

Healthier You



The Secrets To A Better Body

Table of Contents

> Introduction

> Section One: It's Your Call

- Not All Plain Sailing

> Section Two: The Keys To The Healthier You

- Medicine Is Not Magic
- The '4 Pillars of Health'

> Section Three: Getting Fitter Faster

- Finding The Motivation
- Finding The Time

> Section Four: Lifestyle Decisions

- What's In A Day?
- Tobacco, Alcohol & Stress

> Section Five: Diet

- You ARE What You Eat!
- The World Is Getting Fatter
- Stop Thinking, Start Doing
- Reversing The Weight Gain
- Start Eating Right

> Section Six: Your Environment Is Killing You!

- Free Radicals
- Anti-Oxidants

> Conclusion

Introduction

‘A wise man should consider that health is the greatest of all blessings’ – *Hippocrates (470-410 BC)*

It is one of the great paradoxes of our lives that, at a time when the human race is becoming ever more sophisticated and technology continues to develop at a phenomenal pace, it is actually getting harder every day just to stay fit and healthy!

Whilst everything about modern life would suggest that it should be so much easier to keep ourselves in tip-top condition, the reality of daily life is very different indeed!

Health care standards are undoubtedly far, far higher than they were even as recently as twenty years ago.

With the aid of technology, the boundaries of medical science are being pushed back far more quickly than ever before. As a result, medical professionals are able to isolate more and more illnesses and diseases that were previously not understood.

Medical care standards have also skyrocketed.

Technology is increasingly utilized to help uncover secrets that would probably remain hidden were it not for these advances.

Gymnasia and fitness clubs continue to spring up on almost every street corner, and most of them are still booming.

Life is arguably safer too.

Sure, we still have crime on the streets of our major cities, and violence is still a big problem in some parts of the world, but, generally, for most of us, life is safer.

So, life is probably safer today than it ever has been, medical knowledge and standards of care are immeasurably higher and by every logical measure we *should* all be healthier and fitter.

And yet.....

Particularly in the nations of the West, those that would *claim* to represent the advanced countries of the world, we are very, very clearly *not* healthier than we were 50 or 100 years ago.

For example, obesity is a problem that could very soon swamp medical resources on a global basis if it is not addressed effectively and very, very quickly!

Particularly worrying is the terrifying increase of obesity in children, representing a time-bomb that could go off at any time.

One result of all of the medical advances is that it is now perfectly feasible for both men and women to realistically expect to spend 80 years on this planet of ours.

The truth, however, is that very few will do so, and that the reason they do not could almost certainly be placed fairly and squarely at their own feet!

They will, to all intents and purposes, kill themselves through not taking enough care and neglecting their most precious possession, their health.

The real truth is, in fact, even sadder than that, as an increasing number of men and women actually look and feel 80 before they even make it out of the first half of their life!

Their lackluster, jaded physical appearance tells the whole sad, sorry tale:

- Unsightly sagging dry skin
- ungainly posture and an unsteady walk
- tired, aching joints
- constantly sporting the “I’m not happy because I know I look terrible” appearance.

And those are just the visible signs that they carry on the outside, for the whole world to see.

Can you begin to imagine how bad it is inside?

- Fat packed, clogged arteries and veins
- inefficient and over-worked heart
- heaps of unused sugar and excess fat lodged in or around vital organs
- Medical problems such as diabetes, stress, nervous tension, high blood pressure, cardiovascular disease and even cancers that are silently brewing away.

The problem is that modern life keeps on getting faster paced and more rushed every day, making it increasingly difficult to take care of ourselves properly.

Unhealthy, fat-drenched fast food has, by definition, become an accepted feature of modern life.

It is far easier and quicker to just grab a burger than to sit down to a healthy unhurried lunch, for example.

Even in societies where the traditional diet was extremely healthy, the last twenty years have seen huge rises in the popularity of fast food, and a corresponding rise in the associated problems like obesity and lack of fitness (in Japan, for example).

Of course, the blame cannot be laid solely at the feet of a junk food diet.

Even those that do not eat such things are not necessarily fit and healthy! There are a wide range of other contributory factors too.

As children, even at school, exercise and sports have played a decreasingly significant role over the past twenty to thirty years, actively encouraging several generations to become lazy, idle children who then became indolent teenagers and adults.

Now, maybe that seems a little cruel, perhaps even a touch brutal and, if so, so be it.

I make no apologies for taking such an approach.

The reason is simple.

I have read many vague, generic health and fitness manuals over the past few years that effectively wasted several thousand words saying very little!

This book is definitely not going to go along that same path.

It is not going to be either generic or vague.

On the contrary, this book is going to tell you everything that you need to do to maximize your own health.

It is not only going to show you how to be fitter either – fitness is only one part of being healthy.

This book is a total, complete step-by-baby-step ‘workshop manual’ of every aspect of your life that you need to address, if you want to be healthier and live a longer, happier and more fulfilled life.

Now, I guess that only a fool or a clown would not want to live a healthier and fulfilled life.

I am taking another guess that you fit into neither of these categories.

So, this book is your gateway to making a life-choice for yourself.

Follow my directions, and you will be healthier.

Choose not to, however, then all I can say is that you might claim that you are not a fool.....

It's Your Call...

There is only one way that any human can ever hope to make their lifestyle a more health-conscious one, thereby ensuring that they do become healthier.

That is, by making the decision themselves to *make it happen*.

No-one else can take that decision for you – it can only come from you.

You must want to become healthier before you can ever begin to do so.

I can write a detailed guide manual like this, but I cannot make you adopt what I am recommending you should do.

Friends, relatives, family members can all suggest, or perhaps even urge you to do something about your life style if they too can see that it is not healthy. But, unless you choose to act then they too are wasting their time!

So, here are a few things that I would suggest that you need to consider.

First, be honest with yourself.

Think about your life, your daily routine and what you do.

Is it all good for you? Is everything that you do, everything that you eat or drink good for your health and your general well-being?

