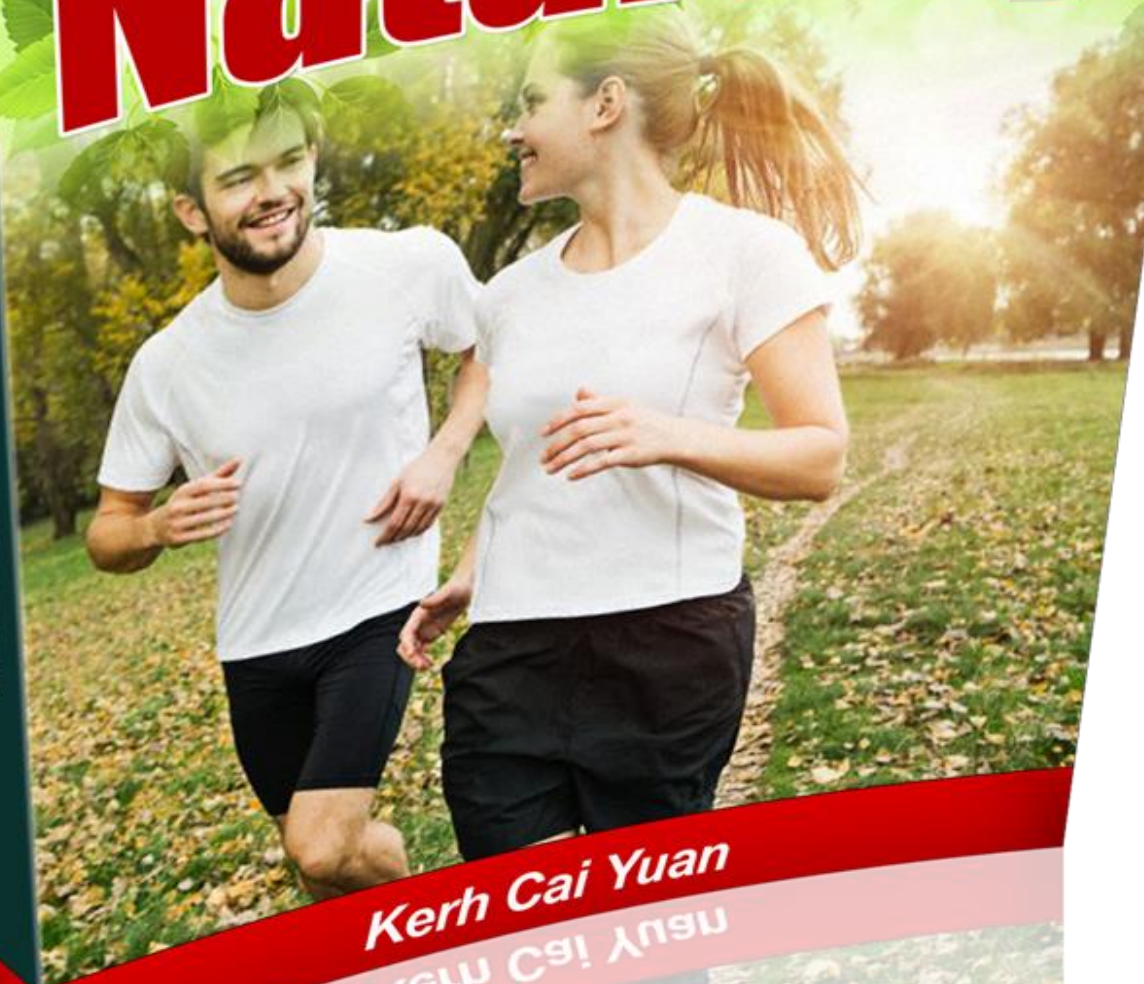


Living a Healthy Life

Naturally

Living a Healthy Life Naturally



Kerh Cai Yuan

Керн Сай Юан

Living a Healthy Life Naturally

To Help You Achieve Healthy Life Using Effective and Natural Methods

By

Kerh Cai Yuan

<http://NaturalHealthForU.com>

Sign up for my [FREE Natural Health Healthy Life Email Newsletter](#) to receive tips and methods to achieve wellness and living a healthy and fulfilling life!!

ACKNOWLEDGEMENT

I want to dedicate this ebook to my parents, Kerh Kin Cheang and Ngow Soo Nei. I am eternally grateful to all the sacrifices you have made and your unconditional love. I love you both!

I want to use this opportunity to thank my girlfriend who is also my lovely wife-to-be, Linda Tay, for her support and encouragement for all these times when I am working on this ebook. Thank you a lot.

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DISCLAIMER

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This eBook is intended for informational purposes only. It contains general information about medical conditions and treatments, and provides information and ideas for, but not limited to, natural and home remedies.

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SPECIAL NOTICE

Because my life mission is to touch as many lives as I can so as to bring more LOVE, HOPE & JOY to the world, I'm granting you the rights to give away this special eBook (worth US\$47) to anyone you see fit, as long as you **do NOT** alter the content in any way!

ABOUT ME

Hi, my name is Kerh Cai Yuan, founder and chief natural health officer of natural health website NaturalHealthForU.com and creator of Living a Healthy Life Naturally eBook. You may call me Cai Yuan, or Kerh, if it is easier for you to remember and address.

Firstly, I would like to congratulate you for downloading this eBook. You have now before you a resource for maintaining and recovering of health to help you get the optimal health using effective and natural methods without any adverse side effects.

I have spent a lot of time and effort in the library and online researching and asking around for natural methods to recover and maintain health with hope to minimize illness and lessen the side effects of the medicine and maybe minimizing the amount of monies spent to recover the health fully. All the tips shared have been proven to work for most people, including myself.

Why I started this project?

I did not start this project because I was unhealthy. Besides the occasional injuries I suffered when I was doing sports, I am quite a healthy guy with little ailments such as common cold, diarrhea, and other common illness. I started with this project was because of the successful treatment given to me by Chinese Sensei (TCM physician) when the medicine given by the doctors failed to delivered.

I remembered that year in 2008 after I left army. I suddenly had breakouts of what seems like acne on both of my cheeks. These lasted for a few weeks before I seen the doctor to find a cure for it. However, the prescribed cure could not solve the issues and this continued for a few more weeks.

I decided to give the Traditional Chinese Medicine (TCM) a try when no sign of recovery occurred. The conditions of my face improved shortly after a day or two when I followed the prescription given by the TCM physician. This prompted me that there might be possibilities of other methods to recover from illness other than visiting the doctors.

Thereafter, I researched books on natural medicine for curing common illness and tried it on myself and close friends of mine with good results.

Please do note that even with some of the successes I had on applying natural methods to cure some ailments, **I am NOT a healthcare professional**. I am just a common folk with little to none of the medical knowledge compiling a book of common illness for my personal use. As I already compiled this eBook, I do not want the time and effort to go to waste so I decided to share with the world for free and hope it might help more people.

