the grain group, eight servings from the vegetable group, three servings from the dairy group and eight servings from the meat and bean group. This comes to around six ounces of grains, two and a half cups of vegetables, two cups of fruits, five and half ounces of meat and beans, three cups of milk and six tea spoons full of oil. In a 2000 calorie meat plan, you should limit the sugar intake, avoid trans fats, eat lots of whole grains, limit the intake of saturated fats by consuming mono-unsaturated and poly-unsaturated fats. Moreover around 20% to 35% of your calorie intake per day should come from dairy products. Now we will have a look at two simple, tasty 2000 calorie diet plans which will give you an idea of how the actual diet must be framed.

### Sample Diet 1:

#### Breakfast:

Two scrambled eggs, two slices of bacon, two slices of whole wheat grain toast, a single cup of skimmed milk and one serving of jam and preserves will make the ideal breakfast for a 2000 calorie diet plan.

#### Morning Snack:

The morning snack can be anything of your choice but the total calorie content of your morning snack should be around 100 calories.

#### Lunch:

You can dine on anything you like as long as the total calorie count for lunch comes around 450 calories. Three crunchy tacos would be an excellent choice for lunch.

#### Afternoon Snack:

Enjoy any dairy product for an afternoon snack. Low fat cottage cheese, low fat cheese and low fat yoghurt are a few suggestions. Just keep an eye on the calorie content so that it does not exceed 110 calories.

#### Dinner:

Three ounces of steak (oven roasted, grilled or pan roasted), a small baked potato, margarine, half a cup of beans (baked), whole grain bread and a mixed salad made of lettuce or spinach with a little lemon, a table spoon of shredded cheese, a slice of tomato and cucumber and a 60 calorie salad dressing of your choice.

#### Bedtime Snack:

You can have a bedtime snack of a cup of skimmed milk blended with half a cup of strawberries.

### Sample Diet 2:

#### Breakfast: (570 calories)

Omelet from three egg whites and one yolk with chopped onions and garlic, two slices of whole wheat bread with jam, natural fat-free yogurt and a small piece of fruit. This will make up the mouth watering breakfast for a 2000 calorie diet plan.

#### Lunch: (530 calories)

Lunch comprises of chicken pasta salad, four tablespoons of whole wheat pasta and fruit juice worth 90 calories.

#### Snack: (200 calories)

# THE DIET SOLUTION

*You'll learn strategies and secrets, like...*

- ✓ *Why calorie counting will never work for long term weight loss and how restricting calories is probably the worst thing you can do to lose weight.*
- ✓ *Why carbs are not your enemy and how to enjoy a healthy fat burning nutrition program that includes all the carbs you need.*
- ✓ *Which "so called" health foods are actually making your body store tons of fat*
- ✓ *Why you must, must, must eat lots of food in order to finally shed the pounds and why many people have been falsely led to believe the complete opposite.*

*... And much, much more!*

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*How to Lose Weight and keep it off permanently Starting Today!*





The best way to drop fat is really a mixture of workout at the same time as diet. Exercising will burn calories, and weight loss plan will reduced them. This kind of combination will assistance you not only accomplish your goals but to control and sustain your excess fat. Among the list of most challenging things about trying to eliminate weight is definitely keeping off that fat, but should you physical exercise at the same time as control your healthy eating plan you might be successful.

There are many diets on the market and some of one of the most well-liked ones are the low carb diets. What does low carb mean? It means a eating plan low in carbohydrates. These diets will enable you to eliminate a substantial amount of fat, but when you complete them it can be difficult to preserve your excess weight, and you will find the pounds slipping back.

To be able to avoid this from happening its good to couple your healthy eating plan with an exercise routine. It doesn't have to be an very rigorous 1 just enough to keep you in very good shape and avoid those pounds coming back. It truly is very good to begin your physical exercise regime whilst you are dieting to ensure your success. You possibly can then continue, even after you finish your weight loss plan.

# FAT LOSS DIET HOW TO LOSE FAT FAST

## Wholesome

Fat doesn't make you fat, bad nutrition & lack of activity do. Healthy fats assistance fat loss: they satiate and slow down digestion. Eat healthy fats with each meal: fish oil, olive oil, mixed nuts.

## Fats.

## Taking

## In

## Carbs.

The next thing in your weight loss diet is your carbohydrates. Don't even begin to think that carbohydrates are bad for you. In fact your body requires carbohydrates just as much as water, protein, fat, vitamins, and minerals. Carbohydrates are essential to staying healthy and losing fat or gaining muscle.

You should get your carbohydrates from pastas, cereals, breads, fruits, and vegetables. You want to keep your scale ratio of carbohydrates, protein, and fat to a 50-35-15. Now that we have that down we can talk about our last main nutrient and that is protein. Protein is the building block for your body's growth. You should get your protein from eggs, chicken, peanuts, milk, and other dairy products. It is possible to steak too but only on occasion because your goal is to lose excess weight not gain it.

## Taking

## In

## Far

## more

## Food.

Eating frequently is often a way to assistance boost your body's metabolism. Eating every 2-3 hours is really a way to tell your body that you're giving it energy and that there is no require to store anymore calories as fat. This is why skipping meals is not a sensible method to get rid of excess weight as your body will only store the fat as it waits for you to eat again.

The trick is to permit your body to make use of calories much more effectively by burning them off extra efficiently. This will not only aid with food absorption and digestion but it will also assist you preserve high energy levels throughout the day.