Now, part of this being honest with yourself process is acknowledging and accepting that no-one is perfect!

Of course you know that eating the occasional cream-cake or downing a few glasses of beer every now and then is not necessarily going to be of benefit to your health.

But, the more appropriate question, the one that you should really be asking might be, how *harmful* is it to your health?

One piece of cake every week is not really a problem, but half a dozen big slices every day would certainly not be something to be recommended!

Be reasonably self-critical too.

Have you looked at the condition of your body lately? How are you looking, taking into account your body-type and age?

Have you taken stock of your overall physical well-being?

Secondly, please realize that being healthy is not only about being fitter in the way that so many people seem to think it is (assisted in their delusion, no doubt, by the many books that do directly equate one with the other!).

Fitness and being fit is only a part of being healthy, albeit a very important part.

Don't believe it?

Then think of the increasing number of top professional sports people over the last few years who have won the top prizes, only to be uncovered as drugs-filled cheats.

In most cases, these people were as fit as any human being alive, but would you say that they were healthy?

They might have appeared to be almost perfect physically conditioned specimens, but I do not think for one moment that they were truly healthy.

So, being fitter, toning up and losing weight is an important aspect of becoming healthier, but is definitely not the only one.

Not All Plain Sailing

Most of us know or are acquainted with one of those incredibly annoying people who seem to go out of their way to do everything that they shouldn't do, yet they still appear to be repulsively healthy!

Well, maybe they are and maybe they are not, because the only thing that we can say without fear of contradiction is that what you can see on the outside doesn't always tell the full story of what is happening internally.

Either way, these folks are the exceptions.

Most humans do not stay naturally healthy in this day and age. In other words, being healthy requires thought, effort and application.

Or, put more simple, becoming and staying healthy can be hard work, and you had better get used to that idea right now!

And, however much anyone else would like to help, they can only do so much for you.

Sure, you can spend thousands of dollars on hiring the best personal trainer that you can find, but, no matter how good they are, they cannot actually do the exercise for you.

You can spend a fortune on the latest scientifically proven diet regime, but if you do not stick to it, then it was a total waste of time and money.

You can double the cost of the weekly food shop by insisting on buying only organically grown and reared foodstuffs, but if you then don't have the time (or the inclination) to prepare and cook it properly, then it is going to be of no benefit to you whatsoever.

Do you know the old chestnut that 'you can lead a horse to water, but you cannot make it drink?'

That saying applies perfectly in this situation.

You can own every health, diet and fitness resource known to man, but if you simply choose not to use them, they are no help at all to you.

Be prepared for some hard work, especially in the initial stages of your 'Healthier You' regime.

After that, it should get easier and, assuming that you do not 'fall by the wayside' and revert back to the old, unhealthier you, then eventually it will become a simple question of maintaining the healthy you that your efforts have created.

As long as the idea of hard work does not scare you, then you will get along just fine.

And, please bear in mind that, no matter how difficult the work may be, how strenuous the efforts required or tedious some of the tasks I am going to set for you might be, they all have one objective in mind.

Helping **you** to become healthier, happier and more fulfilled.

When the going does get tough, don't forget that everything that I am recommending you should do is all for your benefit and that of your loved ones around you!

The Keys To The Healthier You

Medicine Is Not Magic!

One of the most positive benefits of the often stunning advances in computer technology over the last twenty years has been the assistance that it has given to the development of medical technology.

Computers have enabled medical research to be successfully undertaken and completed many, many times faster than was ever possible previously. More and more diseases and illnesses have been isolated and investigated in a fraction of the time that it once took.

Medical practitioners are becoming ever more skillful, with increasingly sophisticated tools and instruments to help them in their tasks.

And yet disease, sickness and illness has not been comprehensively defeated or outwitted, nor is it ever likely that they will be.

For example, it is now widely accepted that, no matter how quickly computer aided technology and research might enable a virus to be identified and isolated, the virus itself can mutate into a more virulent form much faster!

Medical science is far more advanced than it ever was, but it is still fighting a never ending battle against the power and strength of the 'bad side' of nature!

So, man will probably never conquer disease entirely.

People will always become ill with all sorts of conditions and ailments, and, in the worst cases, they will die from them.

Being healthy is, therefore always a question of degree to a certain extent.

You can only do what you can to be as healthy as you can possibly be.

Balanced against that, we have already suggested earlier that some medical conditions are known to be made worse by being unhealthy.

For example, heart disease, diabetes, obesity and stress-related medical conditions are all conditions that are known to be exacerbated as a result of being unhealthy.

What is perhaps more surprising is the increasing evidence that would suggest that becoming a 'Healthier You' will help you to do fight against many medical conditions that were once believed to be unavoidable or inevitable as well.

For example, everyone knows that one of the biggest killers is cancer, and probably many still believe that getting cancer is 'just one of those things', an unlucky and unavoidable bad draw in the lottery of life!

Not so, according to research.

Being healthier will definitely reduce your chances of getting cancer, according to the latest findings.

As long ago as the year 2000, the 'New England Journal Of Medicine' was reporting that whilst a persons genes appeared to account for around 30% of all cases of cancer, the balance could be traced to a variety of other factors, namely poor dietary habits, smoking, alcohol consumption and a lack of exercise, as well as exposure to environmental toxins.

All of these are factors that most rational thinking people would quite rightly believe to be unhealthy.

So, in short, being healthier can help prevent cancer as well as the myriad other conditions with which being out of shape are usually associated.

The Four Pillars Of Health

We have already established that fitness is a vital part of becoming and staying healthy, but that health and fitness are not necessarily synonymous.

Fitness and exercise, in fact represent just one of what I call the ‘Four Pillars Of Health’, all of which have to be considered and addressed as a part of a coordinated conscious effort to become a ‘Healthier You’.

These ‘4 Pillars’ are:

- Fitness & Exercise
- Lifestyle
- Diet
- Environment

This book will work through each of these ‘Pillars’ in turn, showing you sensible, practical things that you can begin to do as soon as you put this book down to start becoming healthier.

