



# HEALTH ARTICLES

Compiled From Think Healthy

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**A COLLECTION OF HEALTH ARTICLES FROM THINK HEALTHY**

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We have written quite a few articles this past year and decided to compile them into this eBook for easy reference.

We at Think Healthy hope that you will enjoy them and perhaps they will improve your lifestyle.

Best of Health

Lynn & Lambert Klein <http://www.1ThinkHealthy.com>

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## DISCOVER REAL WEIGHT LOSS RESULTS THAT WORK

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This article will review the health benefits of losing weight and how to reach these goals. Weight loss isn't easy to achieve but with a little determination and quality information you can make it happen. Many of you will start off the New Year with excitement about reaching your ultimate goals. Keep that excitement and let's begin!



Weight loss is not something that can be done quickly in most cases. It's more of a lifestyle change that you desire. If you really want to change then do it.

Some points you want to consider for your new healthier weight loss program will be gaining the knowledge to succeed. Another matter is your overall health. If you are healthier your weight will be also. Learn about portion sizes and negative calories.

One thing you will need to acquire for your weight loss results is information.

Information about weight loss may require some intelligent research on your part. There are many things that are just plain common sense and are where your will power will have to kick in.

Drinking cokes and sweet drinks all day won't benefit your weight loss program. You may have to learn what junk food actually is with your research, and then cut these out of your diet as much as possible. Exercise works even better than cutting calories so make sure that you incorporate some form of exercise into your everyday routine. Calories do count though so make sure that you do count them if you want to see greater weight loss results.

Portions are another key point to consider. You must realize that you have been forced by the media and fast food restaurants to consume unnatural portion sizes. "Super size it" is a phrase that you will realize

is harmful to your health. "Just say no" is your new positive motto.

Eat your larger meals earlier in the day and don't skip breakfast. Eat a lighter dinner. You may have greater results by eating six smaller meals throughout the day instead of the traditional three.

A healthier you is a slimmer you! Take a healthy approach to life if you want to reap the benefits of weight loss. Your body can't function correctly and eliminate body waste efficiently if it's not in shape.

When you are healthy you will be confident and feel better about yourself and others. You will make smarter choices that you can cherish in the years ahead. Think about it as investing in yourself. Aren't you the most important person to invest in? Others around you will benefit from your improvements as well.

Some nutritious foods are known as "Negative Calories Foods". What are these "magical" foods? Tomatoes actually burn more calories when you eat them than they contain. Other foods that may fit into this category are: • Apples • Grapefruit • Oranges • Lettuce • Onion • Spinach • Broccoli • Celery and more...

This means that you are consuming fewer calories than you are burning by your effort to chew and consume them. You burn more energy digesting them than they actually contain.

Most negative calorie foods contain plenty of vitamins, minerals and enzymes to break down these foods for better digestion.

Remember weight loss is not easy and effortless. You will have to put work into it just as you do with other important things in your life. You just have to decide precisely what is important to you and if it is worth your precious time. I hope that you will decide on the most important thing in your life, you!

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. Learn more about [weight loss](#) and results at [Weight Loss Results](#)

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## IMPROVE YOUR CHOLESTEROL LEVELS NATURALLY

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Drugs for controlling cholesterol can be dangerous. They can potentially cause weakness, cancer risk, weaken muscles, liver and immune problems. If you can naturally do something to improve your cholesterol levels, than why not?



How can you lower your bad cholesterol (LDL) and raise your good cholesterol (HDL) naturally?

If you are serious about improving your health and lifestyle, then read on.

Lifestyle changes:

Eat like nature intended. Say no to processed foods and hydrogenated oils. Eat fresh fruits and vegetables. Include the "Good Fats" like olive oil and fish oil in your diet.

You want to stay away from fast food, processed and prepared foods that are loaded with bad fats, salts and empty calories. There are many healthy alternatives that you can incorporate into your everyday routine. It may be a little inconvenient for you at first but you can adapt.

Cookies, muffins, cakes and pies all include unhealthy fats and sugar. You will want to stay away from these poisons if you are serious about your health.

Relieving stress can help in many areas including cholesterol levels.

How do you reduce stress? You can start by adding some beneficial tools to your arsenal. These can include meditation, bio-feedback, taking some time out to relax or even going for a hike. Exercise can help with your stress levels as well. Cut back on caffeine in coffee and soda. You actually want to cut soda completely out of your diet.

Exercise: One of the best things you can do to develop your overall health and improving your cholesterol levels is exercise. Stay

moving and your LDL will decline while your HDL increases. Just what the doctor ordered! This can often be done without drugs.

**Quit Smoking:** Giving up smoking is the most generous gift you can give to yourself and everyone around you. If you choose to quit you could raise your good HDL about 5 points.

