



Eat Right and Live Longer



Eat Right and Live Longer - Forever Young

As we grow within time we begin to neglect our physical health by losing control of our diet and fall short of magical and healthy food. Then it gets harder to avoid evil food as well as cutting on all the bad habits that at some point of our lives we have to make the right decision and find a well nutritious food, tell ourselves about the science evidence that we must learn had on our own to make the improvements necessary to pursue one nutrition. Religion after another and stop counting our actual training in the martial arts and do more on what supplement we take to help trim the fat off our body. As we grow older chances are we grow slower as well, no one should stop high quality training it is the opposite. Try harder and watch with great control our nutrition intake. Here are few of the endless ways to improve memory, lower blood pressure, stay slim be healthy and most important boost the immune system.

For starters in the morning and through the day, try yogurt. It improves heart health and restores balance. It also helps to avoid high blood pressure. Eat fruits, healthy cereal with no sugar and a glass of milk or orange juice. Among the fruits recommended are blue berries and strawberries. They help fight disease and may reduce a woman's risk of heart attack as well as memory loss, nothing can beat a good cup of coffee at least two three times a day. It is loaded with antioxidants and protects against cell damage. Reduce risk of chronic disease such as diabetes, stroke and heart. During the day chew on walnuts they contain high levels of vitamin E, Omega3 fatty acids which helps the heart health. For lunch you should have very healthy salad or veggie sandwich with toasted whole wheat bread as many restaurant and salad bar offer a chance to make your own salad then just mix it with spinach, thyme. This mix green fights bacteria and it is used as a prescription cream that treats acne also asparagus that is high on potassium and vitamin B12 help to boost the auditory system. Kale is another green that is rich in vitamin K which is essential for blood clotting. Avocado is a good source of glutathione, an antioxidant that improves overall harmony function don't forget to add walnuts and mix it all with salt, paper, olives, lemon and olive oil a very key ingredients in diet it lower blood pressure and cholesterol. Olives are known to reduce the risk of stroke. Enjoy your lunch. Please don't drink any sweet soda, or sweet juice, suggested to drink water, club soda or natural juice, coffee and of course if you wish drink green tea that may reduce the risk of certain cancer. During the day to satisfy your craving try dark chocolate rich in flavonoids. It aid in decreasing blood pressure and cholesterol levels. Chocolate with

60 percent or more may reduce chances of heart attack and strokes. Eat everything recommended with moderate consumption. Once in a while try to skip lunch. Give your body a rest, especially on weekends when you are not so active with work and exercise. Keep your mind busy doing errands that you should have done during the week. Stay away from cookies and pastry. Too much sugar can destroy your diet. Be strong and very determined to stay in shape. Look in the mirror everyday and see if you like yourself. Don't give up so easily life is never without challenges. To be successful in getting what you want demands hard work but without good health you might hit a road block and go backwards. Spend time at the doctors office taking care of your medical problems. Instead take care of your health ahead of time, it is like a car that often needs maintenance, without it the car will be of no use. Same for our body. Check with your doctor on regular basis. Do a complete check up to enable your system be on the right track.

If it needs to be taken care of please do so ASAP. Don't wait too long because a disaster in the health will happen sooner than what you think. Let go on with dinner time. Enjoy a white salmon full of heart health Omega3 fatty acids that fights premature aging and premature death. Add Basil, if you like mint add it to the salmon. They are strong sources of Luteolin which may boost the immune system. Mint is often added to tea or just to hot water as well other health product. Lets not forget to add garlic to the salmon for that special flavor and lovely smell. When Garlic is crushed it releases allicin which wards off heart attack and strokes. Mix all this

ingredients with the salmon then add olive oil, light salt and pepper. Cook slow with slow fire add side dish. Have some sweet potatoes, rich in vitamin B6 and potassium that helps protect the immune system and regulate blood pressure. Sweet potato skin has more fiber than a cup of oatmeal. To sum it all up for your daily nutrition try pomegranates which have high levels of antioxidants that help keeps the cardiovascular system healthy. If drinking it as a juice it will lower your blood pressure. With scientific research saffron extract is proven to reduce weight and decrease food cravings between meals. Promotes a feeling of fullness, less

hunger. Well this is it for now. With strong will of power and good determination everyone can achieve their ultimate goal by staying healthy for today and many years to come. All the best and good luck.