However, it is important to realize that these ‘Pillars’ do not work nearly so well in isolation, and that if they are adopted independently of one another, then your chances of long-term success are limited.

For example, no matter how much exercise you do, if you continue to eat all of the wrong foodstuffs, smoke like the proverbial chimney and consume copious amounts of alcohol every night, then you are never going to get much healthier.

Likewise, if you live in a city, then no doubt you are aware of the air and environmental pollution that surrounds you daily.

Maybe you think that there is nothing that you can do to try to offset some of the worst effects of pollution?

You would, however, be wrong as there is overwhelming scientific evidence that dietary considerations can play a major role in helping you to fight the worst effects of the dirt and toxins that surround you.

This will be dealt with in much greater detail later.

The final assumption that I am going to make before beginning to analyze my '4 Pillars' is that you are a very busy person!

If you are anything like me, then you have more than enough to do every day without taking on any additional burdens that would stretch your available time still further.

My objective is therefore to get you healthier than you have perhaps ever been, but to do so as quickly and efficiently as possible at the same time.

And, if that sounds like a plan that you can work with, then let's go right ahead and get things moving without any further ado.

Getting Fitter Faster!

Everyone understands that doing exercise and getting fitter is good for their health. There are no ifs, buts or maybes attached – it's a given that exercise is good for your health, as long as you do not take it to extremes.

And yet many seemingly sensible, intelligent people (folks who surely know this too) actually do very little about it.

Why is that?

I believe that there are two things that generally hold people back from starting to exercise, and thus beginning to get fitter:

- They don't have sufficient motivation to start and
- They don't believe that they have sufficient time to continue exercising, even if they did start!

Finding The Motivation.

Of course, in a perfect, ideal world, becoming fitter and therefore becoming healthier should be sufficient motivation for any rational person to begin working out tomorrow.

Sadly, the world is neither perfect nor ideal, and for many millions of people all over the planet, taking those critical first steps along the fitness 'road' are just too troublesome and time-consuming.

In effect, it is just that much easier to do nothing than it is to make the initial effort.

There is, in other words, a distinct lack of motivation, so nothing gets done because that is simply easier!

So, how is it possible to find the motivation to get up off your backside and start exercising, especially when life is so busy?

The answer is that you must create a goal or objective for yourself.

It is no use at all telling yourself that you want to get fitter or be healthier.

You must establish exactly *why* you want to do this, what it is that you will gain by becoming a sleeker, fitter new you.

And, I would suggest that the chances are almost 100% certain that, if you have not started exercising yet because of a lack of motivation, then you have not yet set your goal in place.

So, try to move away from thinking about the idea of exercise or being fitter as an end in itself.

Realize that it is nothing more than a *means* to help you reach a goal that you set for yourself, a way of arriving at a personal objective that you are determined to reach.

Only you can decide what this goal will be.

However, it must be significant enough to justify the efforts that you will have to put in to achieve it.

Plus, it is crucial that you make the goal a very specific one too, as this gives you a point of focus. It is this focus that will keep you going when times get tough.

For example, many years ago, I decided together with a group of friends that our New Year resolution would be to 'get fit'.

Some guys left it at that and within days had quietly dropped out of training. They did not put their specific goal in place and, thus, they had little or no motivation.

They had no target and, without any target to aim at, how would they ever know when they had shot a bull's-eye?

They didn't know where they were going, so what hope could they ever have of knowing when they arrived at their destination?

Two of us, however, did set our own very specific objectives.

We were going to run a half marathon first, but not just 'a' (that is, any) half marathon.

It was going to be a specific half-marathon on a particular date in a town 20 kilometers from home.

Then we would follow that up with a specific (full) marathon on a specific date, one of the most famous marathons in the world, in fact.

In both cases, our goals were clearly established, tied to specific events, dates and locations. With those in place, everything else could be built around those objectives.

Because of that, yes, we stuck with it and competed in both events. And, yes, I've still got the medals to prove it!

Now, in this example, our objectives were also based around and centered upon being fit (running to get fit, so that we could contest a marathon) but it does not have to be so.

You can set whatever goal you want, as long as getting fitter is something you must start to do in order to hit that target.

A seriously overweight friend, for example, decided that he was going to buy himself a sleek new sports car, but the fact of the matter was that, without a serious reduction in size, he simply was not able to fit behind the wheel!

That was his objective, and, every time he felt himself wavering, he would simply visit the car showroom to remind himself *exactly* why he needed to get fit and lose weight.

And, again, he too was successful, because he had a clear tangible target for which he was aiming.

So, motivate yourself to start exercising by choosing your own specific objective that can only be achieved by getting fitter.

Answer that question, and finding the motivation to start should no longer be an issue for you.

Finding The Time!

You've managed to find the motivation, so now you have to find the time.

And, in your frantically busy schedule, you can clearly see that this is not going to be easy, right?

Well, no, in fact, that is totally wrong.

Taking exercise and getting fit do not have to be hugely time-consuming, unless you want them to.

Exercise can pretty much be fitted around whatever kind of life you lead, no matter how busy you might feel you are.

Now, if you have time to take three hours out of your schedule to drive to the tennis club, get changed, play for an hour, then shower, get dressed and drive home, that's fantastic.

But, if you do not, do not despair.

There are some specific exercise routines that will help you begin to get fitter in 30 minutes a day or less, rather than hours, and I have detailed three of them below.

And the reason that I have listed three is that, whilst for some people, exercise is like a drug that they cannot do without (there is, in fact, a scientific basis for believing that there is some truth in this) for others, exercise can become boring very quickly!

So, three different routines will allow you to vary what you do each week or month, and this should help prevent everything becoming too tedious for you!

Routine 1

30 minutes per day, four times per week:

- 20 minutes cardiovascular exercise,
- 10 minutes weights (for 1 muscle group, e.g. legs)

Routine 2

30 minutes a day, three times per week:

- Mon: 20 minutes cardio + 10 minutes stretching;
- Tues: 20 minutes weights (2 muscle groups, e.g. back and abdominals) + 10 minutes of cardio.
- Wed: 20 minutes cardio + 10 minutes of weights (two muscle groups, e.g. triceps or chest, biceps or shoulders)

Routine 3

20 minutes a day, 5 days per week.