This eBook is not a substitute for medical advice from a healthcare professional.

I highly encourage you to go to the doctors for a full body check-up at least once every 1 or 2 years which I do so myself. The aim of this eBook is to help you to experience natural relief from common ailments. If you had tried any of the remedies in this eBook and the physical symptoms still did not improve, please seek treatment from a healthcare professional.

Before I sign off, I strongly urge you to subscribe and stay subscribed to my email newsletter at <http://NaturalHealthForU.com> to receive FREE lifetime update of this eBook as well as other natural health tips, information and promotions.

Feel free to give me any feedback to improve this eBook or newsletter by dropping me an email to feedback@NaturalHealthForU.com

I hope you enjoy this eBook and find the information in it to be useful. Thank you and hear from you soon!!

INTRODUCTION

For many of us, the concept of natural health is intimidating, to say the least. With so many options with regards to the food to eat and the activities to perform, natural health can be very confusing for all those who are new to the world of natural living.

Unfortunately, the concepts of healthy living have been made complicated by us. As a matter of fact, wellness has to be simple, and it is, provided that certain guidelines are adhered to with utmost devotion.

Natural health and its practices involve development of sustainable habits along with day to day activities that can be easily implemented into the daily routine. It's all about living as close to nature as possible.

The Mind-Body Connection

Before we begin to discuss the principles of a healthy, natural lifestyle, it is crucial to understand how our mind (the spiritual) and the body (the physical) are connected. It is ABSOLUTELY NECESSARY to understand that one without the other is of no good. A person has to be in healthy mental state for the body to become healthy. Likewise, the body must also be healthy enough and its needs of essential vitamins, minerals and nutrients in general must be met in order for the mind to function optimally.

With that said, both the mind and the body rely on each other for their wellbeing. Hence, the focus of this book and the approach taken would be to benefit both aspects of an individual.

The Reality

We have to face the reality. Unfortunately, the reality isn't exactly too exciting. We live in a world where our food is brimming with pesticides, fertilizers, artificial ingredients and preservatives – all of which have their toll on our body's crucial systems, including the immune system that protects us from harmful substances. This coupled with an inactive lifestyle and unhealthy habits further deteriorate our health.

When our immune system weakens, we are exposed to a number of harmful substances that make us fall ill – and this is when our life starts to go downhill. Just take a look at all the health problems that are prevalent in our society: cholesterol issues, diabetes, heart problems, mental issues such as stress and depression, and scores of other disorders that were nowhere to be found in previous generations (at least not as common as they are today).

Therefore, it is clear that something is seriously wrong with the way we live today. It is time to take a pledge to get things in order now.

The Solution

Fortunately, there is hope. By aligning ourselves as close to the nature as practically possible, we can reverse the harmful effects that have affected our body and mind.

In a nutshell: if you are serious about upgrading your lifestyle, then you will have to make a commitment to no one but yourself. This is the commitment to strive to attain a position where your body is in sync with nature – a position where it is in its original, unadulterated state.

We can help you accomplish this.

What Will You Find In This Book?

This book is divided into two sections. The first section focuses on providing guidelines on how and what natural methods you should implement in your life to maintain a healthy lifestyle. The section will talk about natural foods, physical activity, and how you can get back in shape by losing weight if you are overweight (excess weight leads to numerous health issues).

The second section takes a different approach and discusses the natural methods that can help the body and the mind to recover and heal. The fact that our current lifestyles impose excessive burden on our body as well as mental wellness cannot be denied.

Towards the end of the book, some General Guidelines will be provided that will reveal tips that can be slowly yet steadily incorporated in your lifestyle.

In this book, you will find:

- ✓ What foods can help you get healthier and prevent diseases
- ✓ Ways to lose weight fast
- ✓ How physical activity will help you regain your lost stamina – and happiness!
- ✓ Natural remedies for everyday health issues
- ✓ Meditation tips and techniques to fight stress
- ✓ Tips for developing a healthy lifestyle

It is hoped that this book will help you transform your lifestyle and mindset into a healthier and positive you. **Good luck!**

SECTION 1: NATURAL METHODS TO MAINTAIN A HEALTHY BODY & MIND

CHAPTER 1 – IMPORTANCE OF A NATURAL BALANCED DIET

Healthcare experts often stress on the importance of eating a healthy, natural, and a balanced diet. Many people, however, are confused as to what a 'natural', balanced diet is and how it affects their wellbeing. The saying 'you are what you eat' cannot be any truer.

A natural balanced diet is one that nourishes the body with all the necessary vitamins, minerals, and nutrients required to keep the body's organs, cells, and tissues healthy.

A diet that lacks these essential nutrients can cause a number of health problems, ranging from mere tiredness and depleted energy to serious issues that affect the normal functioning of vital organs. There is also a problem with the way fruits and vegetables are grown. The heavy use of fertilizers and pesticides makes them unhealthy and causes these chemicals to enter the body – something that wrecks havoc on our bodies.

On the other hand, there are other food products that are loaded with preservatives and artificial ingredients that further decrease the quality of the eatables and have an adverse effect on our health.

This is why the term '**natural**' and '**balanced**' are used together to portray a diet. As a general rule, your aim should be to eat *organic* fruits and vegetables while avoiding products containing preservatives and other potentially harmful ingredients.

Another important thing to consider is the type of meat you eat. These days, cows are fed grain which goes absolutely against the natural design of their digestive systems. Cows are supposed to eat grass, and not grains. The cows that eat the latter tend to have a buildup of toxicity in their meat. This is made worse by administration of hormone injections and drugs along with the antibiotics to ensure that the cows survive the otherwise 'unsanitary' living conditions. The toxicity and the significantly reduced amounts of nutrients have a huge effect on our health after we consume it.

As far as grass-fed beef is concerned, these cows are fed grass and live in much healthier conditions. Their meat contains ample vitamins, minerals and nutrients minus the toxicity. Therefore, whenever you can, try to get grass-fed beef only!

How Can You Achieve a Natural Balanced Diet?

In order to be able to successfully achieve a natural balanced diet, it is very important that you have **THREE** square meals every day and never skip breakfast.

Each of the three meals should consist of a variety of foods from different food groups. The portion size should be fairly moderate so that you have control over your calorie intake. Limiting your consumption of alcohol is highly recommended. According to the guidelines provided by CDC, one standard drink is enough for women per day; as for men, no more than two are fine. There should also be two alcohol-free days per week.

The guidelines provided by the US Departments of Health, Human Services and Agriculture in 2010 state that a diet that contains low amounts of saturated and trans-fat is highly recommended. Such a diet should also have low levels of sugar, salt, cholesterol, and alcohol.

In order to be able to fulfill these criteria, a diet similar to that of DASH (Dietary Approaches to Stop Hypertension) is appropriate. The calories should be controlled by becoming active and quitting a sedentary lifestyle. More on physical activity will be discussed in the coming chapters.