Eating frequently will also make you feel full and assistance keep hunger at bay. If you're not starving come meal time then you will not gorge yourself with food. You'll also snack less on rubbish in between as you will not be hungry and your body will not be demanding food.

## Doing Cardio.

Cardiovascular and aerobic activities such as swimming, running, walking, jump rope, and any kind of sport is also very essential to losing fat. You want to do these about 3-4 times a week as well to keep active and healthy. Once you have started eating right and working out then you will definitely start to notice that your bodyweight lose goal is very possible.

## Consuming Water.

Water. Thirst can make you think you're hungry. Avoid soda, alcohol and fruit juice. Drink 2 cups water with each meal and sip water during your workout. Drinking clean water will cleanse the process of toxins and remove excess water that's stored. Harmful toxins are produced by certain foods and drinks and are the things that support retain the fat around our stomach.

Drinking plenty of water will assistance flush the system of these toxins leaving you full, energized and allowing your body to lose fat around the stomach.

Well there you have a nice method to start to get rid of fat and keep it off that won't take all of your time.

Fat loss is possible with the right steps tools, Know -how and most importantly one's own Determination to see it through. You can have highest paid personal trainer by your side, but at the end belonging to the day it truly is up to you to actually commit to losing that fat and keeping it off.

# TIPS ON HOW TO BUILD MUSCLE QUICKLY

Anyone who feels healthy and wants to build muscles can do it easily, if they exercise regularly and eat rich diet that contains excessive quality proteins. Always allow your muscles to relax and commence your exercise with light weights. The things you will need to build muscle quickly are Barbells, Dumbbells and protein supplements.

Have protein rich healthy breakfast every day morning. The food you eat must be rich in proteins. You can also whole-grain breads rich in carbohydrates that give energy to your body. Why we go for protein rich food is that it keeps a stable blood glucose level. It helps in building muscle quickly. Having proteins alone will not be sufficient. Your diet should be a balanced one which covers fruits, vegetables, meat and grains.

Initially start working with free weights like barbells and dumbbells. Lifting weights exerts pressure on the existing muscle tissues which in turn helps you to build muscle quickly. You will definitely find a change if you keep practicing the right kind of exercises. Exercise machines also help you strengthen and enlarge your muscles but if you want to *build muscle quickly* you have to go for free weights only.

Squats, push ups and pull ups can help you in achieving your target body shape quicker. These exercises will also help you build your muscles but not as effective as free weights. But they will provide very good shape to your muscles. But if you use the same weight and do same number of repetitions in all your workouts, your body can't grow. So to build muscle quickly you must increase the weight or number of repetitions you are lifting at regular intervals.

Do not go for supplements that have not been in the market for more than a year. Don't get impressed by the advertisements without testing the supplements. Make sure you include few items in your diet such as fish oil capsules and multi-vitamins.

Drink plenty of water. Getting enough water is important for maintaining energy levels. You should drink 8 to 12 glasses of water every day. Take rest after you complete your exercise. Especially when you are a beginner you will require complete rest without giving too much strain to your muscles. Muscles will grow only when you take rest. Here rest means having a good sleep. If you work with more heavy weights everyday it may lead to injury to the muscles.



Keeping track of your progression is a vital part of muscle building. You must come to terms with the capacity of your body each and every day before you start exercising to have a smooth progression. This will help you get stronger.





# BODYBUILDER DIET

As a bodybuilder, there are certain aspects of bodybuilder diet that you need to consider so as to achieve muscle mass fast. Contrary to what many people think, there is a difference between starving and dieting. Dieting involves following some simple, basic rules like taking small amounts of healthy food, regularly as opposed to infrequent, large amounts. The nutritional program that body builders stick to is customized to the round development of the whole body in a very healthy way. This helps increase your metabolism and burn excessive fat in your body.

## What Does a Bodybuilder Diet Do?

The average body builder diet comprises of meals that are of roughly equal nutritional content. These meals are taken between 5 to 7 times a day and on intervals of 3 to 4 hours. This kind of meals intake helps in limiting the overindulgence of cutting phases and allows the physical consumption of larger volumes of food during the bulking phase.

Various products are used in augmenting the muscle size, increase the natural production of testosterone, improve training routine, develop joint health, prevent possible lack of essential nutrients and increase the fat loss rate.

## Typical Bodybuilder Diet

All body builders have something called a diet plan. The diet plan should have meals that are low in fiber and fat. They should be consistent with carbohydrates and proteins. The meals containing these nutrients should be eaten before work-outs to prevent any possibility of dehydration.

The following is a sample bodybuilder diet for men

### Meal 1 (7:00 AM)

A small bowl of dry oats, preferably mixed with some water

250 grams of egg beaters

### Meal 2 (9:00 AM)

A verified protein powder mixed with crabs from cream of oatmeal or grits

A single tablespoon of flaxseed oil

### Meal 3 (12:00 PM)

A small bowl of oatmeal, baked potatoes or brown rice can also work as great substitutes

A medium sized bowl of broccoli, spinach, cow peas, kale or any other desired vegetable

8-9 ounces of lean fish, turkey or chicken

## Tips to Successful Bodybuilder Diet

Many experts agree that the diet accounts for almost 90% of a person's success in body building. Therefore the importance of a good diet in accomplishing this task should not be understated.

You will find the following tips very helpful in bodybuilding diet

- Do not make the mistake of eliminating carbohydrates from your diet. Some body builders think elimination of carbohydrates helps but truthfully, it only makes one have problems such as energy loss and fatigue. Therefore always ensure that carbohydrates are part of your diet.