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COFFEE
 There's more than caffeine in your morning cup of Joe. It's loaded with antioxidants, which can protect against cell damage and lower your risk of chronic disease, including diabetes, heart disease and stroke.

THYME
 Long known for its ability to fight bacteria, thyme, in tincture form, was recently found to be as effective as prescription creams in treating acne.

WILD SALMON
 Chock-full of heart-healthy omega-3 fatty acids, wild salmon can be a powerful ally in the fight against premature aging. According to exciting research from Ohio State University, a diet abundant in omega-3s can help preserve small bits of DNA on the ends of cells, called telomeres. Shorter telomeres have been linked to early aging and even premature death.

KALE
 Rich in vitamin K, which is essential for blood clotting, this dark, leafy green additionally contains lutein, a nutrient that reduces the risk of cataracts and other eye disorders. One serving of cooked kale contains nearly triple the amount of lutein as a serving of raw spinach.

AVOCADOS
 Once reviled for their high fat content (a medium avocado has 22 grams of fat — about a third of the recommended daily allotment), avocados have regained favor as a great source of glutathione, an antioxidant that decreases inflammation and improves overall hormone function.

BASIL/MINT
 Used for thousands of years in Chinese medicine to aid digestion and diminish inflammation, basil and mint are also strong sources of luteolin, which may play a role in boosting the immune system.

OLIVES/OLIVE OIL
 Key ingredients in the Mediterranean diet, olives and olive oil are known to lower blood pressure and cholesterol levels. A study from the American Academy of Neurology found that olive oil may reduce the risk of stroke by up to 41 percent.

WALNUTS
 Ounce for ounce, walnuts have almost twice as many antioxidants as any other nut. Plus, they contain high levels of vitamin E and omega-3 fatty acids, which enhance heart health.

GREEN TEA
 Abundant in catechins, a type of antioxidant known to protect cells, green tea may additionally reduce the risk of certain cancers, particularly those of the stomach and esophagus.

SWEET POTATOES
 With their generous helpings of vitamin B6 and potassium, sweet potatoes can help protect the immune system and regulate blood pressure. When eaten with the skins, they have more fiber than a cup of oatmeal.

DARK CHOCOLATE
 Rich in flavonoids, dark chocolate can aid in reducing blood pressure and cholesterol levels. In fact, the British Medical Journal reports that daily consumption of chocolate with at least 60 percent cocoa may reduce heart attacks and strokes in high-risk individuals.

ASPARAGUS
 A natural diuretic, asparagus is high in potassium and vitamin B12, important for cell repair and maintenance. People with low levels of this B vitamin have a 39 percent increased risk of hearing loss.

POMEGRANATES
 With very high levels of antioxidants, pomegranates can help keep the cardiovascular system healthy. Case in point: A 2011 British study found that drinking a 17-ounce glass of pomegranate juice every day lowered blood pressure.

GARLIC
 Sulfur compounds in garlic give this herb both its potent smell and its antioxidant and antimicrobial properties. When garlic is crushed, it releases allicin, which wards off heart attacks and strokes.

YOGURT
 Known for restoring balance to the gastrointestinal tract, yogurt with live cultures may improve heart health. One study found that participants were 31 percent less likely to develop high blood pressure if they ate just 6 ounces of yogurt every three days.

BLUEBERRIES
 Loaded with antioxidants, blueberries rank among the top disease-fighting foods. Among recent findings: A diet high in blueberries may reduce a woman's risk of heart attack by 33 percent and stave off memory loss by several years.