The Components of a Balanced Diet

1. Dairy Products

You should have portions of dairy products in your meals, including milk, cheese, and yoghurt. Dairy foods are typically high in saturated fats; therefore, you may want to opt for fat-free or low-fat varieties. Nonetheless, whenever possible, go for organic versions of milk, cheese and other dairy products.

Dairy products are an essential source of Calcium and will keep your bones strong. They are also rich in vitamin D and protein.

2. Protein

The main sources of protein are lean meat & poultry with skin removed and visible fat. Other rich sources include fish, lentils, beans, seeds, nuts, peas, and eggs.

Meat and poultry contain high amounts of iron whereas legumes are rich in fiber. Eggs, on the other hand, are loaded with minerals and vitamins.

Fish should be a regular part of your diet. Fish contain omega 3 fatty acids that are extremely beneficial. Just like other types of meat, it is best to consume wild-caught fish as compared to those who have been farm-raised.

To minimize any addition of fat during the cooking process, try to grill, poach, or steam the fish – this will also prevent the loss of essential nutrients and minerals.

Processed meats such as sausages must be avoided as they do more harm than good due to their extremely high levels of unhealthy ingredients, including preservatives and increased sodium content.

Your average protein intake will vary with your gender, age, and the overall activity level.

3. Fruit

Fruits are low in calories, virtually fat-free, contain high quantities of fiber, and are extremely nutritious. Your goal should be to include a wide variety of these into your diet to ensure that you are getting numerous vitamins and minerals.

You can also include dried fruits and fresh juices in your diet. However, you have to make sure that the juices are without any added sugar. Most experts claim that it is better to eat fresh fruits instead of drinking their juices only. This is primarily because drinking juices makes a person skip on the benefits of the fiber that would otherwise help in digestion and prevent sharp spikes in blood sugar (fiber prevents sharp fluctuations of sugar levels in the blood).

Juices and dried fruits are a concentrated source of calories; make sure you choose the portion size accordingly. As a general rule, eating whole fruits is the best way to go forward as there is hardly any need for specific portion sizes – as long as you are eating plenty of them, you should be getting the necessary supply of nutrients. **Do consult your doctor on the portion size if you are diabetic.**

4. Vegetables

Vegetables typically contain the lowest amount of calories with the most quantity of vitamins and minerals. This makes them an ideal option that can be included in your every meal. Eat a mix of vegetables so that you get numerous types of vitamins.

When it comes to cooking them, use methods that add little fat and those that do not destroy the nutritional value of these vegetables, such as grilling or steaming. Vegetable juices are yet another excellent way to keep your body nourished. Juices, for one, allow you to take advantage of a greater quantity of vegetables as compared to the amount you can eat – which is much less.

If you cannot eat many vegetables during the course of the day, then it is advisable to go for vegetable juices to fill up the gap.

5. Grains

Grains are a major source of carbohydrates and must be included in your diet. Cereals, pastas, rice, and bread are excellent all sources of carbohydrates. If you are looking for much healthier options, go for whole-grain varieties as these tend to contain higher amounts of fiber and B vitamins than their white counterparts.

One way to augment your diet is to go for enriched-variants of breads that contain added calcium, iron or omega 3 fatty acids.

Try to avoid toasted and sugary breakfast cereals along with sweetened breads that are made from refined flour because of the fact that they contain lower quantities of fiber and are high in fat and calories.

6. Oils and Fats

Fats are important for our wellbeing and they should be consumed in sufficient quantities. However, it is crucial that you eat the right kinds of fats. Unhealthy fats include trans-fats and saturated fats, hence should be avoided.

Replace the unhealthy fats with vegetable fats that come from olives, canola, or sunflower oils. Nonetheless, all fats contain high calories; therefore, it is important to keep an eye on your caloric intake – particularly if you are trying to keep your weight under control.

Go for low-fat or light versions of salad dressings & mayonnaise. If possible, use vegetable oils for baking and cooking. Avocado, fish, and nuts are alternate sources of unsaturated (healthy) fats.

Health Benefits of a Balanced Diet

The health benefits of eating a natural balanced diet are many, some of which have been mentioned below.

1. Healthy Heart

A diet that is low in cholesterol, unhealthy fats, and sodium can significantly reduce the risk of developing heart disease. The types of fats that you eat have a crucial role to play in the health of the heart. As mentioned earlier, saturated and trans-fats are harmful for the body. These fats are normally found in fried foods, red meats, palm oils, coconut oils, and processed snacks.

Diets that bring down the risk of suffering from a heart disease include fresh (organic) fruits, vegetables, and low-fat dairy and whole grains.

2. Bone & Teeth Health

A calcium-rich diet is necessary for keeping the bones and teeth strong. It also prevents bone loss linked with osteoporosis. Dairy products such as low-fat cheese, milk, and yoghurt along with dark green vegetables are excellent sources of calcium.

The CDC recommends 1000 mg of calcium intake for adults aged 19 to 50. Vitamin D is necessary as it helps the body in absorbing calcium; therefore, look for a supplement that contains Vitamin D and Calcium together.

3. Increased Energy

Proper nutrition will ensure that you have an increased level of energy. This will make day to day tasks easier for you while encouraging you to adhere to a healthy and active lifestyle. After all, one of the major reasons why people stick to a sedentary lifestyle is a decreased amount of energy.

4. Brain Health

Brain is the organ that controls every aspect of our body. The greater the amount of blood flow to the brain, the healthier and more efficient it will be in doing its job properly. Not only that, but it will keep the brain cells active, delaying or eliminating the onset of Alzheimer's disease. A healthy, balanced diet will increase the flow of blood to the brain, providing it with the essential nutrients it needs to function optimally.

5. Weight Control

A healthy diet is the key to proper weight control. Regardless of whether you are trying to lose weight or maintain a certain weight, a healthy diet will assist you in achieving your goals. Forget about impractical diets that deprive you of food or those diets that focus on a specific category and type of food – stick with a balanced food intake, and you'll be healthier as ever.

You may be wondering how you can continue eating and lose weight? Well, the secret lies in controlling your food portions. The next chapter will discuss weight control in more detail.

CHAPTER 2 – GETTING YOUR WEIGHT RIGHT

In today's eat-and-run culture where our serving sizes are massive, it can be very difficult to maintain weight – let alone lose it. If you are one of those who have tried and failed your attempts to lose weight, you may have grown to believe that losing weight is a task no less than impossible.

Let us face the facts. Traditional diets don't work. All they do is deprive the body off the essential vitamins and minerals that it needs to function optimally.

This chapter will focus on easy to understand and follow method of losing weight. Losing or maintaining weight is not about following a particular diet – it's about maintaining a healthy lifestyle that consists of healthy habits – including nutritious food (albeit in CONTROLLED portions) and physical activity.

