



**Your Metabolism will
slow if fast-absorbing
Carbs are not consumed
within 30 minutes of
exercise.***



www.bodybuilding.com/fun/eat-for-anabolism-pre-post-workout-nutrition-for-muscle-growth.html

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Eat Well. Live Well (and Long).

**Most teas contain
Pesticides or
Fluorides...Organic
options do not.***



<http://articles.mercola.com/sites/articles/archive/2013/04/24/tea-bags.aspx>

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**Allergic to Dairy? The
Juice Bar has options
that are right for you.**

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Shop for fish that swim in clean waters, like those in Australia, Chile, New Zealand & Greece.



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Having a sufficient quantity of stored Carbs (glycogen) in your body will reduce muscle-loss during exercise.*



www.extension.iastate.edu/humansciences/content/carbohydrate

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Timing of Carbs post-workout is critical to keeping muscle and burning fat.*



www.bodybuilding.com/fun/the-benefits-of-post-workout-carbohydrates.html

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**Consuming Protein
without Carbs after a
workout slows recovery.***



www.bodybuilding.com/fun/the-benefits-of-post-workout-carbohydrates.html

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**It is better to DRINK, not
EAT, your post-workout
meal.***



www.bodybuilding.com/fun/the-benefits-of-post-workout-carbohydrates.html

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**Post-workout meals
should be 3 parts
Carb : 1 part Protein.***



http://triathlon.competitor.com/2014/06/nutrition/30-minute-countdown-post-workout-snack_100415

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**Drinking 1-2 cups of
coffee per day may reduce
the risk of Alzheimer's
by 40%.***



<http://authoritynutrition.com/why-is-coffee-good-for-you/>

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Smoking may raise the risk of developing Diabetes.*



http://my.clevelandclinic.org/health/healthy_living/hic_Steps_to_Staying_Well/hic_Dangers_of_Second-Hand_Smoke/hic_Diabetes_and_Smoking_-_Another_Reason_to_Quit

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A Mediterranean-Style Diet may be one of the best diets for people with Diabetes.



www.diabetes.org/mfa-recipes/tips/2011-09/featured-article-the.html

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Pesticide-Free Fish: Wild Alaskan Salmon, Wild Rainbow Trout, Wild Sardines & Wild Tongol Tuna.*



<http://goo.gl/MvGnSG>

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**A typical human body
can store only 800-2000
carbohydrate calories
(glycogen).***



<http://thegymmonkey.wordpress.com/2010/03/12/do-athletes-really-need-a-high-carb-diet/>

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**Women who are at risk
for breast cancer should
be concerned with Alcohol
intake.***



www.cancer.org/cancer/breastcancer/detailedguide/breast-cancer-risk-factors

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Polyphenols & Flavonoids are Antioxidants found in Dark Chocolate that help manage Cholesterol.*



www.med.umich.edu/umim/food-pyramid/dark_chocolate.htm

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Chromium-rich foods may help **improve insulin resistance.***



www.naturalnews.com/027398_chromium_diabetes_natural.html

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Sodium Nitrate in processed meats is toxic to beta cells and may place you at higher risk of Diabetes.*



<http://naturallysavvy.com/eat/why-you-should-skip-the-hot-dogs-this-july-4th>

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Coffee may help reduce the risk of Diabetes.*



<http://www.medicalnewstoday.com/articles/275979.php>

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A close-up photograph of several brown eggs resting on a bed of dry straw or hay. The eggs are the central focus, with their smooth, slightly textured shells catching the light. The straw is light brown and fibrous, creating a natural, rustic background. The overall composition is simple and emphasizes the natural quality of the eggs.

**Eggs are a great source
of Protein.***

www.marksdailyapple.com/top-ten-protein-sources/

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Obesity may account for 30% of colon cancer cases.*



www.cancer.gov/cancertopics/factsheet/Risk/obesity

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Goopy marinades slow the formation of harmful HCAs (heterocyclic amines) on meats.*



<http://articles.mercola.com/sites/articles/archive/2014/07/19/grilled-meat-carcinogens.aspx>

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If you flip your burgers on the grill every minute, HCAs (heterocyclic amines) have no chance to form.*



<http://articles.mercola.com/sites/articles/archive/2014/07/19/grilled-meat-carcinogens.aspx>

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**Broccoli & Brussel Sprouts
contain compounds that
detoxify harmful HCAs
(heterocyclic amines) in
grilled meats.***



<http://gladstoneholistichealth.com.au/make-your-bbq-a-healthy-one-add-some-cabbage-to-your-rissoles/>

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A close-up photograph of a woman with long brown hair, laughing joyfully. She is wearing a light blue plaid shirt. The background is a lush green field of tall grass, slightly out of focus. The overall mood is bright and positive.

**Laughter burns 1.3
calories per minute.
Laugh a lot!***

www.myfitnesspal.com/blog/rwatkins82/view/laughing-burns-1-3-calories-per-minute-574180

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