**Diet:** Eat fresh fruits and vegetables, raw when possible. Cut out all of the "bad foods".

Some foods that are beneficial:

- Olive Oil • Fish ( mercury free) • Fresh Fruits & Vegetables • Avocados • Nuts & Seeds • Oats and other Soluble Fibers • Legumes • Blueberries (They are fruit, but are in a class by themselves, because they are so great!) • Garlic ( if your spouse doesn't mind too much) • Curry • Grape & Orange Juice ( but is it worth the extra sugar?) • Good Fats ( fish Oil, Olive Oil, Flax)

Here's a list of some foods you specially want to drop or cut back on:

- Soda • alcohol • Caffeine • Wheat • Red Meats • Muffins • Cookies • Fast Food • Prepared or Canned Foods • Refined Sugar • Refined anything

Supplements that could help:

- Fish Oil • Coral Calcium • Vitamin C • Vitamin E • Vitamin D • B Complex • Magnesium • Policosanol • Plant Sterols

Drinking more water is usually a good idea. Drinking alcohol in moderation has been shown to increase HDL levels. A supplement such as Resveracine, containing wine's beneficial ingredients, may be a wiser choice.

Take action today. Making these changes in your lifestyle can have a dramatic increase on you health in a positive way. Just think about all the money you will save when your physician determines to lower, or take you off of cholesterol drugs.



You can find out more about [Lipistat](#), a natural supplement to improve cholesterol at Think Healthy

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## ANTI-AGING NATURALLY

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We desire to look and feel younger as we age. This is natural, but can we do anything about it?

There are some serious options that you could consider. Most of these may require surgery. This article will focus on other natural ways to remain young and fit.



**Exercise:** An active lifestyle will likely extend your life and make it more enjoyable.

You have to exercise to stay young and healthy. Go for a stroll, to the gym, or workout at home. Just get moving. If you go for walks try various routes. The changes are also good for your mind plus you won't get bored.

Get outside in the fresh air among the trees and plants. Linger in your garden or at the park. Plants have good vibrations that can benefit you.

**Diet:** Eat a balance diet but don't super-size. Consume fresh fruits and vegetables. Drink green tea and pure clean water. Watch your calories. Restricting your calories can extend your life. There are studies that prove this.

What you eat can have an impact on the way you look and age. Some of the foods you eat can make a substantial difference.

Carotenoids are antioxidants in orange foods. They help fight free radicals. Foods that contain carotenoids can reduce sunburn, cancer and wrinkles. These can include carrots, sweet potatoes, pumpkin and cantaloupe.

Omega 3 fatty acids are the good fats found in fish. A good choice is Carlson's fish oil. It has lower mercury content than most other fish.

If you consume enough lycopene you can reduce sunburn. It works as a mild sunscreen. Tomatoes contain lycopene. Lycopene is also found in red peppers and tomato sauce.

Lutein is found in spinach and kale. Lutein is beneficial for your eyes.

Fruits and vegetables contain phytochemicals which can help reduce wrinkles. Some to include in your diet are, prunes, olive oil, beans, apples, green tea and other vegetables.

Decrease portion size if you want to stay young! Take the phrase "Super Size" out of your vocabulary. A small drink at a fast food restaurant is larger than a super sized one was when many of you were younger.

Eat your breakfast. That is probably your most significant meal of the day. You need a well-balanced meal to start your day off right.

You definitely want to include plenty of fruits and vegetables in your diet. Fresh and organic are best if you can manage it.

Beware of the "White Foods". White bread, rice, refined sugar and even potatoes to a degree are poor choices. Most refined foods are empty calories with artificial vitamins added back in. Don't fool Mother Nature! Eat as naturally as you can. You won't be able to do that very well eating out.

Eat a variety of colors. Include fruits from all the rich colors of the rainbow. Each color packs its own specialized power.

Many call blueberries "Brain Food". It's not just fish anymore. Other berries that are drenching with beneficial antioxidants are acai, noni, strawberries and bilberries.

Bananas are a good source of potassium which is good for the heart and generally lowers blood pressure.

Onions, garlic and chives include cancer fighting ingredients, so

include these too.

Green tea has many health benefits that can keep you younger. Green tea contains many antioxidants such as polyphenols and EGCG. These are great radical fighters.

Take it easy on sugars. Try to consume only natural sugars that are in healthier foods such as fruits and vegetables. Don't use refined sugars if you want to keep your health and youth.

Fruits, vegetables and beans contain fiber that will fill you up and help prevent constipation.

Drink plenty of water. You already have a fountain of youth, so use it. You may want to think twice before you drink your tap water. Either use a water filter or look at other options. Your local health food store may have high quality water you can purchase by the gallon.

What kind of water do you think they use at fast food and other restaurants? What about the prepared food you purchase at the supermarket? Bet its tap. Supplements: You may want to consider a multivitamin if you aren't getting enough nutrients in your diet.

Supplements can be of help. Here are some you could consider.

- DHEA • Melatonin • Q10 • Green Tea extract • Fish Oil • B Vitamins
- Antioxidants

Lifestyle: Relationships are important. Stay close with your spouse. Keep in touch with friends and family. Friendship can be very good for your health, plus it's enjoyable.

Having a healthy sex life helps you stay healthy and young according to a recent study. So go ahead and cuddle with your spouse for goodness sake.

Pets can bring you joy also which can influence your life in beneficial ways.

You need to exercise daily to stay fit and younger. Try to walk daily. Go to the gym if the weather is severe.

If you smoke then quit. Smoking ages you quickly.