- By following a high calorie diet, for about 5 days a week followed by a 2 day low calories diet. Your muscle gain and fat loss will be much faster. However it is important to know that the calorie intake depend on the kind of exercises you do. Active and aggressive exercises call for a higher calorie intake

# Protein and Muscle Growth – It's Controversial



Most guys who wish to build muscle fast, jump to the conclusion that protein supplements are a necessity. You can get seriously overwhelmed about what to buy since there are countless protein powders and other kinds of protein supplement products to choose from.

The truth is, you don't necessarily need protein supplements to develop muscle. However, they can definitely help you to develop muscle a little faster, but they are just a tool that aids your muscle growth potential but they don't build muscle by themselves. The most important factor is always finding the right work-out program!

There are numerous other supplements that help with muscle growth when used correctly. Some help to give you more energy for a work-out, while others help you rebuild and recover faster. Here are some examples of supplements that body builders and athletes often use to enhance their efforts.

- Protein Powders
- Creatine
- Branched chain amino acids
- Multi Vitamins and Minerals
- HMB
- Natural Growth Hormone
- Anti-Estrogens and Testosterone boosters

It is a known fact that medications can produce side effects and this is the same with excessive protein supplementation. The subject of protein is of a great interest to serious weightlifters. Using protein that's efficiently utilized by your body, in addition to consuming the correct amount of protein truly means the fundamental difference between average results and exceptional results.

## Forget all of the Above!

This is a kicker, but just how much protein is enough for muscle growth and the type of protein that is best has come under scrutiny. Everything written above is the generic write-up about protein that you will find in most articles on the subject! Yes, it is true that protein is important, but there is now contrary evidence that flies in the face of conventional understandings of protein. Much of the "knowledge" that is taken as standard is not really backed up by real scientific evidence. Most of this "knowledge" is conveniently tailored to support the use of protein supplements and protein powders. This "knowledge" tells us that we should use this protein powder or supplement before a workout, and this product after a workout and then this one before going to bed. And don't forget to use this one for breakfast.

However, what if this is not the case. What if we can build muscle just as well without spending hundreds of dollars each month on supplements. What if we can build muscle without spending lots of money on the "right" meats. What if we can build muscle and build it more cheaply! Well according to Brad Pilon, a former scientist and protein supplements creator, everything we know about protein is just plain wrong!

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***The 15-minute Miracle!***



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You **WON'T** lose weight fast and keep it off by just eating low carb diets, low fat diets, or low calorie diets. The truth is, fast weight loss that lasts comes down to a diet that works, but that is right for you. You're going to discover an easy way you can "trick" your body into burning more calories by eating more of these delicious and healthy fat burning foods that fight your cravings...

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Those long and frequent cardio or aerobic workouts from quick weight loss programs are among the **WORST WAYS** to burn fat. You're going to see how to boost your fat loss and fitness results by exercising in almost the complete **OPPOSITE** manner with these tips for just 45 minutes a **WEEK**...with no separate cardio at all!

**3. You Probably Won't Lose Any Real Belly Fat With Sit-ups & Ab Gizmos...**

1000's of crunches, sit ups, or those crappy infomercial abs gizmos **WILL NOT** allow you to lose belly fat or give you a flatter stomach and certainly not six pack abs. You're going to learn how to lose stomach fat 5 times faster with these full body exercises that don't actually target your abs at all...





# MORE MUSCLE BUILDING MYTHS BUSTED

As the name suggests, natural bodybuilding is the natural way to build one's body. This means that bodybuilders are dedicated against the use of steroids, growth hormones, insulin injections or any other banned supplements that non-natural bodybuilders use to build their muscles.

Nevertheless, natural bodybuilders do take supplements that consist of natural vitamins, minerals, protein and herbs. It is a myth that bodybuilders do not take any supplement to enhance their performance and fitness. Natural bodybuilders are very particular about their diet because they do not use performance enhancing drugs. It is from their daily intake of food and natural supplements that they get the energy to work out and get ripped.

Natural bodybuilders believe that increasing protein, carbohydrates and fats in their diet will help them to gain greater muscle mass. Therefore, it is important for them to eat a lot before they work out as well as throughout the day. Their main source of protein is chicken, lean red meat, turkey and tuna.

Why carbohydrates? Many people do not understand why there is a need for high carbohydrate diet in bodybuilding. The reason is that carbohydrates help to increase a bodybuilder's energy level. High energy level means more strength. As a result, you can work out more to keep your body in shape. Natural bodybuilders only take low glycemic carbohydrates that are slowly digested by the body in order to keep the energy up. Therefore, oatmeal, brown rice and sweet potatoes are their must-haves.

As for fats, they help to keep cell membranes together and produce hormones that are good for bodybuilding. By fats, we mean unsaturated fats such as omega-3 fatty acids. This includes fish oils and olive oils as well.

Training is the most integral part of natural bodybuilding. This is due to the fact that they do not depend on performance enhancing drugs, but solely rely on training. Bodybuilders work out 3-4 times a week, for approximately one hour per workout. In between their muscle training, natural bodybuilders continue with their cardio workouts for 2-4 times every week, 20-45 minutes per session. Because of this vigorous and intensive training schedule, natural bodybuilders eat a lot to get energy.

You probably think that pro bodybuilders are healthy and fit people. They should all be your role model.