- Week 1: all cardio
- Week 2: weights
- Week 3: Cardio on Mon/Wed/Fri
- Week 4: Weights on Tues/Thurs
- And then repeat the entire cycle every month.

Now, the greatest thing about these three routines is that you really do not need any special equipment, and, if you do not want to, do not even have to leave your home or office!

Cardiovascular exercise is what some folks would call aerobics, and is basically any form of exercise that makes you breathe more deeply and your heart beat faster.

This is important for you because your heart is really nothing but a big muscle, and *all* of your muscles need working out.

Working your heart makes it stronger and therefore better able to pump blood around your body in a stronger and more efficient manner.

Some typical cardiovascular exercises would be running, walking, hiking, jogging, bicycling, dancing or swimming.

So, if you have a treadmill, running machine or exercise bicycle handy, then that would be perfect for your cardio exercise.

If not, then you can venture out of the house or office for a brisk walk. Or, if you want to stay at home, you can try running on the spot or put on some lively music and get dancing!

If your office is a few flights of stairs up from the ground level, take something down to your car now, rather than wait until clocking off time.

Use the stairs (rather than the elevator) both ways!

That is ideal cardio exercise, and takes no more than a couple of extra minutes.

Think about it before you jump in the car, maybe when you go to collect the kids from school.

Could you walk instead?

How much longer would it take you to get there and back?

Remember that this will give both you and your kids the benefit of the exercise. I can also tell you from walking to collect my own daughter from school every day, it is absolutely one of my favorite ‘quality time together’ experiences

Shake it up a little, and try to keep the cardio that you do as fresh as possible by doing different types as often as you can.

As far as the weights are concerned, maybe you can buy some cheap ones from a local sports store, but, if not, then strong, leak proof bags filled with dirt or plastic bottles filled with water will suffice.

Don't go crazy to start with either.

You are not trying out for the Olympic weights team here, remember, so start off with no more than 5 pounds (10 kilos) per weight, and progress from there.

The idea of exercise is to try to get fit.

It is not going to help you one jot if you overdo it right from the off and end up flat on your back in traction!

Gradually increase the frequency or intensity of your exercise routines, or even both if possible.

Now, if you are super-busy and definitely cannot spare more than 30 minutes a day, then increase only the intensity, rather than the frequency.

So, if your cardio exercise is based on using a treadmill, for example, whenever you feel prepared for it, take the degree of difficulty up one level.

Similarly, in your weight training, if you started with 5-pound weights, then gradually move up to 7.5 pound weights in the second month, followed by 10 pounds in month 3.

And then, whenever you have a few moments to spare, put in an extra 10 or 15 minutes, so that you are working on both frequency and intensity too.

You may see some folks question whether you should do both cardio and weights in the same session, saying that whichever comes second will suffer because you are already too tired.

But, that really should not be problem in 30 minutes sessions, so don't worry too much about it.

Be realistic with your goals, especially when you're just starting.

Increasing frequency and intensity too soon can overwhelm you, making you want to give up.

The final thing is, you decide when you want to do your exercises, of course, but the earlier you can do them in the day, the more 'spare' energy you will still have 'on-board' to do them most vigorously.

This will also enable you to enjoy the maximum 'energizing' benefits from your routine, which will help you get through the busy day ahead too.

Lifestyle Decisions

The style of life that you choose or are forced to lead by your job will have a significant bearing on your decision to become the new 'Healthier You' as well.

From the moment that you first wake until your head finally hits the pillow at the end of the day, there are millions of decisions, both big and small, that you take that will have a direct bearing on your health.

Now, some aspects of your chosen style of life are obvious and the effects on your health are equally plain.

Smoking cigarettes and drinking alcohol would be two very obvious examples, things that you categorically know are bad for you beyond any reasonable doubt.

But, even if you are a non-smoking teetotaler, there are still a million little things that you probably do each and every day that could be effecting your health, and you are possibly not even aware that you are doing these things, or that they are taking place around you.

What's In A Day?

So, here's what you need to do.

Buy yourself a cheap A6 sized, soft backed notebook – at 105mm x 148.5mm, it should easily fit in your pocket or purse.

Grab a pencil.

Then, for a few days, try to write down everything, literally everything that you are involved in.

It doesn't matter how small or seemingly insignificant it is, write it down.

Write the time you get out of bed and record how well you believe you slept and whether you feel fully rested.

Can you recall any snippets or sections of your dreams? Make a note of them.

Did you take a shower or a bath? How long did it take?

Was today's choice of shirt long sleeves or short and what color was it?

What was for breakfast, and did you drink tea or coffee?

And so on throughout the day.

Write down everything that happens, everything you see, hear, feel, think, smell – literally, everything.

And, yes, it is a little bit time-consuming and tedious, but it is only for a couple of days, and there will be very clear benefits that arise from doing this, as you will quickly see.

What you are building here is a detailed picture of every aspect of your lifestyle, many of which you have probably never thought about before.

And it is only by taking the time to review and analyze what it is that you do every day that you can begin to make the changes that will ultimately help you to become the healthier and fitter you that you want to be.

So, once you've got two or three days listed, go back to the beginning and start to analyze what you have written.

For example, when you woke, how did you feel?

Were you fresh and full of the joys of Spring, or thick headed and jaded?

What did you do the evening before to make you feel this way?

Did you watch a little TV or read a book before retiring nice and early, or spend the evening in a sweaty, smoky bar with your colleagues from the office?

If you were with your colleagues, was it a fun time or a stressful one?

How about any dream ‘snippets’ that you remembered and noted down?

Were they good dreams or bad?

Can you interpret them?

Now, unless you are a professional psychologist or psycho-analyst, the chances are that you may not be so good at coming to informed conclusions about what all of the answers that you might find actually mean.