Think young and you will feel and look younger. Don't be afraid to get out there and have some honest fun. Act silly. Do something unusual. Enjoy.

Okay, to do all of this you definitely want to get a good night sleep. Exercise earlier in the day. Don't eat a massive meal just before bed, although a small snack may help. Try to relax before bedtime. Listen to soothing music. If you watch a movie, a pleasant comedy is better than Freddy Kruger just before lights out.



Think Healthy Supplements. You can find [Proxenol](#) at Think Healthy

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## HAPPINESS: THE QUEST

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Happiness is something many of us strive for. Why is it so hard to achieve, especially at times when you need it the most? How do we change a gloomy mood into a lighter or happier one?

There are some things within our power that will help us accomplish these goals.

What are some benefits of happiness that could encourage you to work towards it even more?

- Health • Self Confidence • A sense of Purpose • More Productivity • Achieve Your Goals • Weight Loss

Funny thing is that the above list also works in reverse. If you are healthy, self confident and all the rest listed, than you will most likely be happier. Sometimes happiness is staring us right in the face.

Here are some ways that you can create happiness in your life.

**Exercise:** It appears that exercising comes up a lot when we are speaking about improving various things in our lives. It has been shown to improve mood by making us healthier and increasing endorphins.

**Foods & Diet:** Eating chocolate is probably more of a pleasure than sustained happiness, even though it can provide us with a short-lived boost.

A healthy diet though is vital for our health and happiness. Too much sugar and junk foods are provisional emotional boosters. In the long run these problem foods will degrade us physically as well as emotionally.

Eat a healthy diet with plenty of fruits and vegetables, including raw veggies. Cut back on unhealthy foods and don't "Super Size" it.

**Supplements:** If you are not receiving all of your nutrients in your diet then you may want to supplement by taking vitamins.

There are some specific supplements that target your mood. You could discuss these with your health practitioner.

**Music:** Music can bring miracles to your mood. Go ahead and listen to something upbeat and happy.

**Rewards:** Happiness comes from rewards as well. They can be simple things. You find a great bargain on something you been wanting. Maybe someone offers you a simple item of interest. You do a task and are complimented on it by someone else or yourself. Even finding a coin on the sidewalk can give you a "Reward" feeling that can bring happiness to you.

The greatest reward can come from giving a compliment to someone or saying a kind word.

**Gratitude:** Be grateful for what you have. This simple statement can make a giant difference in your life! Everyday think of everything you have. The enormous things, and the little things. Are you living in a cardboard box? No. Then be very grateful. Yes? Be grateful for the cardboard box.

Have gratitude for friends and family, the home you live in, the food you eat. Isn't it great having air to breath, freedom to go where you want. Don't take these for granted but have gratitude and give thanks.

**Love:** Well Love can clearly bring happiness. Love for your spouse, friends, neighbors and strangers. Give Love and you will receive Love. Learn to Love Yourself. Let's all remember that when we interact with others.

**Enjoyment:** Do what you enjoy. This could be a hobby or going for a walk in the park. If you do things that you like it's bound to bring happiness.

**Forgiveness:** Try a bit harder to say kind words to others. Place

yourself in the other's person place for a moment. Sure there are some people that act so mean and hateful. Remember you only hurt yourself when you return meanness or hold resentment and anger inside.

**Help Others:** Find ways to make others happy. You may be surprised that by willingly helping others to find joy can have a positive impact on you as well. Help others to find meaning in life. Keep them company.

**Build Self Confidence:** Do your work the best you can. Learn new skills. Find meaning in your career and life. Enjoy a new hobby or game. You can boost your self-confidence by learning new and enjoyable things. Raise your self-confidence and you raise your happiness.

Happiness can make you smarter! Is it really surprising that positive attracts positive? If you do these things you will increase your happiness.

What is the most important thing to you? Is it money, a fancy car or a mansion, maybe your health? What about happiness?

Well let's think a moment....

If you have happiness, all the happiness you want or need, would that be the most important thing to you?

What good is money or the rest without happiness? If you are truly happy you won't need to worry about the rest. If you require money to be happy then you will have it. Maybe the saying, "Money Can't Buy Happiness", should be "Happiness Can Produce Money".

Try to release all anger and negative emotions. You can accomplish this easier once you realize you are only hurting yourself and other loved ones around you. Sure it will take regular practice. You may struggle with this, but it can become second nature after awhile.

It's up to you. Do you want to be negative and unhappy or positive

and learn to be happier? You can start now by adding positive attributes to your life. Be good, smile and put on a happy face!

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Lambert Klein is the owner and founder of Articles Mall. You can find other articles at [Articles Mall](#).



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## SEAWEED: VEGETABLE OF THE SEA

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When you think about seaweed you may visualize the smelly green/brown vegetation that washes up onto the shore. Not a pretty sight, but you may be surprised by the powerful nutrient punch seaweed has to offer. Think of seaweed as: "Vegetable of the Sea".