Understanding How Weight Works

Too often we make the act of maintaining or losing weight too complex. The science is simple here. If you eat more calories than you can burn, you will gain weight. On the other hand, if you burn more calories than you eat, you will lose weight. Logically, if you balance the intake and the burn – you will successfully maintain your current weight. Simple enough? Yes it is.

Getting Started with Losing Weight

There is absolutely no 'one-size-fits-all' solution to losing weight. Every other person's body is different. However, the following guidelines are an excellent way to give you a general idea of how you can get a semblance of control over your weight.

1. Think about your lifestyle, not just the diet

One of the most common mistakes people make is that they change their diet without changing other factors of their lifestyle. Changing a diet will be of no value if you continue to lead your sedentary life in front of the TV set.

Losing weight is a gradual task – it takes time and consistent effort. While you should definitely change your diet to a natural balanced one, but you should also get involved in regular physical activity. Plan for the long-term, and you will be successful.

2. Get support from peers

Social support from family and friends can be a vital factor in making lifestyle transformations successful. Get help from friends and family and ask them to give you the much-needed encouragement.

3. Slow and steady does the job

Forget about 30-day weight loss plans. A healthy lifestyle requires consistency from your side and wholeheartedly commitments. While you may be able to reduce weight quickly through a rapid weight loss program, once it's over, you'll gain the weight again upon returning to your usual diet and lifestyle.

Aim to lose one pound or two every week. Not only will this be a practical and sensible approach, but you will have better chances of MAINTAINING that weight over a long-term period.

4. Establish goals to keep yourself motivated

Motivation is the key to losing weight successfully. Just like you asked your family and friends to provide you the motivation and encouragement, you also need to set goals that will do this for you. There will be times where you will get frustrated and when you will be tempted to eat unhealthy foods – these goals will get you back on track and rekindle your motivation.

5. Utilize tools to track progress

Keep a journal or use a mobile app (if you are tech savvy) to keep track of your caloric intake. In addition to that, note how many calories you burn each day and how many you consume. Also, note down how well you have met your weekly goals.

All of these ‘numbers’ will turn out to be a causal factor that keeps pushing you to do more for yourself.

Avoiding Common Pitfalls

The quick-fix diets are nothing short of a plan that leads you to failure. This is for a number of reasons:

Feeling of deprivation: These quick-fix diets eliminate major food portions from a diet and often lead to a feeling of deprivation. In addition to that, removing healthy fats and carbohydrates from the diet is not a good idea as it can deprive the body of its essential nutrients and energy it needs to work properly.

You regain weight: While some diets – very quickly and successfully – help you shed weight, say, in 30 days or a few months – most of the weight is regained when the individual returns to their original diet. This is why great emphasis is given on changing the lifestyle for long-term healthy living instead of short term diets.

Cravings are intense: When a person is deprived of various types of foods, they experience cravings that can sometimes become overwhelming and cause a person to ‘break their diet’. Breaking a diet can result in a major discouragement and may make a person completely abandon all their efforts to lose weight. On the other hand, when you eat healthy, controlled portions out of every food group, you will have much less cravings and your body will benefit by getting vitamins and minerals from numerous sources.

Expensive diets: Many of these ‘promising’ diets require a person to consume special meals, shakes, and other items that are quite expensive and not suitable for long-term efforts. This may also discourage a person from following a particular diet.

CHAPTER 3 – PHYSICAL ACTIVITY FOR A HEALTHIER YOU

Regular physical activity is among one of this things that can keep you in the best shape – both mentally and physically. It can help you in a number of ways, such as:

- Better weight control
- Reduced risk of heart diseases
- Reduced risk of diabetes
- Reduced risk of certain cancers
- Strengthened muscles and bones
- Enhanced mental health

Some people are afraid of exercising because they are afraid to fall. This generally applies to older people. Fortunately, moderate-intensity activity such as the likes of brisk walking is safe for the majority of people – and it is a great way to stay physically fit.

This chapter will provide general guidelines for you to follow when planning to start engaging in some form of a physical activity.

Start Slowly

The chances of suffering from a heart attack during exercise are rare; however, the risk increases slightly if a person becomes more active all of a sudden than they are accustomed to. For instance, if you have not gotten involved in any type of physical activity for a few months, and you start with a vigorous exercise, then you are at a greater risk of suffering from cardiac-related issues. With that said, it is crucial that you start slowly and steadily until you build up the stamina.

Chronic Health Conditions

Those people who have some form of a chronic health condition, such as diabetes, arthritis, and cardiovascular diseases, they must consult a healthcare professional before starting an exercise regime. Your doctor would be in a better position to come up with a reasonable physical activity plan based on your health condition.

What is important is the fact that you have to avoid an inactive lifestyle – even if you spare 20 minutes for brisk walking that would be better than nothing.

Better weight control

If you are trying to reduce your weight, then there is nothing better than physical activity. Combined with a natural, healthy diet, physical activity can help bring down your weight down to a much more manageable and healthier level.

Remember that if you consume more calories than you burn, you will gain weight. If you burn more calories than you eat, you will lose weight – you can only burn more if you get involved in some form of a physical exercise.

If you want to maintain your weight, slowly increase your exercise duration (weekly) up to 150 minutes of moderate aerobic activity, 75 minutes of vigorous aerobic activity or a balanced mixture of both – provided that you have the approval from your doctor (in case of chronic health conditions).

To lose weight, you will have to gradually increase your physical activity levels beyond that mentioned above unless you follow a balanced diet to control your caloric intake. In that case, you can calculate the amount of calories you take in and the number of calories you need to burn off to lose weight effectively.

Reduced risk of heart diseases

Stroke and heart disease are the two most common causes of death in the United States. However, by getting around 2 hours and 30 minutes of exercise per week can significantly reduce the risk of heart diseases, many studies have shown.

Physical activity, when performed regularly, can lower the cholesterol levels as well as the blood pressure.

Reduced risk of diabetes

Regular exercise is known to reduce the likelihood of developing type 2 diabetes as well as metabolic syndrome. The latter is a condition in which there is considerable amounts of fat around the waist area. It also leads to low HDL cholesterol, high blood pressure, high blood sugar, and high triglycerides.

According to research, two hours to two hours thirty minutes of exercise per week can reduce the risk of developing these diseases.

However, if you already have diabetes, then regularly exercising will assist in controlling your blood glucose levels.

Reduced risk of certain cancers

The chances of suffering from colon and breast cancer are lowered considerably if a person leads an active lifestyle. According to research:

- Those people who are active tend to have a reduced risk of colon cancer as compared to those who are leading a sedentary lifestyle
- Those women who are physically active have a considerably reduced risk of suffering from breast cancer as compared to those who are not active

In addition to that, the risk of lung and endometrial cancer is also diminished. Even though this research is not yet final, there are some findings that indicate that the risk reduces in physically active people.