Do not make this assumption so fast. You'll be shocked to find out that most bodybuilders are not as healthy as they appear to be. Why? They look very ripped and muscular. How can they not be healthy? Well, surprise or no surprise, they gain muscles by using performance enhancing drugs. Drugs, as far as I can recall, are sources of many health complications. So, if you think they (bodybuilders) should be health and fitness role models, think again.







# Rest Is An Important Key To Build Muscle

If you want to build muscle, going to the gym and getting in your workouts is crucial. Intensity during your workouts is important as well. If you don't stress your muscles sufficiently, you won't see any growth or results from your efforts. Doing the right exercises for maximum growth is also a key component of a well constructed muscle growth routine.

Weight lifters also appreciate the importance of proper nutrition. Without the right number of calories coming in (i.e. a surplus), a lifter will never gain muscle mass worth counting. In addition, the calories have to be the right composition - plenty of protein with a healthy portion of carbs and fats. They also need plenty of vitamins, minerals, and water to supplement their training.

All of these components are well appreciated and debated by exercisers and weight lifters everywhere. But one of the keys to any good program to build muscle is often ignored: rest. It is during rest that muscles repair the damage caused by the exercise, and it is during rest that the muscles grow bigger and stronger.

Too many lifters focus on working as hard as possible and then they enter a state of overtraining. Overtraining occurs when individuals don't give their muscles enough time to recuperate between workouts. Being in this state can cause a massive plateau to your results, and even worse, it can even lead to injuries which can set you back for months.

The proper way to continue to build muscle throughout your program is to make rest a priority. This may seem like you're going soft, but you're not. Rest is as crucial, and perhaps more important, than proper exercise and nutrition.

When designing your workout plan, make sure to add in enough bouts of rest between workouts. There are many ways to do this. One way is to do full body workouts through the week, leaving a day of rest in between, such as a Monday, Wednesday, Friday (or Saturday) workout. This will leave plenty of time in between for proper recuperation. Others like to work out everyday, so they separate out each day to focus on a particular muscle group. For example, Monday could be chest, Tuesday is biceps, and so on. This allows each muscle group to have periods of rest and periods of workouts. However, weight lifters following this schedule should be careful that the "off" days for the muscles truly are off days. For instance, certain chest exercises require working the biceps, and vice versa.

Finally, rest days should be filled with just that - rest. Lifters should get at least 8 hours of sleep, and naps won't hurt either.

# 5 RULES OF EXTREME MUSCLE BUILDING

If you do not want an average physique, and you are looking for some massive muscle growth, then follow the rules in the following article. I have broken down some rules of body building that will get you one step closer to the muscular body that you are looking for right now.



## 1: Get Stronger.

There is a direct link to strength and muscle mass. By lifting heavier weights with each workout you will break down the dense muscle fibers that lifting light weights will not do. The dense muscle fiber that you break down with heavy weights will stay with you through hard dieting.

## 2: Go Back To Basics.

If you are not doing this already then you need to get back to the good old basic compound exercises. The following exercises are the best for stimulating the most muscle growth in each muscle group.

Legs - Squats & Stiff Leg Deadlifts.

Chest - Flat Bench Press

Biceps - Standing Barbell Curl

Triceps - Close Grip Bench Press & Lying Extensions

Back - Deadlifts & Bent Barbell Rows

Shoulders - Standing Barbell Press

## 3: Sleep.

Sleep may be one of the most overlooked principles in muscle building. It is when you are sleeping that your body releases the most growth hormones. These hormones aid in the recovery of damaged muscle cells. You will have more energy for the next days workout too. Try your best to get 6 to 8 hours of uninterrupted sleep during the night.

## 4: Use Intensity Techniques.

Using methods of training that will boost the intensity level of a workout is a great way to shock the muscles into responding. Using techniques like supersets, partial reps, rest pause, and drop sets are sure to have your muscles totally exhausted by the end of your workout. These are ideal for more advanced workouts.

## 5: Do Not Miss Workouts

You have got to follow the law of progressive overload if you want to gain any strength or muscle. This means that consistency is very important. Missing workouts means that you are going to make no progress that day. Get stronger and more muscular by consistently training your muscles on a set schedule.

# THE BUILDING MUSCLE PROCESS

The building muscle process is relatively simple to understand.

With all of the information available on the internet, you'd think it would be easier to find information about just what exactly causes muscles to grow. There are quite a few misconceptions out there and this article will put down a few of those myths and reveal exactly what happens when your body builds muscle.

The whole process begins when the existing muscles in the body are put under extreme stress, such as when they push or pull more weight than they are used to pushing and pulling.

When muscles are asked to do more work than they are accustomed to, they suffer minor ruptures. You'll feel these micro-tears as muscle soreness. These mini-injuries are repaired while the body rests. The resulting muscle is slightly larger than before, better able to handle the stress that caused the initial tears.

A bodybuilder maximizes the muscle building process by continuously escalating the stress level placed on muscle groups. This is accomplished by increasing the amount of weight, the repetitions of the exercises and/or changing the type of exercise used on a specific muscle, causing new micro-tears, building the muscle more and more.

Massive muscle growth requires a specific nutritional plan as well. There are three macronutrients that you'll need in correct proportions to fuel muscle growth. Carbohydrates, proteins and fats will deliver the nutritional payload your muscles call for.