No need to worry – you have the greatest source of information known to man right at your fingertips.

It’s called the internet, and all you need to do is type in your search phrase to either Google or Yahoo to access everything you could ever need to know.

For example, try typing in ‘analyzing your dreams’ to Google and here’s what you will see. 1,1820,000 results:

Google Web Images Groups News Scholar more »
analyzing your dreams Search Advanced Search Preferences
Search: the web pages from Malaysia

Web Results 1 - 10 of about 1,820,000

[Dream Analysis and Interpretation - Understanding Dreams](#)
dream remembrance. Analyzing your own dreams may sound hard, and somewhat intimidating, but it can be done quite easily. This page will show you: ...
[www.sleeps.com/](#) - 11k - [Cached](#) - [Similar pages](#)

[Dream Analysis and Interpretation, doing it!](#)
The method I am about to outline for you is perhaps one of the easiest and effective ways to remember and analyze your own dreams. ...
[www.sleeps.com/analysis.html](#) - 31k - [Cached](#) - [Similar pages](#)

[Dream Moods A-Z Dream Dictionary](#)
Acquiring the ability to interpret your dreams is a powerful tool. In analyzing your dreams, you can learn about your deep secrets and hidden feelings. ...
[www.dreammoods.com/dreamdictionary/](#) - 39k - [Cached](#) - [Similar pages](#)

[An Online Guide To Dream Interpretation](#)
Dream Moods is a free online source in helping you interpret your dreams.
[www.dreammoods.com/](#) - 26k - [Cached](#) - [Similar pages](#)
[More results from [www.dreammoods.com](#)]

[Dream Interpretation, Dream Meanings, Analyze Dreams, Interpret Dreams](#)
Interpreting Your Dreams Step-by-Step Instructions to Analyze Your Dreams. ream meanings are as individual as our personalities and provide valuable ...
[www.mydreamvisions.com/drsteps.htm](#) - 24k - [Cached](#) - [Similar pages](#)

[The Secrets of Dreams | Dreams Revealed, Dream Symbols, Dream ...](#)
Dream Analysis, Dreams Revealed, Dream Symbols, All About Dreams, Directed Dreaming, The Man of Your Dreams, The Woman of Your Dreams, Your Dream Car, ...
[www.thesectionsofdreams.com/](#) - 20k - [Cached](#) - [Similar pages](#)

[Analyzing Your Dreams - The Four Stages of Sleep](#)
When attempting to analyze and interpret your dreams, it is important to know that every human being, of every age, and from every part of the world, ...
[www.alternativehealingtoday.com/analyzing-your-dreams-the-four-stages-of-sleep/](#) - 36k - [Cached](#) - [Similar pages](#)

From this page, you can find fantastic free resources like [this](#) that will literally tell you everything you could ever need to know on the subject.

The point of this exercise is to try to highlight the areas of your life where the way that you are living could be improved.

So, if for example, you are having bad dreams, then that might suggest that you are under pressure or suffering stress.

Why? Where is the pressure coming from, and what is causing your stress?

Do you need two strong black coffees with your breakfast in the morning?

If so, then this might indicate that not only are you probably taking on-board way too much caffeine (which is [not good for you](#)) but that you need that caffeine to kick-start your day. Does that, in turn, suggest that the day ahead is likely to be unpleasant enough to need an artificial kick-start?

It is widely accepted and acknowledged that caffeine is bad for your health. As the article highlighted on the previous page states, ‘Caffeine has been shown to cause cardiac arrhythmia's (irregular heartbeats) in certain people’, which is not a good thing, is it?

So, could you reduce your early morning intake, or ‘kick’ the caffeine habit entirely?

How about switching to a far less harmful [caffeine free herbal tea](#)? Okay, it would take a few days to really get over the coffee habit, but it would certainly represent a significant life style change that would help your efforts to be a ‘Healthier You’

Analyze everything that you do for two or three ‘average’ days of your life, and you will be amazed at how many small changes you could probably implement that would make your life far healthier and most likely happier too.

Don’t underestimate the power and strength of this one simple technique. Try it for yourself – it will possibly be one of the most eye opening experiences of your entire life so far!

Tobacco, Alcohol And Stress

The reason that these three are grouped together under the same heading is very, very simple – they are all extremely bad for your health, and everybody knows it!

It is no secret that, despite what ‘Big Tobacco Inc.’ will try to tell you, smoking is a major contributory factor in a wide range of cancers, and it does kill thousands of people every year. That’s fact.

Alcohol is similarly something that has many, many evil side effects if taken in excessive amounts, for example, serious and irreparable kidney damage, to mention just one.

Plus, alcohol is often a significant contributory factor in some of the most excessive of violent crimes as well, so there is little doubt that alcohol too is

something that is probably best given up, if you are serious about maximizing your health.

The important thing to note with both tobacco and alcohol is that whether you use them or not, it is your choice.

Sure, they are both addictive to at least some extent and, like any addiction, it is not necessarily going to be easy to give up once you are 'hooked'.

But, it is possible, and there are many aids out there that can help you if you are trying to kick either habit.

Some people will turn to hypnosis to help them in their struggle, whilst some smokers will use tobacco patches or perhaps gum to help satisfy their cravings.

Those with an alcohol dependency problems, on the other hand would probably find that the most useful resource for them would be a support group like [Alcoholics Anonymous](#).

The bottom line is that, if you need and/or want to give up either smoking or alcohol, then you must do whatever it takes to make it happen!

You know beyond any shadow of lingering reasonable doubt that to do so will be a huge step in the right direction for you, health wise.

You know that you must do it, otherwise your habit may just kill you one way or another.

Stress is an acknowledged killer too.

Unfortunately, however, it is not nearly so easy to 'give up' stress as it to kick smoking and drinking.

Everything about modern life causes stress, from getting stuck in a traffic jam on the way to the office to the dressing down you get from the boss for being late because of it!

It sometimes seems that there is literally no escape from stress, no matter how hard you try, and completely irrespective of what you attempt to do!