For cancer survivors, an active lifestyle can help them bring back their quality of life while enhancing overall physical fitness.

Strengthened muscles and bones

As a person ages, bones and muscles become more vulnerable to damage. Bones, joints, and muscles all play a crucial role keeping a person moving. This is why it is important to keep the bones and muscles healthy and strong.

Studies have revealed that muscle-strengthening, aerobic, and bone-strengthening exercises reduce the loss of bone density with age.

Hip fracture, for instance, is a serious yet frequent condition that can have life-changing effects in a person – for worse. Performing 120 to 240 minutes of exercise per week can greatly reduce the risk of hip fractures.

For arthritis patients, it has been found that around 2 hours of exercise per week – aerobic or moderate intensity exercise – can enhance a person’s ability to manage their pain and make it easy for them to perform everyday tasks.

Exercises that strengthen the muscles are a great way to take some load off the bones. This is particularly important for people who have joint pain and other forms of bone-related issues. When your muscles are strong, they will assist your entire body in your day to day activities.

Thus, it is clear that exercise is beneficial for both healthy individuals and those who are suffering from chronic diseases – in the case of the latter, exercise will actually improve the quality of life by providing better pain management, naturally!

SECTION 2: HEALTHY RECOVERY THROUGH NATURAL METHODS

CHAPTER 4 – NATURAL REMEDIES FOR HEALING THE BODY

The nature has everything we need to lead healthy lives. It has everything to heal our illnesses and health problems. It's just that many of us are not aware of these things and their healing effectiveness. In this chapter, we will present some nature, proven natural methods that provide relieve from something as little as the common flu to an upset stomach – and much more!

The body can, after all, put in you in a loop whenever it wants. For example, you may wake up one day with a sore throat, and that too when you're expected to deliver a very important presentation. It could be the seafood meal you had on the flight to an important business meeting – or maybe you just crossed your limits in the gym and by the time you got home, you have a neck as stiff as a French baguette.

Read on to find out how you can use natural ingredients to heal your body and live a healthy life.

1. Quash Nausea

Feeling nausea? Try a couple of frozen chips of ginger. Start by infusing them in a cup of hot water. Strain it, and then freeze the liquid in ice cube trays. Once frozen, crush these cubes and suck on the icy chips throughout your day to soothe your tummy.

Ginger has powerful anti-nausea properties, especially for those who have just undergone surgery or are pregnant.

2. Suppress Hiccups

Suffering from hiccups that seem to go on and on? Swallow one or two teaspoons of granulated sugar. These granules effectively simulate the irritated nerve that is responsible for causing the diaphragm spasms and reset it. While any coarse substance can do the job, such as salt, but sugar is the best option because it's tasty!

3. Relieve a Sore Throat

Press six garlic cloves and mix them into a glass of warm (warm, NOT hot) water. Gargle with this solution for three days, and you will experience a significant relief. According to research, garlic juice has certain anti-microbial properties that fight bacteria that cause pain. This solution has been found to soothe the inflamed tissues in the throat.

4. Restrain a Cough

Studies have shown that the *theobromine compound* found in chocolates is much more efficient at suppressing cough than *codeine* – and that too without the constipation and drowsiness. Enjoy a square or two of chocolate!

If your cough is keeping you awake at night, take two teaspoons of honey together with Ester C (500mg) around 30 minutes prior to getting in bed. The vitamin C will significantly boost your immune system, especially when the cough is in its early stages. In addition, the honey is known to be much better at suppressing cough than a typical cough suppressant.

For children, 1 teaspoon of honey should be sufficient; however, do not give this to children below the age of 1 year.

5. Bring down the Fever

Prepare some linden flower tea, which is quite effective in reducing the fever, Firstly, it stimulates the *hypothalamus* (area of our brain responsible for controlling body temperature) to control the temperature more effectively. Secondly, it is able to dilate the blood vessels, encouraging sweating.

Add 1 tablespoon of the dried herb into cup of hot water; leave it for 15 minutes, then slowly sip. Drink around 3 to 4 cups of this every day. If you are still running a hot temperature after a day of drinking this tea, you must seek medical attention.

For high fevers (102 degrees Fahrenheit and above), take a lukewarm bath. This will tend to cool the body down to the temperature of the water. Continue bathing until the temperature drops to somewhere between 101 and 102, followed by sipping the linden flower tea to reduce it further.

6. Cool Burnt Skin

If your skin is grazed as a result of touching something while cooking, apply some aloe vera gel to the burnt area. The anti-inflammatory gel has soothing properties and creates a 'second skin' over the burn to protect it from air. Air tends to irritate exposed nerve endings.

7. Calm Flatulence

Take 2 enteric-coated capsules containing peppermint (500 mg) three times a day. Peppermint is powerful substance that kills the bacteria causing bloating. It also relaxes the gastrointestinal muscles for a much smoother and spasm-free digestion process.

The enteric coating on the capsules prevents the capsule from releasing the peppermint in the stomach, which can cause ingestion and heartburn. The peppermint is released in the gastrointestinal tract where it is needed the most in people plagued with excess gas.

8. Get Rid of Foot Odor

Every night prior to getting in bed, soak your feet in a solution of 2 parts water and 1 part vinegar. This solution is highly effective in reducing the odoriferous bacteria. Alternatively, you could also take foot baths in strong black tea (after it has cooled down, that is) for thirty minutes or so.

The *tannins* found in tea are very valuable as they kill the bacteria and close pores in the feet, keeping them dryer for longer – don't forget that bacteria thrive in damp/moist environments.

Results will appear in a few days or a week. However, make sure you only soak your feet if they are free from any cuts!

9. Heal from a Cold Quickly

There are hordes of studies that reveal the benefits of Vitamin C and its ability to reduce the duration and the severity of a cold, when it is taken before the onset of one. Squeeze some fresh lemon juice into a cup (from one half of a lemon). Drop the half shell of the squeezed lemon into the cup and pour boiling water into it. Adding a teaspoon of honey can make this mixture into a powerful immunity booster that also coats the throat tissues.

Breathe the vapor to help open the sinuses and sip from this mixture at least 2 to 3 times every day.

10. Loosen up a Stiff Neck

A slowed circulation and a lymph flow to the muscle tissues are the reasons behind a stiff neck. Using contrast hydrotherapy, that is – a blast of hot water followed immediately by cold water can get the blood pumping again.

Get in the shower, and run hot water over the neck for around 20 seconds to increase your flow of blood. After 20 seconds, switch to cold water and do the same for another 20 seconds, followed by repeated switches for at least 3 times.

After you get out of the shower, the body will send the blood back to the skin, resulting in the dilation of the blood vessels, and a looser neck!