Carbohydrates provide the fuel to get you through your workouts. Slow digesting, low glycemic index (GI) carbohydrates, most fruit and vegetables (excluding potatoes, corn and peas), whole grains, basmati rice and pasta are favored because they don't cause a spike in blood sugar like high glycemic carbs will. A sharp spike in blood sugar causes an increase in insulin production which makes it more likely that food energy would be stored as fat, not used as energy. Post workout meals, however, often contain some quickly digested carbs in order to replace glycogen in the muscles and promote protein synthesis.

Protein is the building block of muscle creation and professional bodybuilders eat massive amounts of it. For some, protein is almost one-third of their calories for the day. In addition to poultry, beef, pork and eggs, protein powders made from whey or soy are added to meals or used as meal replacements in shakes.

You need approximately two tablespoons of dietary fat each day. Approved sources of fat for the muscle builder are the unsaturated kind which is liquid at room temperature and is found in canola and olive oils, nuts, seeds and avocados.







Kettlebells have been in use for years. They began as a method for the Russian Special Forces to train, but have gradually made their way West to Europe and the United States. If you've ever seen a member of the Russian Special Forces, you know that those guys aren't people that you want to mess with! Kettlebell training puts your entire body into action, and it's possible to hit every single muscle group with just one of these incredible workout devices.

## Kettlebell Workouts for Maximizing Functional Strength

### What is a Kettlebell?

Basically, a kettlebell is a cannon ball with a handle. It's traditionally a solid ball of iron with a protrusion that allows you to grip it easily. These days, you can get stainless steel versions too, as well as plastic kettlebells filled with sand or other weights that, although they tend to be less expensive, don't usually last as long in terms of durability. There's a big debate over whether iron kettlebells or steel kettlebells are better, but I'm not going to get into that in this article.

Through a series of swings, lifts, and cleans it's possible to give yourself a full body workout using just one solitary kettlebell, though many fitness trainers use two simultaneously for faster workouts that give the same hardcore results.

### What are the Benefits of Kettlebells?

Kettlebells are awesome because they give you a full cardio workout at the same time as an anabolic workout. They allow you to tone your muscles and strengthen your cardio and respiratory systems at the same time, which is a benefit that's not often found with most gym workouts, which tend to focus on either one or the other.

In addition to those two main benefits, kettlebell workouts also increase your strength, help you lose weight, increase flexibility and range of motion, and promote heightened endurance.



# How To Stay Fit - Don't Try To Take Fitness Shortcuts

If you've been trying to lose weight, you undoubtedly have heard that you need to exercise if you want to take any weight off. While this may be true in some cases, the relationship between diet and exercise is more complicated than many people realize. You shouldn't exercise merely to lose weight, nor should you choose an exercise at random. Instead, exercise should be part of an overall health and fitness program.

There's an old joke about an overweight person who orders diet soda with a plate full of hamburgers, candy and other fattening foods, yet says he is dieting because of the soda. Some people treat exercise like the person in the joke treats dieting. They eat unhealthy foods, then exercise to take the calories off. Unfortunately, weight loss doesn't work this way. If you eat junk food, you're going to gain weight regardless of how much you exercise. In addition, if you binge on junk food then try to exercise it off on a regular basis, this can be a sign of an eating disorder.

Instead, exercise should be part of your overall weight loss program. Instead of overeating and trying to correct your mistakes through exercise, you should make both diet and exercise a part of your regular routine. Eat healthy, balanced meals and then use exercise to burn off some calories and get your body into better shape.

Similarly, you shouldn't stop exercising as soon as you start losing weight. If you do, you're cheating yourself. First of all, you won't burn as many calories during the day if you're not exercising. In addition, the weight you do lose won't look as good if you don't exercise. Exercising helps tone your muscles; if you don't engage in muscle-toning activities, your body shape won't change as you lose weight and you will start looking too bony or otherwise unhealthy instead of looking better and healthier without that excess weight.

Remember that the goal of your weight loss and fitness program is to get your body into better shape so that you can live a longer, healthier life. Like any worthwhile goal, getting fit is going to take time. Some people think that all they need to do is exercise a little bit and they'll lose some weight. However, this doesn't work. There's no shortcuts to losing weight or getting fit. You have to exercise daily and eat properly, and it may take a while for you to see results.

Don't try to use your exercise routine to undo bad eating habits. This method is sure to fail and may leave you with more serious problems. If you utilize self-control and patience instead, exercise can become an enjoyable and healthy activity that you incorporate into your daily routine.

# The Path to Getting in Shape Starts With One Step

Deciding to get in shape is a goal that many people strive for, but sometimes it's not that easy. That's why it is important that you are focused and ready to commit. When you just aren't determined or well-informed, then chances are, you will not have great results. Review the advice in this piece, and learn how to make working out more enjoyable.

A good song can do wonders to get you moving. How difficult do you find it to stay still whenever you listen to a fantastic tune? Making music the center of your work-out routine is essential. Play a Disc, insert your own playlist on your mp3 player, or tune in to radio stations and boogie the extra weight away! Your favourite music can lift your spirits and give you the extra push you need to follow through with your fitness goals.

Ask family and friends if they are interested in working out with you. A mate is usually a good incentive as a training companion since he or possibly she will be enjoyable to exercise with, and you're able to monitor one another's improvements. It can also make it seem like you are doing less when you talk about things. When you're preoccupied with your companion as opposed to the routine, you will be more prone to enjoy yourself and even keep it up.

Video games can make a great addition to your workouts. It's just like getting your own private fitness instructor. Physical exercise will become well guided enjoyment instead of boredom. As soon as your thoughts are occupied with having fun, then it doesn't perceive it as exercise, so you will be able to work out longer.

