

HEALTHY BODY

WITH THE

RIGHT FOODS



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Table Of Contents

Foreword

Chapter 1:

Introduction

Chapter 2:

***Maintaining A Healthy Weight With The Right Foods
And Not Dieting***

Chapter 3:

What You Need To Know About A “Raw Diet”

Chapter 4:

Using Juicing For Better Physical Health

Chapter 5:

***What You Need To Know About Natural And Organic
Foods***

Chapter 6:

Choosing The Right Fats

Chapter 7:

Choosing The Carbs

Chapter 8:

What Does It Mean To Your Health To Be A Vegetarian

Chapter 9:

Foods To Kick To The Curb

Chapter 10:

The Benefits Of Eating Right For A Healthy Body

Wrapping Up

Foreword

It is not a question anymore of why is it necessary to have a strong and healthy body, it is a question of how we are going to sustain a healthy body. Generally, we know the benefits of having a healthy body, however many of us don't know how to sustain a healthy body. This is actually the true challenge, and once you are able to master the concept of keeping your body fit, you'll be able to fight any physical, mental and emotional disability better than the others.

Healthy Body with The Right Foods

Chapter 1:

Introduction

Synopsis

So how do we sustain a healthy body? Generally, we can keep our body in good shape when we feed it with the right nutrition and at the same time we do regular exercise. Physical exercise is known to be very effective in keeping our body working properly. This is because a good exercise can strengthen the immune system which is responsible in defending our body against any diseases. Furthermore, it can also improve our body's digestion, blood circulation and musculoskeletal function.

The Basics

Another way of keeping our body healthy is to allow it to have full rest. Through the night, our body is working to repair and maintain body parts that are not functioning well. Therefore, depriving ourselves of sleep will cause us to feel weak and eventually feel fatigued. On the other hand, when we are fully rested our body can easily repair cells and gain enough strength for the next day.

Furthermore, when our body is consistently healthy we can handle stress easily and we will become more resilient to any infection. In addition, a well maintained body can effectively fight back chronic diseases such as high blood pressure, heart disease, diabetes, cancer and many more. More than that, these diseases can be prevented when we are maintaining healthy body through exercise and proper nutrition.

On the other hand, staying fit also means keeping a good body build. The more time we spend exercising the more calories we burn. Based on studies, when we exercise for at least 30 minutes daily, our food intake will be reduced from high to average. This also means that our calorie intake will be balanced, which in result will give us a healthy and controlled weight.

Chapter 2:

Maintaining A Healthy Weight With The Right Foods And Not Dieting

Synopsis

When it comes to the subject of weight loss, the first thing that comes out in our minds is dieting. However, there are arguments that came out that it is not actually dieting that will help us maintain a healthy weight but it is eating the right foods. Common sense would tell us that when we eat less nutritional food, we are not feeding our body with enough nutrients that it needs to function properly. Therefore, when our body is not properly nourished, there is a tendency that we get sick because our body parts cannot function well.