Stress is everywhere around us, and in almost everything thing that we do.

Everything is not entirely black, however.

There are things that you can do, decisions that you can consciously make about your lifestyle that will have a positive reductive effect on the stress that you might suffer.

Here's a few specifics that you might want to try when things start getting on top of you, and you feel the pressure starting to build up:

Breathe Deep: Make a conscious effort to breathe slowly and deeply, in through your nose and out through your mouth. Visualize the tensions and pressures leaving your body with each outgoing breath.

Walk Away: If it is practical or, indeed, possible, walk away from whatever it is that is causing your blood to boil! Failing that, the old standby of slowly counting to ten often works!

Change Job: You spend the majority of your life at work, and whilst some stress is almost an inevitable part of working for a living, you must draw the line somewhere. If your job is just too stressful, and the rewards (financial or emotional) are not enough to compensate, then maybe it is time to think about a change of career direction?

Find An Outlet: Many people find that a competitive sport is a great outlet for their tensions and pent-up aggression. Not having such an outlet can, on the other hand, be distinctly unhealthy so if you don't have one, maybe you should start searching.

Learn To Relax: The more you can teach yourself to relax properly, the less negative effect stress will have on your life. [Yoga, meditation and other advanced relaxation techniques](#) could all help you to significantly reduce the stress levels that you feel as a part of your normal day-to-day routine.

Time For Yourself: Understand that sometimes you do need to get away from other folks, even your nearest and dearest, to take time for yourself. Only by doing this can you have an opportunity of recharging your own internal batteries, which you must be able to do if you want to be able to resist the stresses and strains that life will throw your way without suffering too badly!

Everyone gets ‘stressed out’ from time to time. That is a simple, unavoidable fact of life.

But, it does not necessarily follow that you cannot manage the stress that life sometimes throws at you.

For your own good, you must do whatever it takes to keep your stress levels under control.

Diet

You ARE What You Eat

I would be willing to hazard a guess that the above is very probably a phrase that you have heard before.

But, let me ask you, have you ever *really* taken a moment to think about it and what it actually means?

Allow me to assist you.

Every time you plow your way through a double cheese dog with extra fries, it is *not* just about gaining a few ounces.

It is, however, very definitely about accumulating all sorts of noxious substances and harmful chemicals in your body, stuff that can bring your life to an end far sooner than necessary!

Many people would, no doubt, think that this is scaremongering, that one fast food meal is not going to harm anyone, and that to a large extent is true, assuming that everything else that you eat is good for you.

But the chances are that it's not, and therein lays the problem.

The overwhelming majority of foodstuffs that we consume nowadays are processed in some way, and this processing almost always involves some additional chemicals or preservatives being added to the foods.

Foods that survive for a week or more on the shelves of your local supermarket only do so because they have chemical preservatives added to them.

The succulent looking cuts of meat that you pull from the chilled cabinet are only the color that they are because they have had artificial colorants added to make sure that they stay looking the way that shoppers believe they should.

Put another way, do you think that eating [sodium propyl para-hydroxybenzoate](#) is going to be good for you, particularly when you know that it is a preservative that is most commonly used in hand lotion and shampoo?

How about [Potassium hydroxide](#) or [Propylparaben](#)?

Even without knowing exactly what these things are, I would imagine that most people would feel that they are not things that you really want to eat. They sound like things that your natural human instinct would suggest are not going to be good for you.

Yet, all of these are what are known as '[E-numbers](#)' in Europe and many other part of world, permissible food additives that manufacturers can process into the foods that they produce.

Such chemicals are added to foods for a wide variety of reasons.

They can sometimes give the food a longer shelf –life (preservatives), make the food taste better (flavor enhancers), add extra color and so on.

Are such chemicals harmful?

Well, the truth is that in a lot of cases, we simply do not know the real answer to that question.

Sure, some research may have been carried out into the shorter term effects of many of the chemicals that are added to our foodstuffs, but the longer term effects of the overwhelming majority are still pretty much unknown.

Do these chemicals simply pass through your body 100% effectively, or do traces gradually accumulate over the years, slowly poisoning you?

Again, who really knows the answer to that question when the only people who have probably done any kind of research at all into the question are the food companies themselves?

And they can hardly be said to be entirely unbiased, or to have a totally objective view, can they?

That said, what would your common sense tell you?

And the even worse news is that it is not only added chemicals in the food that you eat that can harm you.

For example, fats are an essential part of a healthy human diet, as they form a long term store of energy on which the body can call whenever it is needed.

However, too much fat is a bad thing – any that is not ‘burned’ is simply accumulated by the body, generally in all of the unhealthiest places – and the wrong types of fat are particularly harmful.

Trans-fatty acids (sometimes known as trans fats) are, as an example, widely acknowledged to be very bad for you indeed.

Such fats occur naturally in small amounts in dairy products and meat, and are also formed by a process called partial hydrogenation, which is used to extend the shelf-life of processed food.

They are still fairly commonly found in margarines, biscuits, cakes and fast foods.

And yet recent US research revealed that a paltry 2% increase in the energy intake from trans fats was associated with a 23% rise in the occurrence of coronary heart disease.

It really couldn't be much clearer that trans fats are bad for you, could it?

According to experts, trans fats have no nutritional value whatsoever either, and some countries such as Denmark have banned them entirely, without any discernible impact on the consumer at all.

So, are you still eating trans fats every day, without even thinking about it?

If so, why?

Don't you want to be a healthier?

The World Is Getting Fatter

Across most counties of the developed Western world, obesity is fast becoming one of the greatest public health challenges of the 21st century.

For example, according to the World Health Organization, its prevalence has tripled in many European countries since the 1980s, and the numbers of those affected continues to rise at an almost unbelievable rate, especially amongst children.

Obesity is already responsible for 2-8% of health costs and 10-13% of deaths in different parts of the European region.

And the picture in the USA is, if anything, considerably worse!