Looking and feeling good as you work out will make you want to go to the gym more often. Get yourself some workout outfits that fit you well and are comfy. Just be sure that it is something that you don't feel self-conscious wearing. If you look good, you will be motivated to workout at the gym.

You will get bored with an exercise routine if you do it every day, which may cause you to stop. Your exercise routine can come to a grinding halt if you allow yourself to get bored. As a way to keep inspired, you should include various workout routines which you consider are a blast and also exhilarating. This is critical to your success, because once you have lost interest it is much more difficult to get going again.

Whenever you accomplish one particular workout objective, allow yourself a treat. This can inspire you to go on with your program having renewed energy levels. Your reward does not have to be big or fancy; it can as simple as a small portion of a delicious dessert or something new to wear. Chose a reward that you will really look forward to receiving. Small rewards throughout the weight loss process will keep you motivated and help you to succeed.





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# THE BEST DIET IS NO DIET

## HOW TO LOSE WEIGHT WITHOUT DIETING



Diets are big business. Diet food is big business. Slimming products are big business. If we are going to talk about diets, you need to understand first and foremost that there is a ton of money to be made from the people who are desperate to lose weight and searching for answers. It is this very desperation which the makers of diets, knowledge and slimming products prey on.

In fact, the term "dieting" has become so distorted it's hardly recognisable from the very first patients in the 1800's whose doctors recommended dieting for the overweight condition they found themselves in.

If you have ever thought slimming products were the answer, you were being scammed. If you think the machines shown on infomercials are the answer, you are being scammed. If you think that counting calories is the answer, you are being scammed. If you think that deciding whether to spend your daily points on a slice of chocolate cake or a piece of lean sirloin is the key to losing weight successfully, you may just spend your entire life on earth being scammed.

How about the cookie diet? The cabbage soup diet? Fat free diets? Carb-free, protein free diets? How much longer will you allow them to scam you? The key to understanding what I am trying to say, is that you must never, ever believe that a diet program is going to change you, that it's going to change the way you relate to food. And this leads to the point of the article: the overweight problem is not about counting calories, or depriving yourself. The real problem is the way you relate to food.

Diet programs never seem to ever focus on this aspect; they only ever concentrate on what goes into your mouth. But if you have every been on a diet, you know that you may lose weight initially, but more often than not, all the weight you lost climbs right back on. Why? Because the root cause has not been addressed, and after a while, you fall off the wagon, put everything you lost back on, and most dieters have said they put on even more weight afterwards. This really should start telling you something. I am inclined to believe that most diet programs are designed to keep you coming back, or they are created by the 5% of the population who actually do manage to stick to a diet and lose the weight. It is these people who are able to give the raving testimonies of diet programs and slimming products. Do you believe me yet? For your sake, I sincerely hope so.



# 5 Diet Tips on How to Lose Weight Fast



One of the most daunting processes that people go through today is that of losing weight. This is a process that involves fatigue, commitment, and at times frustrations. However, it is always a great idea to keep your eyes on the goal at all times. The best news, on the other hand, is that there are a number of methods that a person can use on how to lose weight fast. The consideration of the following tips could be of great help in losing weight.

The first thing that you need to do to lose weight fast is to drink plenty of water. Since time immemorial, water has been found to be the right cure for a wide range of problems. By choosing to drink more water on a daily basis, you will be able to increase your body metabolism. It is an improvement in metabolism that leads to fast fat burning process. The water will also play a great role in getting rid of the fats. This will in turn help you cut on weight even with no rigorous exercises.

Another great tip that you should adopt is that of eating only healthy foods. The overweight menace has been brought by the taking of junk food. These kinds of foods have high calorie content and contain components that lead to a significant weight gain. If searching for the best way on how to lose weight fast, the best thing that you can do to yourself is to eat healthy. Keep off from the canned foods or those that have been developed genetically. Fresh healthy foods contain components that help the body in regulating the fat levels. Turning to this option will therefore help you cut down on weight.

Fruits are also a very important diet that every person searching for the right program on how to lose weight fast should embrace. There are various chemicals contained in fresh fruits that help improve body metabolism. By taking such foods, you will be able to achieve better health with a reliable weight loss. Keep off from processed fruit juices since they are packed with harmful chemicals that can lead to negative results.

Second to taking a lot of water, one of the best things that you can do is to increase your vegetable intake. Green vegetables have been found to be the best foods that people searching for a way on how to lose weight can embrace. Vegetables contain great contents that will help increase metabolism, which will lead to an improvement in health. An increase in metabolism will also help the body to get rid of excess fats.





# Healthy Digestion Management

During the holidays, it's easy to get off track with so many delicious, festive foods, and it's important to keep your digestion functioning well. Digestion has a direct impact on whether you gain, lose or maintain weight. It affects how you feel, including your energy levels. Have you ever had a "carbohydrate coma?" This is a silly way of saying that too many starchy carbohydrates can make you feel sleepy or lethargic, but it also causes some stoppage in your digestive tract. Having healthy digestion also affects how your body fights off colds, flu, and disease. If you are properly absorbing nutrients, it will also show by the radiance in your skin.

Healthy digestion allows food to be taken in by the body properly, which is beneficial to all of your cells and brain, improving overall functioning and feelings of wellbeing. If too much food or drink is consumed too quickly, indigestion and stomach problems can flare up. Eating too fast happens a lot when people are over worked, over stressed or over committed. All people inevitably eat on the run and at times experience indigestion, which may be compounded by overeating. Do you ever eat standing up because you are in a hurry? Give yourself time to sit down and relax when you eat a meal. Take time to be social during meals by spending time with others, and chew your food well.