11. Beat Insomnia

Do you suffer from insomnia? An irregular sleeping pattern can upset your entire life and well-being. This is why it's crucial to find a solution that can beat insomnia. Eating a handful of cherries when your bedtime is approach is a great way to get the sleeping patterns regulated. According to a latest discovery by scientists, *melatonin* is found in abundance in cherries. This is the same hormone that regulates the body's sleeping patterns.

Couple this with a hot bath to soothe muscles and the mind, and fill your pillow with lavender – the fragrance is known to induce sleepiness.

CHAPTER 5 – GETTING THE MIND IN SHAPE

Without a happy and healthy mind, the body cannot function well. It's as simple as that. This is why it's crucial to get the mind in the best shape so that there is synchronization between the mind and the body.

In this chapter, you will learn of ways to keep your mind in the best shape.

1. Eat Healthy Food

The mind needs healthy nourishment without which it cannot work at its optimum capacity. The right food intake is crucial for mental health and happiness. Think about what you are eating because quite literally, you are what you eat. Today's lifestyle forces us to turn towards easier and quicker food options – most of which are typically very unhealthy.

Apart from eating healthy foods, take three square meals and never skip the breakfast.

2. Drink Plenty

Keeping well hydrated is a necessity. Not only does it boost your metabolism, but it helps numerous functions of the body in perfect working order. Dehydration, on the other hand, puts the mind in some form of an energy-saving mode.

It is also important to watch what you drink. Many people consume caffeine and alcohol to change their moods; however, do not forget that this is only temporary. Once these 'apparently positive' effects wear off, the negative ones start to sweep in. This impacts the mental wellbeing quite severely, and can put people into depression. If this cycle is continued on a regular basis, the person can enter a never-ending dilemma of highs and lows – a situation similar to the bipolar syndrome.

3. Exercise Well

Physical exercise does not only benefit the body, it also has a powerful effect on the mind. Exercising causes the body to release endorphins that are known to enhance the mood. The best thing: you don't need to join a gym or some other expensive exercise regime, simply walking for 20 minutes or so can get the heart pumping and cause hormones to be released.

Regular exercise will make you feel good about yourself, which will increase your confidence and self-esteem.

4. Talk to Family and Friends

Being social is important for humans. Feeling connected is something that is important for the mental wellbeing of humans. Today, it's very easy to get connected with people even if they live on the other side of the planet. Keep in touch with friends and family regularly as this can elevate your mood and make you feel good. Being loved is what everyone wants – love and be loved!

However, there is an exception. Avoid people who are excessively pessimistic as they can bring you down and cause depression.

5. Get a Change of Scenery

Sometimes we get stuck in our daily routines and no matter what we do, we cannot escape from the rut that we are stuck in. If this is happening to you, it's time to get a change of scenery. Go on a vacation, any place where you can enjoy away from all the work and responsibilities. Sometimes it's a good idea to put a pause on everything that is on the table, and just free your mind. This isn't called running away from your responsibilities, it's called giving yourself time to gain the much-needed energy and come back refreshed and rejuvenated!

6. Get Involved in a Hobby

What is it that you love to do? What are your hobbies? What is it that you always wanted to do but never got the chance? It's time to go for it!

Get involved in a hobby. This will broaden your mind and you'll learn something new along the way, not to mention a new activity that you can keep yourself busy with. By doing so, you will be opening a channel to vent out your stress, which would otherwise have been trapped inside your mind, suffocating you.

If you have no specific hobbies, find one and pursue it no matter what it is. Free yourself from the gnarls of stress and depression.

7. Care for Others

The mind gets immense relief by helping others. When you put a smile on other people's face, you will smile both on the inside and the outside. Become a volunteer at a local charity organization, or dedicate a few hours serving the community and those in need. You will feel satisfied and happy to an enormous extent.

8. Meditate

Meditation is a powerful tool for combating stress and depression. It frees your mind and helps you gain control over it. Do you feel as if there is too much going on inside your mind? Are you fed up of all those thoughts that race around with no sign of stopping? If yes, then you can benefit greatly by meditating.

There are many videos freely available on the Internet that you can follow. If you want someone else to teach you, then it would be a good idea to join a meditation class.

If you're into yoga, then find a yoga instructor to teach you the basic skills that will help unleash your inner mental power. Never underestimate the effectiveness of meditation, it's tried and tested!

CHAPTER 6 – GENERAL GUIDELINES

There are many little things in life that add up to keep you in the best of health. In this chapter, you will find numerous tips that will help you stay healthy and happy, physically, mentally, and spiritually!

1. Mimic the Cat

Have you seen the way your cat stretches? You should also learn and perform a few stretching exercises as they can greatly benefit you, and that too in multiple ways. Stretching after waking up in the morning can boost digestion, circulation, and reduce pain.

2. Never Skip Breakfast

Numerous studies have revealed that consuming a proper breakfast is among one of the best things that can be done when a person is trying to maintain or lose weight. Those who skip breakfast, as found in the study, gain weight.

A healthy, balanced breakfast is a great way to energize your body and keep it nourished throughout the first half of the day. This breakfast should include high-fiber cereal, low fat yoghurt or milk, a boiled egg, and a whole wheat toast.

3. Take Care of Hygiene

While the majority of people brush their teeth, many do not know how to brush properly. Incorrectly brushing the teeth can actually cause the same amount of damage to the gums and teeth as when you don't brush at all. Additionally, most people do not brush long enough, do not see a dentist on a regular basis nor use a floss to clean the teeth.

Brushing is done best when you hold the brush just like you hold a pencil, and then brush for a minimum of two minutes. Brush your teeth, gums, the tongue, and the roof of your mouth. There's no need for a fancy-looking angled toothbrush. Just get a soft-bristled brush that you regularly replace, preferably every month.

4. Train Your Mind

The term *neurobics* has been coined by American researchers to refer to the tasks that switch on the brain's biochemical pathways and bring new ones online to enhance the strength and power of brain circuits.

There's nothing complex involved here. Just do regular things a bit differently. For instance, if you brush your teeth with your right hand, start brushing with the left. Take a new route when you walk to work. In other words, do things differently than the way you do right now.

5. Avoid Compassion Fatigue

Are you always giving to others and not taking? If so, you are heading on the road towards compassion fatigue. There will come a point when you have nothing left to give. Therefore, give, but also receive from others.

6. Get Spiritual

A study by Harvard University found that those individuals who prayed for a speedy recovery actually did recover quicker than those who did not pray. It doesn't matter what you believe, it's more to do with allowing your spiritual side to nourish and grow. Try it, you will more aware of yourself, both mentally and spiritually.

7. Go for Smelly Veggies

Yes, you read it right. Many of us avoid vegetables that smell, onions, garlic, leeks, and spring onions – for instance. However, the benefits of these are often overlooked. The Child's Health Institute in Cape Town carried out a study and found that consuming raw garlic was extremely beneficial in fighting infections. Heat tends to destroy the benefits of these vegetables, so you should try to eat them raw. If you think you cannot do that then wash them down with some fruit juices.