Benefits of a diet that includes seaweed:

- Live longer
- Weight Loss
- Healthy Heart and Veins
- Healthy Thyroid
- Fights Radiation Poisoning
- Lower Cholesterol and Blood Pressure
- Prevent Ulcers
- Fights Constipation
- Detoxify
- Lung Health
- Neutralize Acids

Is seaweed a miracle potent? No, although some people believe it is from the results they see and studies they have read. Seaweed is a unique health food supplement rich in valuable nutrients that our body needs. It's not a quick fix, but a long term investment that will produce results over time.

Seaweed is rich in vitamins and minerals such as, calcium, natural iodine, selenium, enzymes, plus a list of others such as: A, B, C, D and Vitamin K.

In today's stressful world seaweed can have a calming effect that helps in our daily routines. Your nervous system will benefit from seaweed by improving nerve and brain signals. This can help your alertness and memory, which could promote improvements in many aspects of your life.

British scientists are trying to make junk food healthier by adding seaweed. They believe the high fiber content along with the

vitamins and minerals will add some nutrition to an otherwise very unhealthy product. This may even fight excess weight. It is far better to not eat the junk food in the first place.

There was a time in certain cultures where seaweed was thought very highly of. Only royalty had easy access to it. Now anyone can benefit from seaweed's nutritional qualities.

Are you worried about pollution in seaweed? The world we now live in is highly polluted. The lands and produce grown there are frequently more polluted than the oceans generally are. Pesticides are extensively utilized in our crop's growth production. Overall the oceans seem to be the better choice.

So if you particularly want to add fiber, vitamins and minerals that you may not be consuming enough of, then consider supplementing your diet with seaweed. You may not like the taste of seaweed but seaweed has many health benefits.

There are some high quality seaweed supplements that you may consider if the strong taste is unbearable for you. This is a small investment that could reap significant rewards for you and your health. So invest in the most important thing in your life, You!



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You can find [Sea Vegg](#) from Scott Kennedy at Think Healthy.

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## WILD BLUEBERRY'S HEALTH BENEFITS

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Blueberries, especially wild blueberries, has the richest antioxidant content compared to most other food.



What are the potential long term benefits of the humble blueberry?

- Anti-Aging
- Disease Prevention
- Eyesight
- Cholesterol levels
- Urinary Tract
- Healthy Arteries
- Antioxidants
- Enhanced Memory
- Weight Control

Blueberries have been enjoyed by local Americans for many years. Besides their scientific health benefits, blueberries are sweet, delicious and convenient. They are often referred to as the "Super Fruit". The blueberry family are native to North America and Eastern Asia.

Blueberry bushes are visually appealing with white blossoms in late spring. They are very green in summer and have abundant red foliage in the fall.

Want to fight off Alzheimer's or improve your memory? Give blueberries another look. They are rich in valuable nutrients, low in sugar, healthy and they taste great!

Try to eat blueberries when they are in season. That's when they taste best, plus they are nutritionally at their peak.

If you can't find fresh berries you could try frozen. There are also some very good supplements around. Just pop a couple capsules, and you receive the benefits of a handful of blueberries. Of course

they don't taste as good.

Blueberries contain vitamin-C, potassium, iron and fiber. They are great for the brain, heart and stomach. Yes, blueberries are bursting with nutrients and flavor. You won't have to worry about the calories too much either.

Let's see now. Low calories, low fat, no cholesterol, no saturated fats, low in carbohydrates and sugars..... And they still taste great?

A number of detailed studies has shown blueberries to improve eyesight. This could be the anthocyanin in the blue pigment. They furthermore reduce the bad cholesterol which benefits the heart and arteries.

The scientific health benefits of blueberries are so powerful that many researchers are enjoying them in their diet. They also are highly recommending them for you.

Blueberries have one of the highest ORAC value of any other food. That's Antioxidant power. Blueberries contain natural nutrients that are found in the skin of this blue fruit. The deep blue hue is the result of anthocyanins. The blueberries also contain proanthocyanins, a particular group of flavonoids, which are powerful free radical scavengers.

Wild blueberries contain more anthocyanins then the cultivated variety. If you want the best, then organic wild blueberries would be your prime choice.

Researchers have found blueberries to slow down the aging process. Their natural antioxidants and phytonutrients shield the nervous system from radiation and free radicals.

So go ahead and grab a handful of blueberries now and start munching on them. They taste great and are good for your head, heart, body and you.



Lambert Klein is the owner of Think Healthy Supplements where you can learn more about [FruitAdvantage Wild Blueberry](#) and other supplements

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## [FLEX THOSE JOINTS AND RELIEVE YOUR PAIN NOW](#)

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Do you have aches in your hands, arms, and legs? How about inflamed joints? Wouldn't it be great to have some relief and live life to its fullest? You deserve to feel the best you possibly can.



There are choices you can make to minimize the severity of pain and discomfort associated with joints that hurt, the stiffness, and Arthritis.

Some of those choices are listed below. Try to explore them and maybe you will see results as well.

**Exercise:** Even though it may hurt, you certainly want to keep moving if possible. Exercise can actually help Arthritis and stiff joints. There are many other benefits acquired though exercise as well. If you are overweight losing a few pounds can relieve the physical stress on your joints. Exercise will help you flex those joints a bit more.