Be sure you are not consuming empty carbohydrates full of sugar and white flour, but eat good complex carbohydrates and high water content foods, including raw vegetables which contain live enzymes. And, stay active. Fiber, water and exercise assist with proper food absorption and elimination, by moving food through your body, and keeping food from building-up and putrefying in your system. Fiber-poor diets can instead promote fat absorption and weight gain. When food is kept in the body longer than normal, intestinal yeast and fungus growth may result in feelings of malaise, illness and impaired immune system function.

You may have a special sensitivity to spicy or high fat comfort foods, which for some people may interfere with healthy digestion. So, if this is the case, choose food types and drinks carefully. Other digestive irritants may include caffeine, alcohol, chocolate, nuts, carbonated beverages, smoking and certain medications.

When a cause for indigestion can't be found after a thorough evaluation, a person may have a malabsorption issue or some sort of functional dyspepsia, which is a type of indigestion created by an impairment in the stomach's ability to accept and digest food and then pass that food on to the small intestine. Personally, I am often plagued by indigestion due to Hereditary Pancreatitis, so I share this with you based on a lot of my own experience with digestion management, which sometimes, but not always, mitigates my own flare-ups and eases the recovery phase. I believe that practices of healthy digestion can be applied in many severe digestive diseases, such as gallstones, stomach ulcers and other medical conditions, which cause intense and prolonged symptoms requiring medical intervention. So, if you know you are eating right, but are still having problems, please do call your physician and get checked out.

Meanwhile, do take care of your digestive tract. I wish you wellness.

Problems like heartburn, indigestion and constipation can range from annoying to debilitating. Herbalife's Digestive Health products support healthy digestion and elimination, helping to ensure your internal system runs smoothly every day. Herbalife's Florafiber tablets introduce lactobacillus acidophilus, a "friendly" bacteria for healthy colon function. Herbal Aloe Concentrate is made from the aloe plant which contains natural enzymes, vitamins, minerals, and amino acids that help support healthy digestion.\* Jump start healthy digestion with the enhanced 21-Day Herbal Cleansing program - which contains healthy antioxidants and herbs traditionally used to promote digestive balance.

# Exercise Promotes Longevity

Medical researchers at Harvard and Stanford Universities who studied the habits and health of 17,000 middle-aged and older men, reported the first scientific evidence that even modest exercise helps prolong life. Dr. Ralph S. Paffenberger, the visiting professor of epidemiology at the Harvard School of Public Health, who is the principal author of the report said, "We have found a direct relationship between the level of physical activity and the length of life in the college men we have studied." He added, "This is the first good evidence that people who are active and fit have a longer life span than those who are not."

A strong connection between a hard and a healthy hard has also been convincingly demonstrated in the same study. The study showed that the less active persons ran a three times higher risk of suffering a fatal heart attack than did those who worked the hardest. Review of fatal heart attacks revealed that the less active men were also three times more likely to die unexpectedly and rapidly within an hour after the attack.

A parallel research report from doctors in Dulles also concluded, after a study of the lives and habits of 6,000 men and women, that the physically fit were less likely to develop hypertension.

Dr. Steven N. Blair who headed the research group said, "We followed the physical health and habits of these people for an average of four-and-a-half years and the data showed that the lack of physical fitness leads to hypertension."

Exercise increases calorie output. The body fat can be reduced by regular exercise. It is therefore, useful for weight reduction in conjunction with restricted food intake. According to a study by Dr. Peter Wood of Stanford University Medical School, author of "California Diet and Exercise Programme," very active people eat about 600 more calories daily than their sedentary counterparts but weight about 20 per cent less. Up to 15 hours after vigorous exercise, the body continues to burn calories at a higher rate than it would have without exercise. Moderate physical exercise has been found to be accompanied by less obesity and lower cholesterol levels.

Regular exercise plays an important role in the fight against stress. It provides recreation and mental relaxation besides keeping the body physically and mentally fit. It is nature's best tranquilliser.

Chronic fatigue caused by poor circulation can be remedied by undertaking some exercise on a daily basis. It helps relieve tension and induces sleep. Moderate physical exercise at the end of a try day can bring a degree of freshness and renewed energy.

Exercise also plays an important role in the treatment of depression. According to Dr. Robert Brown, a clinical associate professor at the University of Virginia School of Medicine, "Exercise produces chemical and psychological changes that improves your mental health. It changes the levels of hormones in blood and may elevate your beta-endorphins (mood-affecting brain chemicals). Exercise also gives a feeling of accomplishment and thereby reduces the sense of helplessness."



# VISION WITHOUT GLASSES



"THE HIDDEN DANGER OF GLASSES...  
AND HOW AN EX-OPTOMETRIST DISCOVERED  
HE SECRET TO RESTORE 'NEAR PERFECT'  
20/20 VISION NATURALLY"

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# Put "Forever" In Your Weight Loss

gin thinking about how you are going to maintain that weight loss. Tuck the fact firmly in the back of your mind, that less than 10 percent of those who lose weight, successfully keep it off.

You should congratulate yourself on losing weight, but the real challenge is in keeping it off forever. Ninety percent gain weight back again because they have focused only on their initial weight loss goal. They followed an eating plan until they got to a desired number on the scale. And then, lapse back into the old lifestyle that put the pounds on in the first place.

