

Healthy Eating Secrets Guide For Moms

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The Real Healthy Eating Secrets (And Energy Problem Solving Tips) Most Moms Say They Have Always Really Wanted To Know! From: Carla Jacobs Thursday October 22nd, 2009 Dear Nutrition-Conscious Mom, Youve decided its time to give your eating habits a tune up. Or perhaps youre simply concerned, because you just dont feel as fit as you used to feel, back in your carefree single days. Whatever the reason, you know that somethings not right with your eating habits. And you want to make sure things dont go wrong you see so many moms out there, overweight, depressed and tired. That isnt going to be you. But how do you prevent or cure this? It isnt by some miracle diet or some faddy new way of eating. Dont Let The Hollywood Diet Gurus Fool You! The fact is, you really dont need to get rich enough hire a personal trainer, diet coach and chef to help you tune up your figure and energy levels. (Though that would sure be nice!) But unfortunately winning the lottery is something I honestly cant help you do. I can, however, help you regain energy you may be thinking has disappeared forever. You just need to know some simple secrets many of them lost in the whirlwind half of this last hundred years. The truth is, it far more rare for people to be overweight in our great-grandparents day than it is right now. (In fact, many sources say North Americans have never been fatter or had less energy!) But even if being overweight isnt your particular problem as a mom, youd still like to learn everything you can (as quickly as possible) about how to feed your family healthy food you and your growing family can all safely enjoy. And getting back some extra energy would be a wonderful bonus, wouldnt it?) You suspect you need to learn more about: * 5 Types of Moms - and the 2 types youre most likely Not * A sure-fire trick for making sure you have healthy foods available at a moments notice - even when youre too tired to cook! * Secrets for defeating - but still enjoying - the evening snack habit (no, its absolutely not nibbling celery sticks!) * 3 powerful causes of daily exhaustion you may be overlooking (like thousands of other North American moms!) * The single worst nutritional curse in North America and how to defeat it! * 6 tricks for picky eaters - and the single most important surprise ingredient in helping them you must never overlook * The single most effective method of losing weight - and why moms rarely use it * 2 simple ways to determine your perfect eating formula for healthy, vibrant success * 3 easy, tried-and-tested tricks to help you add

good food habits back into your day Youll learn more about: * 4 foods (ranging from potentially uncomfortable to downright deadly) you should never ingest while pregnant * The hidden dangers of healthy foods and what you can do to keep them truly healthy * The 2 most common and deadly Quick Fix habits overwhelmed moms most easily fall prey to * 3 food-related reasons why North Americans are statistically more obese than ever before * The harmful and addictive secret ingredient found in almost every single North American food * The single most important thing you must never do at mealtimes again! * Why you may actually be eating the wrong foods - even when theyre right * A simple way to make sure things like plastic wrap and margarines are actually really safe * The hidden ingredient that poses the most danger to even the healthiest and most innocent foods - and beverages! * 4 safe herbal pregnancy secrets thousands of mothers (and midwives) swear by * 6 pregnancy-friendly tips for making sure you and your baby receive complete nutrition - the painless way The truth is, there are many food and eating facts we take totally for granted. And many of them really arent facts at all! There are other truths in plain sight but cleverly hidden Truths theyre counting you wont want to know but must, for your familys safety. But relax this isnt some scaremongering document, loaded with heavy statistics. It was created for moms like you, addressing real moms concerns. Youll learn what you need and be told how to solve the problems Ive mentioned. It will give you the sort of nutritional empowerment moms should never have had taken away in the first place!

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