**Nutrition:** You should really try to eat healthy regularly. Try to eat as much organic and pesticide-free foods as possible. Eat plenty of fruits and vegetables. Go for bright colors for extra antioxidants. Drink clean pure water.

**Supplements:** Sometimes Nutritional supplements can make a huge difference. You may specially want to try MSM, Glucosamine and Chondroitin, Flex Protex or Flexacine to name a few.

Omega 3 fish oil is a good choice. Do some research and you can certainly find supplements that are appropriate for you. Supplements often contain ingredients that are missing in our normal diet. Oh, cherries are another option that could help ease pain and improve your sleep. I take cherry capsules just before bed.

Getting a good night sleep is also very important. If you are not well rested then it will be difficult to accomplish the objectives you set out for yourself.

Yoga: Try a yoga class. There are many benefits including reducing stress and pain. You will be more flexible if you continue with it. Of course, consult with your doctor first.

Alternate therapy: There are quite a few alternative therapies that you can get personally involved with. Some of these can be performed yourself while others will require a professional.

Let me mention a few that we personally have benefited from.

. Emotional Freedom Technique or EFT · Acupuncture · Interactive Light Therapy or ILT · Meditation

You can quickly learn about these astounding techniques by searching for them on Google or another search engine. Just copy/paste one of the above into the search engine of your choice.

Take affirmative action. You don't have to just ride it out. Try new things. You will soon discover some things that really work for you!

Flex those muscles by exercising. Eat well balanced and healthy meals. Try some alternative techniques and you will see dramatic improvement.

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Learn more about [Flex Protex](#) and other supplements



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## ACUPUNCTURE AN ALTERNATIVE HEALTH PROCEDURE

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Acupuncture is an ancient practice that now includes some modern tweaks that adds value to the treatment. Building on an already useful tool for healing, acupuncture now adds other tools such as laser and electric current.

Originating in China over 2000 years ago, acupuncture is one of the oldest and most commonly used medical procedure.

The practice of acupuncture is inserting hair-thin needles at specific points on the body. These points are known as pathways or meridians which may be block.

It's believed that by inserting needles that these meridians will unblock thus letting the body's electric energy through. This can ease pain and assist the healing process.

What should you expect?

You may experience slight to no pain. A few people may feel more sensations. Generally the client will feel relax. This routine normally last about 30 minutes while you lay quietly and try to remain relax.

You should make sure your acupuncturist has credentials, skill and references.

There are always the dangers of an inexperience acupuncturist. You wouldn't want a puncture lung. Please don't let me discourage you to search for a qualified acupuncturist but do be prudent in your quest.

Personally I had no real problems except some anxiety during the treatment. Acupuncture has definitely helped my high blood pressure and worry. Also it's helping my snoring to a degree for which my loving wife is very grateful. My wife has cerebral palsy and acupuncture has helped her tremendously too.

Our sessions generally cost \$75.00 for each issue. Since I have

about three areas that he treats there is a slight discount. applied.

Our acupuncturist is Chinese and only been in the USA a few years. Although he speaks English, I hope he comprehends what I'm expressing. So far he has for the most part.

Although acupuncture may sound strange to many, I urge you to consider it. Sometimes it's the only thing that relieves your symptoms when nothing else will.

Keep in mind that the first few sessions may not be as positive as you would like it. My BP actually went up some until my third session. Now it has improved considerably and I'm very glad that I stuck it out.

There are many alternative therapies available and acupuncture is a very promising choice. Many have seen immediate pain relief and health improvement. Maybe it will produce results for you too.

Do your homework. Investigate your options. If you ultimately decide to try acupuncture then make sure you select someone reliable.

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Lambert Klein is the owner of [Think Healthy supplements](#) and products.

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## HEALTH RISK OF SOY

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Are you aware of the health risk of soy?



Do you honestly believe soy is a health food? After studying this document and performing some research on your own you will probably change your mind. Soy is literally an anti-nutrient. It may contain heavy metals such as aluminum and can do harm to your hormonal balance.

Soy may slow or accelerate Sexual Maturation, - Cause Damage to Newborns. - Soy contains Potent Enzyme Inhibitors. - May Promote Blood Clots.- Most Soy is Genetically Modified - .Feeding Soy to Children may be considered Child Abuse.- May widely contain: Nitrates, Isoflavones, Phytic-Acid (anti-nutrient). - Contribute to Breast Cancer. -Affect Brain Functions. - Weaken the Immune System. - Cause Kidney Stones. - Reduce Male Fertility. - Attribute to Malnutrition

Two glasses of soy milk a day can change women's menstrual cycle by mimicking female hormones.

Soy can block the intake of minerals such as magnesium, calcium, iron and zinc. This is due to it's phytic acid content. There seems to be a relationship between consuming soy and brain aging! Does that sound healthy to you? Well then what about killing testicular cells? You may see now how soy may unnecessarily cause many health problems including Alzheimer's and affect brain functions. Soy is not the "perfect food" you were led to believe. Actually it is more of a health risk causing many health related problems.

Most soybeans are grown on farms using toxic pesticides adding insult to injury. The only soy products that should be consumed is organic fermented soy. Even then don't over do it.