You can learn how to maintain the weight you loss by learning and applying a few techniques in your everyday life.

- Do the best with what you have available. Sometimes you'll not be in a perfect situation with the healthiest choices, but make do with what is there. If you don't make a not so healthy choice, don't beat yourself up for it.
- Eat tasty foods. Use the finest ingredients to make the most delicious meals.
- If you want to indulge and be bit naughty, make it from scratch.
- Use a tape measure to keep tabs on your weight and every now and then, weigh yourself.
- If you really struggle with exercising regularly, do other activities to get your heart rate up and strengthen all of your muscles.
- Eat whole foods and healthy oils. Don't be sold on the philosophy that low fat and high carb is the strategy to use. High fat isn't the solution either, but healthy oils aren't the enemy. The right oils can help speed up your metabolism.
- Find and stick to an eating pattern that works for you, whether it be three meals a day, three meals with snacks in between, or "grazing" throughout the day.
- Think of the health you have now and your future health, every single day. Do you want to enjoy your future years? Or, do you want to sit around talking about all the things that ail you as you pop pills to control your symptoms?

It's crucial to make your health the focal point when developing a healthy lifestyle.

A lot of people are in a rush to lose weight. These individuals spend their entire lives gaining weight and losing weight. Temporarily on diets; just wanting to rid of the weight as fast as possible. They don't stop to consider the effect on their health. To paraphrase an old adage, "if you don't have your health, you don't have much." Simply being thin will mean nothing if you compromise your health along the way.

You now have some knowledge on how to maintain weight loss. Grant yourself some time to get use to a new and healthy lifestyle and take joy in yourself along the way. Years from now, you'll be grateful for the changes you've made.

# HEALTHY EATING FOR WEIGHT LOSS IS NOT ABOUT COUNTING CALORIES



Weight loss needs to be all about healthy eating and should have nothing to do with counting calories. Restricting your calorie intake in an effort to lose weight is one of those myths based on a complete lack of understanding of the underlying problem.

This misunderstanding starts by judging people who are overweight or obese. The feeling is that these people simply eat too much. That they are greedy. While this may be the case in a very few individuals, it is NOT true in most people.

Let's examine the problems with a calorie controlled diet.

For a start, it can be complicated. While you are trying to juggle work, family demands, household chores, etc trying to remember which food contains what calories is likely to be low on your list of priorities.

Secondly, and more importantly, calories have nothing to do with healthy food. In a calorie controlled diet, you can end up eating very unhealthy foods, but remain within your target. This means your health will deteriorate over time. Not the best way to lose weight.

You are likely to be hungry all the time, on a calorie controlled diet. This, in itself, shows how unhealthy the diets really are. Your hunger may not just be because you are not eating enough food based on your activity, your body type, your metabolic rate and other important factors to consider, that rarely are considered.

Your hunger is much more likely to be because your body is not getting the quality nutrients from your food. If your body is nutrient deficient, you will be virtually hungry all the time. And unhealthy. This is the key to your excess weight. Few dieticians or weight loss programme creators understand this.

On the other hand, if you forget all about calories, even food portions, but instead use a programme which has its foundation in quality health improvement, then you can see permanent improvements.

Permanent weight loss can only come about when you look at the whole of you and what your body needs to function properly and to be healthy. Healthy eating for weight loss gives you proper nutrition, without limit, whenever you need it. The more you eat, the more weight drops off. The very opposite of what you have been led to believe.

# Simple Suggestions For Successful Weight Loss

Are you currently attempting to slim down the very first time? You most likely do not know exactly where to begin. It is no key that reducing weight the very first time could be a bit overwhelming. Beneath are some suggestions that will help to create healthier existence options to ensure that you are able to reside at a much better fat.

Low-fat yogurt is among the greatest snacks, which you can possess whenever you are on a diet plan. Besides this being choice delicious, however, you will have a big selection associated with flavours to select from, upping your degree of convenience. Select yogurt as your treat if you are on a diet plan.

End up being proud whenever you are slimming down! Do not sucker yourself into purchasing the small bikini you wish you could wear or perhaps a brand new outfit, which will have a huge quantity of weight reduction to fit the body. Rather, celebrate minor weight reduction objectives by obtaining the manicure or perhaps a therapeutic massage. The reward could be something that is about both you and your well-becoming instead of obtaining wrapped up in fitting in to smaller clothing. Whenever you do reach an objective and drop in order to size you are pleased with, go ahead and purchase which new outfit!

To remain accountable whilst you attempt to slim down, maintain a weight reduction journal or weblog. Research has shown that individuals that write down their objectives possess a greater opportunity of reaching them. Searching more than your own journal and seeing the actual progress you have produced is excellent encouragement when you are prepared to stop. It is simpler to avoid giving into enticement whenever you know you will need to create or weblog about this afterwards.

Discover diet plan plans on the internet to help you with preparing your meals to slim down. Numerous internet websites already have quality recipes and guides accessible that offer you along with calorie info. So that all you will need to do is actually choose the meals you would like, add up the calories from fat after which burn off a lot more than you are taking in.

You can easily be caught up having a size and with numbers when attempting to slim down. The number around the scale truly does not issue, it could fluctuate for many various factors, and you will get discouraged effortlessly. Get a tape measure and have an objective to lower your dimension, not your weight.

As we discussed, reducing weight is not as frightening because it might seem in the beginning. Just consider all of the advantages it has and the entire price it could look after, together with all of the cash it could save you over time by becoming a healthier individual overall.

