



Live your Perfect Weight

Weekly Insight

July 27, 2009

HEALTHY TIPS FOR A HEALTHY BODY

“To wish to be well is part of becoming well.” –Seneca-

In my e-book “Live Your Perfect Weight”, I have included tips to get you healthy and to keep you healthy. Summer is here, so I want to remind you of some health tips:

- Remember your body needs adequate water levels – (we are about 2/3 water) so drink eight glasses a day. Water helps to flush out the systems and keep everything running smoothly. It helps moisturize your skin from within.
- Eat fresh vegetables, or quick frozen when fresh vegetables are not in season. Don't eat canned vegetables. Either eat vegetables raw or steam them to retain their nutrients. They also taste really good roasted in the oven in grapeseed or olive oil.
- Cucumbers and watermelons are 95% water so they help hydrate the body and maintain fluid balance. Also, they are high in fiber, which promotes regularity and satisfies hunger.
- Fruit salads make a healthy and tasty dessert. If you want to add something to it, add a dollop of whipping cream or yogurt (not cool whip or fat-free yogurt).
- Eat fresh fruit instead of drinking fruit juice. Fresh fruit contains fiber, essential nutrients and natural sugar. If you want fruit juice, check labels and make sure there are no added sugars. Fill a glass with ice and then half water and half juice for a refreshing drink.
- Garlic, ginger, onions, lemon juice, chilies, and fresh herbs are all excellent natural flavor enhancers for cooking and not only do they taste good but will leave you feeling satisfied.
- Parsley is excellent to eat between meals because it is high in vitamins; it gives you fresh breath, and is a natural diuretic which can alleviate water retention.
- Instead of drinking a cup of tea or coffee with cream and sugar, (high calories – no or low nutrients) drink herbal teas without sweetener or cream. They are soothing and rich in antioxidants and will benefit digestion, hydrate the body and curb appetite.
- Remember that the key to healthy eating is eating a variety of foods, watching portions, eating balanced meals and healthy snacks.

- Remember to eat healthy fats every day to break down the bad fats, and they keep your skin, joints, brain, and heart healthy.
- For more information go to www.LiveYourPerfectWeight.com

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” –Author unknown-

Till Next Time,

Rosemary Evans

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www.LiveYourPerfectWeight.com