Israel has issued a health warning that soy should be eaten in moderation and soy formula avoided altogether. Soy users may be deficient in B12 and Vitamin-D. Also Soy may contain MSG from processing. MSG is very bad for you and is another entire article in

itself.

Soy is in many foods that we aren't aware of including many vegetarian products.

Seems to me that soy's many negative aspects outweighs any helpful ones. It's a disgrace that soy have been marketed as such a super health food just to serve someone's financial benefits with no care about the results to our population's health.

Remember that soy is in many products particularly in health food stores, so read the labels. Many animals that people eat are fed soy and grains that make these products unhealthy too. I often shop at our neighboring health food store and always read the labels before I purchase.

You have to be diligent. Read the labels. Stay informed by doing research and making smart decisions.

I strongly advise you to consider the health risk of soy and to investigate it further and make a forthcoming decision on your own. It is my responsibility to inform you about these matters so that you may choose.

You can search for "soy's health risk" on Google or other search engines to find many studies on soy. Visit Mercola.com and search for soy on his site also.

Wishing you the best of health now and into the years to come.

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Please visit our blog at: <http://www.thinkhealthyblog.com/> We also provide many health related articles at 1ThinkHealthy.com

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## DO YOU HAVE ARTHRITIS?

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Do you have arthritis? If so you are not alone. 66,000,000 people do almost 1 in 3 adults.

Arthritis is second only to heart disease as a cause of work disability. Besides limiting daily activities arthritis can cause many lifestyle problems. You may assume there's nothing you can do that will help. Don't believe that. There are steps including supplements and lifestyle changes you can make to significantly improve your life.



Your doctor may ask a few of these questions:

- Where is your pain
- When does it hurt
- How long have you had it
- Any swelling or redness
- Family history of arthritis

He may wish to perform a movement test and have some x-rays taken.

Inflammation from your arthritis is a significant source of pain. Your physician may recommend OTC medicines or a prescription.

You should be aware of alternatives such as natural supplements and physical exercise.

**Nettle Leaf Extract** This supplement appears to suppress TNF-alpha and IL-1-beta. Nettle leaf may inhibit inflammatory cascade in rheumatoid arthritis. Also joint protection is assisted with nettle leaf.

**MSM:** Msm contain Sulfur and anti-inflammatory properties

Glucosamine Sulfate/Chondroitin: Reduces joint pain and may substantially rebuild cartilage. This may take a while to see results.

Fish Oil: DHA, EPA and Omega 3 found in quality fish oil. Reduces painful inflammation and may promote joint lubrication. Look for a high quality, low mercury supplements like Carlson's fish oils. Flax seed is another practical choice.

Try high quality multivitamins such as Purity's Perfect Multi Super Greens.

Vitamin E: Use a natural product like Vitamin E-8 daily.

Cherries: Recent research has shown that tart cherries contain powerful antioxidants that may help relieve the pain of arthritis and gout and also protect the body against cardiovascular disease and inhibit cancer tumors.

There is also a cherry capsule that is very good named Fruit Advantage.

Exercise: Exercise is important not only for arthritis but your overall health.

Weight Control: Even modest weight loss will bring healthy results. Start slow if you need to, and then try to reach your target weight.

Stress: Ah Stress. This one unnecessarily causes us so many health concerns. It practically seems to be the source of most health problems.

There are many options to help deal with excess stress. Exercise is one of these. Even if you begin by walking to the corner and back, then around the block pretty soon you will be walking a mile or more.

Other things you may consider are Yoga, Meditation, Music and a new hobby.

There is a rather unique procedure I came across a while back called Emotional Freedom Technique or EFT for short. This works on the principles of Acupressure and Acupuncture.

Wait! Don't let that intimidate you. Even though EFT is a remarkable tool it is actually easy to grasp. I personally have seen significant results. You won't have to poke yourself at all. It just basically requires limited number of words and some tapping on certain key points.

So don't give up. There are many options for you to vastly improve your health.

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Arthritis supplements can be found at Think Healthy.

<http://www.1thinkhealthy.com/flex-protex.html>

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## **ALZHEIMER'S: PREVENT IT NOW!**

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Do you think you can avoid Alzheimer's?

Many people think mental health is more important than physical health. We desire to keep our brains sharp and focus while remaining relax, calm and comfortable with our emotions.

If you are living healthy by getting exercise, eating foods with proper nutrition and drinking good quality water, then you already have a good start on preventing Alzheimer's.

Other things to consider are making new friends, joining a club or organization or perhaps a gym. Socialization is an important step to our mental and emotional health.

You should think about these things now not later when the damage is beginning to take its toll. Preventative measures are usually the best approach to staying healthy. This also applies to preventing Alzheimer's.

Nutrition and vitamins such as vitamin C and E may reduce your risk of Alzheimer's by absorbing free radicals. A study from John Hopkins shows that people taking both vitamin C and E were 64% less likely to develop Alzheimer's.

You can do something to prevent Alzheimer's by following a healthy lifestyle.

Find a new hobby, interest or challenge your brain with puzzles or learning something new. If you enjoy walking take alternative routes to stimulate your senses.