8. Get Sufficient Calcium

Calcium is a crucial mineral for the health of your bones and numerous other systems in the body. Make sure you get sufficient amounts of calcium daily. Drink milk, eat yoghurt or pop a tablet - do whatever suits you, just make sure you don't skip on it.

The bone density starts to decline after a person crosses the age of 30. A minimum of 200 mg of calcium is a must, which needs to be combined with magnesium to ensure it is absorbed and used by the body.

9. Berries for the Belly

Strawberries, raspberries, and blueberries contain *anthocyanidins* – plant nutrients that are extremely powerful antioxidants. Blueberries also have lots of *resveratrol* in them – an antioxidant that is found in red wine in minute proportions.

Resveratrol is known to provide protection against cancer and heart disease.

10. Hot & Spicy Foods

Spicy and hot foods that contain cayenne pepper or chilies effectively trigger endorphins, the hormones that give you that *feel-good* sensation. Endorphins have an immensely powerful effect, sometimes very close to a narcotic effect, that make you feel good after you exercise. However, do not overdo on spicy foods as they can lead to health issues too, such as peptic ulcer and digestion problems if you are not used to the spice.

Adopt the once-in-a-while approach and you'll be just fine!

11. No Herbs before Surgery

Are you going to have a surgery any time soon? Stop consuming all herbal supplements containing garlic, ginkgo balboa, ginseng, or others as they can increase bleeding during your surgery. Let your surgeon know if you have been using any such herbs well before the planned surgery date. It may be that you are advised to stop using those 2 weeks prior to getting on the table.

12. Befriend Tomatoes

Tomatoes are an excellent vegetable and fruit pantheon. They contain a powerful cancer fighting chemical called *lycopene*. They are rich in Vitamin C (more than citrus fruits!) and the best thing: you can eat them cooked because they retain their nutritional benefits, unlike many vegetables that lose them when exposed to heat. Soups, pastas and casseroles and salads are some of the options where you can toss in tomatoes and enjoy a healthy, delicious snack!

According to the British Thoracic Society, tomatoes can bring down the risk of suffering from asthma as well as many chronic lung diseases thanks to the antioxidant *quercetin*. For optimal benefits, eat one tomato every other day.

13. Avoid Low Blood Sugar

Low blood sugar levels in the blood can stress you out. Make sure you eat small meals or snacks throughout the day. This doesn't mean that you snack on unhealthy foods such as chips or sweets all day long. Instead, go for fresh fruits and vegetables that you can munch on. Additionally, herbal teas are very effective in regulating the blood sugar levels; however, do not solely rely on them for your daily energy needs between meals.

14. Get Lots of Vitamin C

A minimum of 90 milligram of Vitamin C is needed each day for an adult. The best way to get this amount is by eating around 5 servings of vegetables and fruits. Go for guavas and oranges.

Alternatively, you may also take a vitamin C supplement to fill up any deficiencies.

15. Folic Acid for All Soon-to-be-Mommies

All pregnant women should take Folic acid on a regular basis. Individuals with low immunity levels should also take folic acid as it prevents the onset of many diseases. Green, leafy vegetables, bran, liver, and fruits are rich in this immensely important substance.

Folic acid also comes in the form of supplements.

16. There's Nothing Like Water

It is a growing trend among people to drink soft drinks to quench their thirst. This is a mistake. Soft drinks are actually very dangerous for the body as they not only prevent the body from utilizing the magnesium effectively, but it also affects calcium levels in it. Apart from that, they wreck havoc on blood sugar levels by causing rapid spikes – **spikes in blood sugar are bad.**

Water is the best drink there is. It quenches thirst the best and also hydrates the body like no other drink. Drink plenty of water, around 8 glasses a day. However, excess of anything can be dangerous, so don't just fill yourself up with water with the pretext of keeping hydrated!

17. Start Weight Workouts

According to experts, weight training comes before cardio because the former is a higher intensity exercise. The body is more capable of handling weight draining early in the exercise session because the individual is fresh and has more energy.

On the other hand, cardiovascular exercises should be the last activity that you do at your gym, as it helps the body to recover from the intense activity by enhancing the blood flow to muscles and by flushing out the lactic acid – the acid tends to build up in the muscles while you perform weight training exercises.

18. Interval Training for Fat Burning

To quickly improve your fitness and to lose weight rapidly, take advantage of interval training to the fullest. Set your treadmill on an interval setting where the speed is varied every minute. Build up the exercise regime gradually, starting with a slower setting and then increasing the speed every minute. After a certain time, take a break and start all over again. This will make the training less monotonous and you will be able to exercise for a reduced amount of time with greater results.

19. Beat the Sneezes

With more than 240 types of allergens out there, some very common and some rare, allergy issues leading to sneezing can be a very common problem for some. If you sneeze because of pollen, then make sure you roll up your car's windows when driving. Switch on the fan that draws in air from outside and filters it before directing it into the cabin. Also, avoid being outdoors between 5 and 10 AM – this is the time when the pollen counts are at the highest levels.

When going on a holiday, try to find destinations that have low pollen levels, such as beaches and stay well away from grass that has been freshly cut.

20. Indulge in Asthma-Friendly Sports

If you suffer from asthma, getting involved in sports can be quite a challenge for you because of your respiratory condition. Go for sports that are relatively asthma-friendly. Swimming, for example, is the most asthma-friendly sport, followed by canoeing, sailing, and fishing, cycling, and walking.

Asthma doesn't have to hinder your performance in sports. Around 1 percent members of the US Olympic team were asthmatics, and this percentage won 41 medals!

CONCLUSION

It is unfortunate that we have adapted unhealthy lifestyles in which we eat unhealthy foods and lead stagnant lives. This lifestyle doesn't only have an adverse effect on our physical wellbeing, but also on the mental and spiritual balance. In the human body, everything is connected. The body cannot function properly if the mind is in shards, and vice versa.

This is exactly why great emphasis needs to be given on the way we live our lives, from what we eat to how we move about to how much we sleep – everything has its own level of importance and a healthy lifestyle cannot be complete if any segment is lacking.

The purpose of this book is to highlight the ways in which you can enhance your overall health. The three things that you need to focus on are:

- 1. Eating well**
- 2. Exercising well**
- 3. Resting well**

We need to understand that without balancing the above three factors, we cannot accomplish a healthy body naturally.

There is no need to go after false promises of vigorous diets and impractical physical exercise plans – all you need to do is eat healthy, natural foods and lead an active lifestyle – even if you just walk daily.

As previously stated in this book, sleeping does more to the body than we comprehend. It allows the body to heal and rejuvenate. Contrary to what we think, the brain actually works hard to get the body's systems working at their optimum while we are sleeping. This means it's controlling hormones that have a huge effect on how we feel and function. A good night's sleep, for instance, makes us feel good after we wake up, doesn't it?