Nearly four out of every 10 adults in the USA will be obese within the next five years if people keep packing on pounds at the current rate, obviously putting their health at very serious risk.

Currently, about 31% of the US populace, or about 59 million people, are obese, defined as roughly 30 or more pounds over a healthy weight.

Obesity significantly increases the chances of developing diabetes, heart disease, some types of cancer and a host of other health problems.

The medical costs of treating these diseases will put a growing strain on the health care system and world economy in the years to come as well.

Simply put, at this current moment, Americans are, on average, gaining one to two pounds a year, and at the current rate, 39% of Americans will be obese by 2008.

And, according to the latest research, being obese will, on average, shave seven years off a person's life, and even being overweight (10-30 pounds over your ideal weight) can shorten your life span by three years.

Could it be any clearer than that just how bad being obese is for you?

Stop Thinking, Start Doing!

Being obese or overweight is obviously not healthy.

Eating an unbalanced diet is not healthy either.

So, it follows that becoming less heavy and consuming foods that are part of a balanced diet are both important aspects of becoming healthy!

Only you can make the changes necessary to address these problems successfully, but this book will help you to do so too.

Let's begin to look at how.

Reversing The Weight Gain

Despite the plethora of trendy or faddish diet plans that you can spend your money on, there really is no magic answer to losing excess weight.

And, before you can actually begin to lose weight, you must take the all important first step, that is, you must stop putting the poundage on.

To do so, you either need to burn 100 calories of energy more a day with physical activity or eat 100 calories less, simple as that.

How would you do that?

Well, there are 400-500 calories in 100g of chocolate, for example, so you would need to eat around 20-25g less.

A well known brand of ice-cream contains 300 calories per 100g, so you need to eat 35g less.

A can of cola or soda weighs in at 130 calories, so skip one per day, and there is your 100 calorie reduction!

Or, take a 15 minute walk, and burn off that cola.

Now, do not get the idea that shaving 100 calories off your daily intake or walking for 15 minutes is going to lead to significant weight loss.

It is not.

But, you cannot begin to lose weight without first stopping gaining it. Maybe that sounds silly, but it seems to be a fact that many would-be dieters choose to ignore,

Stopping your weight gain is a significant first step towards a sleeker, 'Healthier You'.

Start Eating Right

Okay, now that you have stopped gaining weight, it is time to actually start losing it.

To do this, you need to increase your exercise levels and reduce the calories that you take on board every day.

The actual amount of calories that you need to take in every day will vary according to both your size and the work you do as, logically enough, if your work involves a good degree of physical effort, then more energy is needed to drive that effort.

So, for a 60kg male, a light worker would require 2450 calories per day, whereas someone involved in physical labor would need nearer to 3800 calories to power them through the day.

Similarly, the calorie requirements for a 50kg female would range from 1875 to 2925 per day, in the same comparative circumstances.

Children need far more calories than their size would possibly suggest as well, simply because they need fuel for growing at such a rapid rate!

For example, a child of 1-3 years of age needs 1240 calories per day, increasing to 1950 calories per day for a child of 7-9.

Taking these calorific requirements into account, it is crucial that you start eating a healthy, balanced diet, one that will help prevent disease and illness as well as managing your weight.

Such a diet will also assist you to live longer and keeps things such as hair, skin and nails in good condition too.

First and foremost, eating healthily does not mean that your diet should consist of only salads and steamed vegetables – although both can be extremely enjoyable!

A healthy, balanced diet is one that is made up of a bit of everything in the *correct proportions*.

This ensures your body gets enough of what it needs and is in no way deficient, but that you are not taking on too much either, as it is essentially this ‘too much’ that invites your body to store it as fat.

In fact, recommendations on diet are now laid out not just to prevent deficiency, but to actively promote optimal health!

Your specific personal nutritional requirements will vary according to your age, sex and overall level of fitness.

However, for the average adult, it is recommended that around half of your energy should be provided by carbohydrates, 35% from fats and 15% from protein.

To turn this theory into a workable and usable diet plan, first divide foodstuffs into the following 5 groups:

- * Bread, cereals and potatoes
- * Fruit and vegetables
- * Meat, fish or other protein alternatives
- * Milk and dairy
- * Foods containing fat and foods containing sugar

Then, base what you eat on these guidelines:

- Try to eat 5-10 portions of starchy foods, such as bread, cereals and potatoes every day. (This also ensures that you eat enough fiber too).
- 2-3 portions of meat, fish or protein rich alternatives;
- at least 5 portions of fruit and vegetables (we'll return to this later) and
- finally, try to stick to only 2 portions of fatty and/or sugary foods each day.

The fact is that good nutrition, a varied diet and keeping fit are the keys to optimum health.

So, please remember that all foods can be included in your balanced diet, and that nothing is actually forbidden as long as it is eaten in the right proportions.

Eating correctly is not only meant to help you to lose excess weight, nor is it solely a preventative measure either.

Instead, it promotes maximum health and vitality, which is something that we all wish to achieve!

Your Environment Is Killing You!

It's definitely not a comforting thought, but it is a fact that, each and every day, the environment around you is doing its best to bring your life to a premature end!

And this is true whether you live in a crowded, polluted city or miles from anywhere, out in the middle of the countryside.

Wherever you are, and no matter what you are doing, the world around you is attacking you 24/7 and, if you really want to become a 'Healthier You', you need to start learning about it right now.

More specifically, you need to discover what you can do to slow down the effectiveness of the attacks that the world is constantly making upon you and your body!

Free Radicals

What are free radicals, and, more importantly, why are they so damaging to the human body?

There are many sites on the internet that give detailed, scientific answers to this question but I am going to give a 'potted' version here, simply because that is all you need.

Whilst having some idea of what free radicals are, it is far more important to understand what they do, and how you can offset the worst effects of free radicals on your body.

Your body is made up of millions and millions of different types of cells. Each cell is made up of molecules, which are, in turn comprised of atoms.

The nucleus at the center of these atoms is surrounded by a cloud of electrons.