Exercise is important for you overall health. This can also help to prevent mental problems. Exercising will keep you fit and help to nourish your body with oxygen.

Green tea, berries, and nuts are excellent brain food. Eating healthy foods that are rich in protein, antioxidants, calcium and B vitamins

will go a long way in preventing Alzheimer's.

You will want to eliminate aluminum and mercury as much as possible. Be careful about the pots you cook in, your deodorant and drinking water. Also be aware that flu shots and other vaccinations could contain mercury or other poisons.

Don't forget about mercury fillings. Do you really want poisonous mercury in your head?

Here are some nutrients that may help keep Alzheimer's at bay:

- Grape Seed Oil
- Folic Acid
- B1, B6, B12
- Vitamin C
- Vitamin E (better from whole food sources)
- Zinc
- Lecithin
- Garlic
- Co Q10
- Ginkgo
- High Quality Fish Oil
- Sunlight
- Curcumin
- Silica

Levels of Choline decline as we age. Choline is a nutrient the brain uses to produce acetylcholine, which helps our memory. Choline is found in fish and eggs.

Blueberries may be one of the most important foods to combat mental decline as is fish oil with omega3 and DHA. Lowering simple carbohydrates could benefit you as well.

Although there are a few nutrients that specifically may help with Alzheimer's, we should consider that a general healthy lifestyle is the basics of preventing health problems.

Get outside in the sunlight when you can. Earlier is better than later. Go for a walk or do some yard work. Maybe you enjoy horseshoes?

Start now by exercising, eating healthy and challenging your mind with puzzles or a new hobby. Take a night course. Learn something new. You will benefit with the new knowledge you have acquired and keeping your mind sharp.

One final note: There have been some reported cases of people diagnosed with Alzheimer's where in fact they merely had a B12 deficiency!

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Think Healthy supplements. <http://www.1ThinkHealthy.com/>

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## CAN YOU SIGNIFICANTLY IMPROVE YOUR HIGH BLOOD PRESSURE?

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There are several things you can do on your own that may lower your high blood pressure. These options are not to replace any medication without your doctor's approval. It is possible to significantly lower your blood pressure by changing your daily habits. Here is a list of factors that could benefit you.



- Eat healthy natural products such as fresh vegetables and fruits
- Reduce salt intake (especially table salt)
- Reduce refined sugar intake
- Exercise
- Maintain a healthy weight
- Limit Alcohol
- Don't smoke
- Limit caffeine
- Reduce stress
- Avoid high cholesterol foods
- EFT and Z-point

If your health is not as good as you would like then following a healthier lifestyle may benefit you immensely. You want to eliminate as much processed foods as possible as well as grains and sodium. Eat fresh and organic products whenever possible.

Start on an exercise program. This can be as simple as walking for starters. If you are out of shape take it easy at first. Gradually increase your activities as you grow accustomed to the increased physical exertion. Please consult with your physician before you begin.

Others things to consider are eliminating tobacco, excess alcohol and fast foods. Maintain a healthy diet and don't overeat.

Diet: Eat plenty of fresh vegetables and fruits. Choose raw and organic for extra nutrients and optional health. Include foods high in

calcium, magnesium and potassium. Consume herbs and foods such as garlic, onions and hawthorn. Supplement with a good multi vitamin and Co Q10.

Here's a list of foods and supplements that could be helpful:

- Bananas
- Blueberries
- Garlic and Onions
- High Fiber Foods such as Fruits & Vegetables
- High quality Fish Oil with Omega 3 (with a low mercury content)
- Hawthorn
- Co Q10
- Potassium
- Calcium
- Magnesium
- B Complex
- Zinc
- Grape Seed Oil
- Olive Oil

Some other healthy food choices are beans, lentils, artichokes, cooked spinach, and raspberries.

Many people understand that lutein is good for the eyes. Not so many will realize that it is good for the heart. Lutein protects the eyes and heart by neutralizing free radicals. Lutein is found in grapes, egg yolks, squash, peas and oranges.

Lycopene found in tomatoes and other red vegetables helps the heart and blood vessels by stopping the oxidation of LDL cholesterol, slowing the buildup of plaque. Lycopene also may help prevent certain cancers.

Your teeth and gum health are important to fight against heart disease and hypertension as well. Regular dentist visits for checkups and periodic cleaning are important. You may benefit further by seeking a holistic dentist.

Act now and improve you life starting today. Get out and exercise. Workout in your home. Change your diet to a healthy one that your body and mind will thank you for. Cut down on the coffee and other caffeine products. Rid yourself of the limp processed food that is just empty calories. Start eating fresh unprocessed foods that will taste better as well as significantly improve your health.

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Think Healthy supplements. <http://www.coral-cure.com/>

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## IS FRUIT JUICE HEALTHY?

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All the advertisements on TV rave about how healthy orange juice and other juices are for us. We have been blasted by these commercials for years and most of us strongly believe this to be true.

Fruit juice may have up to 8 teaspoons of natural sugar in an eight ounce glass. This is not added sugar but the natural fructose. What may not be natural is squeezing juices. Fruits are meant to be eating whole in their natural state.