All in all, focus on eating healthy, unadulterated natural foods, exercise well, and allow your body to rest when it needs to. Continuous practice will help you accomplish what your body needs most. Good luck!

To your optimal health,
Kerh Cai Yuan,
Founder and Chief Natural Health Officer,
<http://NaturalHealthForU.com>

RESOURCES

Hope you enjoy “Living a Healthy Life Naturally Ebook” and find the tips useful and beneficial to your health.

Living a Healthy Life Naturally is just the start. In the following pages, you’ll find resources that are focused on specific areas of the health you or maybe your loved ones are concerned and wanted to find out more. For example, acne, chronic pain, hair loss, beauty, vision, acid reflux, diabetes, brain. Feel free to check them out and get them if you need specific help.

Addiction

Smoking – [Quit Smoking Program](#)

Discover How to Quit Smoking in as Little as 7 Days Even if You’ve been a Chain Smoker for the Past 20 Years with No Relapses, No extra MONEY Needed, and a 98% Success Rate, Guaranteed!

<http://naturalhealthforu.com/Quitesmoking>

Alcohol – [Quit Drinking Program](#)

Learn how you can effortlessly reduce or eliminate your drinking in 30 days or less - in the privacy and comfort of your own home – without having to go to AA or expensive and ineffective rehab!!

<http://naturalhealthforu.com/quitdrinking>

Beauty

Skin – [Skin Whitening](#)

How to Whiten Your Skin permanently in just a few days the natural way which others had done it.

<http://naturalhealthforu.com/skinwhitening>

Skin – [Younger and healthy skin](#)

How to look younger with just 5 minutes a day using natural techniques. Suitable for women of all ages who desire to enhance and restore their youthful beauty!!

<http://naturalhealthforu.com/beautyfood>

Legs – [Cure for Bow Legs](#)

Permanent Remedy for Bow Legs - Without the Need for Surgery – How to fix your bow legs once and for all, and enjoy perfectly straight and attractive legs for the rest of your life!

<http://naturalhealthforu.com/bowlegs>

Dental

Teeth – [Teeth Whitening](#)

100% safe, cheap and ALL-NATURAL alternative method to give you a brighter, whiter smile from home in just a few weeks.

<http://naturalhealthforu.com/teethwhitening>

General

Body – [Younger Blood](#)

Created by John O’Dowd, the Director of the Institute of Longevity, and Dr. Holly Lucillie, a famous Naturopathic doctor who was listed as one of Time Magazine’s 100 most influential people, Grow Younger Blood can be best described as a fool-proof blueprint that will show people how they can enhance their health and overall performance by naturally detoxifying and growing younger blood.

<http://naturalhealthforu.com/youngerblood>

Remedies

Acid Reflux – [Heartburn No More](#)

This is a system designed to eradicate heartburn symptoms and treating the root cause of heartburn using natural methods such as proper dieting.

<http://naturalhealthforu.com/acidreflux>

Acne – [Acne No More](#)

This book focuses on getting rid of acne by solving the internal issues responsible for your acne with holistic acne treatment plan. Redness, blackheads, whiteheads, excessive oiliness, acne scars and marks will be tackled in this book as well and helping you to get a smooth and gorgeous skin.

<http://naturalhealthforu.com/acne>

Depression – [Destroy Depression](http://naturalhealthforu.com/depression)

It is a program designed to help you regain control over you mood and emotions and free yourself from your negative thoughts, feelings and emotions, so you can banish any depression in your life forever by natural methods.

<http://naturalhealthforu.com/depression>

Diabetes – [Defeating Diabetes](http://naturalhealthforu.com/defeatdiabetes)

This is a nutritional guide created with the intention of helping people to cure their diabetes symptoms. It has a collection of recipes, tips, and guides on eating healthier to cure diabetes.

<http://naturalhealthforu.com/defeatdiabetes>

Ejaculation (Men) – [Last Longer in Bed](http://naturalhealthforu.com/lastlongerinbed)

New Method Of How To Last Longer In Bed - Learn how the author went from lasting 35 seconds to lasting 35 minutes!

<http://naturalhealthforu.com/lastlongerinbed>

Hair Loss – [Stop Hair Loss and Regrow it Naturally](http://naturalhealthforu.com/hairloss)

This program is designed to help you regrow your hair quickly, safely and naturally without chemicals, drugs, supplements or painful hair transplants.

<http://naturalhealthforu.com/hairloss>

Joint Pain & Inflammation - [Stop Your Joint Pain & Inflammation](http://naturalhealthforu.com/chronicpain)

This is an educational and structured guide on how and what foods to eat to overcome joint pains and inflammation. This will lead you to a healthy pain-free life if you followed the guide closely.

<http://naturalhealthforu.com/chronicpain>

Panic Attacks & Anxiety – [Cure Panic Attacks & Anxiety in 60 Seconds](http://naturalhealthforu.com/anxiety)

This program is to help people face anxiety and getting through difficult situations without experiencing a panic attack using natural way. It is useful for people who have panic attacks, anxiety attacks, or even panic disorders that have not been successfully treated.

<http://naturalhealthforu.com/anxiety>

Parkinson's Disease – [All about Parkinson's Disease](#)

Learn everything you need to know about diagnosis, medical concerns and treatment, coping with your emotions, daily care, family life, caregiving.

<http://naturalhealthforu.com/parkinsonsdisease>

Rheumatoid Arthritis – [Cure Rheumatoid Arthritis](#)

This is a comprehensive and thorough program that draws a complete step-by-step map for treatment of arthritis in a natural way and also gives natural remedies for pain. The program is purely natural and it can well replace the medications that make your underlying condition worse. Your lifestyle will be maintained while under this program.

<http://naturalhealthforu.com/RheumatoidArthritis>

Shoulder – [Shoulder Injury](#)

This guide teaches you how to get immediate relief when you have shoulder pain. You will learn the exact healing process and recovery times for the most common shoulder injuries. You will also learn which exercises and stretches restore full mobility soonest and how to determine the severity and nature of your injury with simple self-tests.

<http://naturalhealthforu.com/shoulderpain>

Vision – [Vision Without Glasses](#)

This program is designed to help you improve your eyesight and revive your 20/20 perfect vision without the use of expensive glasses, experimental drugs, dangerous eye surgery or any special equipment.

<http://naturalhealthforu.com/vision>

Supplements

Dietary Supplements – [Organifi Green Juice](#)

Green Juice Super Food Supplement as promoted by Drew Canole. Get all the healthy superfoods in one drink!!

<http://naturalhealthforu.com/GreenJuicer2>

Weight Management

Diets and Weight Loss – [Weight Loss](#)

A weight loss program for those who are interested in losing fats and become more attractive, healthier while enjoying your meals.

<http://naturalhealthforu.com/losefat>