In a normal healthy cell, these electrons surround the nucleus in pairs, but just occasionally an atom loses an electron, leaving it with an "unpaired" electron.

The atom is then called a "free radical", and it is very reactive, because it will now actively seek another cell to 'steal' an electron from.

Thus, it sets off a chain reaction of highly unstable and extremely short-lived free radical cells destroying healthy cells.

During their fleeting existence (estimated at a trillionth of second!) these highly unstable particles can inflict considerable harm on your body.

Like sparks from a spitting fire that would burn holes in your living room carpet, these supercharged particles leap around the cell, causing huge damage to its internal structure.

Free radicals leave a virtual killing field of destruction in their wake, punching tiny holes in cell membranes, altering the cells molecular blueprint and basically tearing the whole thing apart!

Now, not all free radicals are harmful.

Some arise normally during metabolism, and sometimes the body's own immune system deliberately creates them to help to neutralize viruses and bacteria.

Normally, the body can handle free radicals, but if the free-radical production becomes excessive, damage can occur.

And we now know that free radicals are a major contributory factor to many medical conditions and illnesses, as well as being one of the prime 'movers' behind the basic human aging process.

Heart disease and coronary attacks have been linked to free radicals, as well as cancer, osteoporosis, diabetes and even obesity.

And, as suggested, free radicals are one of the keys to the aging process too.

Whilst it is still believed that the number one factor that dictates how fast a person will age is genetic, free radicals are also an extremely important factor.

And what causes free radicals to develop?

Well, of course, the answer to that is ‘many things’ but we do know that excessive free radical formation in human cells can be induced through exposure to such things as environmental pollutants, industrial chemicals, agricultural pesticides, cigarette smoke and radiation.

So, living in a crowded, polluted city means that you are under free radical attack from the dirt in the air, every day.

But, living outside the city, in a clearer, cleaner environment is little better, as it probably means that the sunlight is stronger, and sunlight in this situation equates to radiation!

What is the most common form of cancer of both men and women grouped together?

The answer is skin cancer, and it is now established that one of the main contributory factors is exposure to radiation, more commonly termed sunshine!

So, whether you realize it or not, you and your body are under attack right now.

Time for you to start fighting back, I think.....

Anti-Oxidants

Perhaps the biggest single paradox of human life is that oxygen – the giver of life to all creatures – is also our long term mortal enemy too!

While it is obviously essential, oxygen’s involvement in all of life’s processes lies at the very heart of the human aging process, as oxygen is the primary molecule involved in the production of free radicals.

And it is anti-oxidants that form the body's front line defenses against free radical induced oxidative damage.

The power of anti-oxidants lies in the fact that they can safely interact with free radicals and halt the chain reaction that they instigate before vital molecules are damaged.

And the best news is that, although they might sound somewhat mysterious, the necessary anti-oxidants are relatively easily obtainable, as the three main ones are vitamin E, beta-carotene, and vitamin C.

Vitamin E: or alpha-tocopherol. A fat soluble vitamin present in nuts, seeds, vegetable and fish oils, whole grains (esp. wheat germ), fortified cereals, and apricots.

Vitamin C: or ascorbic acid is a water soluble vitamin present in citrus fruits and juices, green peppers, cabbage, spinach, broccoli, kale, cantaloupe, kiwi, and strawberries.

Beta-carotene: or Pro-vitamin A (retinol) is present in liver, egg yolk, milk, butter, spinach, carrots, squash, broccoli, yams, tomato, cantaloupe, peaches, and grains.

Now, as with all nutritional matters, the exact amount of this anti-oxidant 'triad' that an individual needs will vary one to another, but a good starting point would be to eat at least 5 portions of fruit and vegetables every day (as included earlier in our diet regime).

That would certainly provide a healthy dose of all of anti-oxidants shown above, as well as a significant proportion of your required daily fiber as well.

The next thing that you might want to consider is whether you should you should boost your levels of these vital anti-oxidants, as well as other vitamins and minerals, by using a good quality dietary supplement.

Certainly, doing so will ensure that you have sufficient levels of all the necessary vitamins and minerals on-board to stay in the best of health, as vitamin deficiency has been proven to be a major cause of many medical conditions.

For example, a leading study of mortality rates amongst elderly Californians found that regular male supplement users had a 22% lower risk of death when compared with non-users over a given time period. The figure for female users was even higher at a staggering 46%!

Similarly, it was proved that significant supplementation with vitamin C, in excess of 250 mg per day (far above the normally recommended daily dosage) reduced the risk of male mortality from cardio-vascular disease by 42% and lowered the risk of premature death by all causes by 35%.

So, it certainly appears that supplementation will help in your daily fight-back against an environment that is, quite literally killing you!

Do, however, be aware that the quality of dietary supplements can vary quite considerably, so do not be tempted to buy the cheapest that you can find.

There is a reason for that low, low price!

Conclusion

So, in a nutshell, the keys to becoming a new, 'Healthier You' are as follows:

- Increased exercise
- A balanced diet in sensible proportions
- Giving up those aspects of your lifestyle that you already know are bad for you and
- Being aware that every day, the world is attacking you, and what to do about fighting back.

Now, dependent on how unhealthy or out of shape you are as you sit reading these words, it may take a little bit of work to put everything that I recommend into action.

There really is no way to get around that fact, because, as I suggested in the earlier pages of this book, there is unfortunately no secret magic formula to becoming healthier.

Everything in this book is about you deciding that you want to enjoy your life to the maximum, and understanding that you cannot do so if you are unhealthy or out of shape.

It is then simply a question of you setting your own goals, objectives that are sufficiently strong enough to drive you on when things do inevitably get a bit tough from time to time. Once you have done so, then you must commit yourself to reaching those goals, come what may.

Finally, strive to take any and every step necessary to reach your goals.

By doing all of these things, you will guarantee that the goals that perhaps seemed distant at the beginning of your journey will come just a little bit closer each and every day.

And one day soon, perhaps before you even know it, you will find that you have become the 'Healthier You' that you had always dreamed you eventually would be!