Fruit juices have many healthy nutrients and vitamins that are beneficial. Are these benefits being surpassed by the quantities of sugar in them?

Sweet drinks are linked to preschool obesity whether they are Kool-Aid or natural juices. Preschoolers are better off snacking on whole fruit.

One Head Start program banned juice as an anti-obesity effort after finding one out of five students was obese.

The American Academy of Pediatrics states that toddlers and preschool aged children should be limited to just 4-6 ounces of fruit juice per day. The APP states that fruit juice offers no nutritional benefits over whole fruit.

If you consume fruits whole in their natural state you consume them with the natural fiber and other ingredients that checks sugar absorption.

It is important for you to restrict your intake of fruit juices especially if you have any of the following problems.

- High Blood Pressure
- Overweight

- Diabetes

Whole fruits are healthy but you may still want to eat them in moderation if you have any of the above issues. Whole fruits are more desirable than juices in any case.

Some of the healthiest fruits are berries specifically blueberries as their sugar levels are lower than most fruits and they contain an abundance of antioxidants.

So remember juices are high in calories and low in fiber. This will leave you hungry while rapidly adding excess sugar unnecessary. Sometimes just eliminating sugar water, pop, and juices will bring fantastic results.

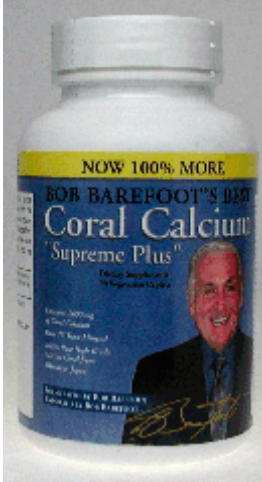
If you want to try juicing stick with vegetables as they are lower in sugars than fruits.

Most of us have grown up thinking that fruit juice is one of the healthiest things for us. We may need to reconsider this. And then there are fruit drinks which aren't even 100% fruit juice. Just keep in mind that many commodities being sold are produced to make capital not to enhance your health.

You want to make intelligent informative decisions. Do research whenever you can. You can certainly track down a lot of relevant information on search engines but you will have to decide how correct this advice is.

Instead of grabbing calories in a bottle consider a fresh piece of delicious fruit. Blueberries are one of the top quality fruits containing plenty of antioxidants while maintaining lower sugar content than most other fruits. I find that nature knows best when it comes to nutrition. I still have not found that tree with quarts of OJ hanging from it.

Well now I can't wait to bite into that delicious crunchy apple!



Think Healthy supplements. <http://www.coral-cure.com/>

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## 2 SUPER TECHNIQUES THAT WILL IMPROVE YOUR LIFE

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How would you like to learn two simple techniques that can vastly improve your life?

If I told you that it is possible to significantly relieve yourself of anxiety, worry and stress as well as bad habits in a very short time, would you take the time to learn these two simple procedures?

You may be more interested if I told you it had help me personally and I have witnessed the proof. I was taking 5 blood pressure pills daily. Anxiety and stress were an everyday battle. There seemed to be no hope.

Well now I take only one BP pill daily. I am feeling so much better both physically, mentally and emotionally. I have been utilizing these two tools about 7 months now.

The first technique that I studied after doing much research is called Emotional Freedom Technique (EFT). All the relevant information you need to understand EFT is free. There are some improvement eBooks that you can purchase if you desire but this is not required.

So what is EFT?

EFT is a psychological version of acupuncture that is so simple to do that you can learn to do it in less than 30 minutes. Emotional Freedom Technique is not painful at all. There are no needles incorporated. You basically tap with your fingers on key meridian points while saying some simple phrases.

EFT is based on traditional Chinese medicine's energy system, the same system which acupuncture is based. When you tap on the meridian points you are unblocking energy fields throughout your body. These barriers could have been causing health issues for some time.

The powerful effectiveness of EFT depends on the problem

involved and the number of difficulties you are dealing with. The more complex issues may eventually need repeated sessions. Believe me it is well worth the minor amount of time for a constant relief of these significant problems.

Here are some examples of how you can benefit from EFT.

· Anxiety · Stress · Bad habits · Fears · Physical pain · Cravings · Depression · Anger · High blood pressure · Panic attacks

You can include just about anything else to this list. EFT is so simple to utilize yet can return tremendous results.

The second procedure is called Z-Point.

Z-point is also a very simple process which in addition can give great results.

With Z-point you merely say phrases out loud or to yourself. Z-point will help you release negative emotions and make improvements to you with positive affirmations.

Like EFT with Z-point you can start off simple and add to the process as you learn. In fact Z-point one-page instruction sheet will adequately guide you through the one time installation process and shows you the daily phrases to read each day.

You will clear all the negative ways, patterns and emotions that have piled up throughout the years. I'm convinced that you will see results if you continue to utilize these tools.

So don't put it off. Start today! Put these two fantastic tools to work for you right now. Just think you won't have to invest anything to learn how to improve yourself except a little time.

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Lambert Klein is the owner of Think Healthy supplements and products. You can find out more about EFT and Z-point here.  
<http://www.coral-cure.com/EFT.htm>

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