
Place To Share Health Tips

Posted by jones - 2009/10/09 15:47

Dear Friends ,

We all know that it is very important to take care of our health , These days due to our busy schedule we are unable to manage the balance and continue with habitual procedure of taking care of our health.

Now for everything there is technology !!!!!!!

Washing machine , Maxy , Grinder , and so on..... we are not doing anything manually so where is the chance of exercise ??? So we will end up in diabetes.

Let us share the tips for Health such as weight loss , Skin management , Body care , Healthy recipes that can keep us fit

I Will surely share the same in this thread !!

I Request all of you to share the same so that it will be very useful to one and all.

I Request my dear friends not to Joke and make fune of others posts and tips. Hope to have your kind co operation

Wedding Videos London

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Re:Place To Share Health Tips

Posted by jessica34 - 2009/10/24 13:55

Thanks For Sharing These Useful Health Tips Here I'm discussing With You Some Of The Good Fats Of The Body:

1) Oils good for cooking and baking

When evaluating your fat intake, first examine the fats you regularly use for cooking and baking. Butter, shortening, and lard are high in saturated fats (a not-so-healthy fat). Margarine can be high in trans fats (a bad-for-you fat).

2)Avocado: high fat but nutritious

Also known as an "alligator pear," due to its shape and skin texture, this high-fat nutritious food is the perfect addition to salads, salsas, soups and more. Not only does it add great creamy flavor, it can also boost nutrition. Many vegetables are loaded with beneficial carotenoids that are great for your health and can aid in disease prevention.

3)Nuts are healthy

Once given a bad rap due to their high fat content, nuts are now considered as a health food—ironically because of their fats (the good, heart-healthy kind). They also contain an array of beneficial nutrients, including vitamin E and zinc, and are a good source of fiber.

4)Fish fat is essential

Fish contain omega-3 fatty acids. Omega-3 fats are termed "essential" because the human body cannot make them on its own. The health benefits of omega-3s run the gamut; they have been said to improve everything from heart health to mental health problems.

5)Olives - the perfect snack

Olives are a good source of healthy monounsaturated fats, but don't let these high-fat little bites fool you. Unlike many other high-fat foods, olives can also be a low-calorie snack all on their own. One serving of 20 small black olives is a great snack with less than 100 calories and will contain a good amount of iron, fiber, vitamin E, and copper.

Wedding Bands

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Re:Place To Share Health Tips

Posted by nicky17 - 2009/12/20 16:31

Wow That's are Amazing Which You Have Shared here With us
I Found It Really Very Useful For My Self.

Keep Sharing,
Thanks & Regards,
Nicky

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Re:Place To Share Health Tips

Posted by sheryl - 2010/04/16 21:16

Hello All....

I have attached thousand's of health tip's..... please go through it.....

Nitya, Meetu, Mali....in specific liked the attachment n tip's very very very much.....
Infact Nitya Took pen n paper for noting down the tip's....that much she liked....
...please enjoy with the tip's..

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