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## HEALTH AND FITNESS TIPS AND NEWS RSS NEWSFEED ARCHIVES

This ebook is an indexed file of all the articles published on the Health and Fitness Tips and News RSS newsfeed.

It will be added to, and updated regularly, so please check back at the RSS Newsfeed page at <http://www.apluswriting.net/rssnewsfeeds/newsfeeds.htm>

Because of the links to articles and other information on the internet, and to keep the ebook to an easy size to download, I've only placed the first paragraph of each article here. Click on the urls to read the full articles.

The articles are listed in alphabetical order, not according to date.

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## INDEX TO HEALTH AND FITNESS TIPS AND NEWS ARTICLES

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### Carotenoids for Better Health

Carotenoids are a natural substance produced in many natural foods that are necessary for good health. People who don't eat daily servings of vegetables and fruits are likely to be unknowingly deficient in these wondrous food chemicals.

<http://www.apluswriting.net/rssnewsfeeds/health/carotenoids.htm>

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### Celery Lowers Blood Pressure

Eating celery regularly can control high blood pressure without the use of drugs according to China's Hunan Hemotological Research Center.

<http://www.apluswriting.net/rssnewsfeeds/health/celerybp.htm>

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### Dieters need more calcium

Women on diets need more calcium than normal to avoid bone loss, say Rutgers University researchers.

<http://www.apluswriting.net/rssnewsfeeds/health/calciumdiet.htm>

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### Elderly Need To Drink More Water

Dehydration is one of the most frequent causes of hospitalization among people over the age of 65.

<http://www.apluswriting.net/rssnewsfeeds/health/elderlywater.htm>

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### Ginger for Upset Stomach

The common ginger root used in cooking has been found to alleviate nausea, indigestion, and motion sickness.

<http://www.apluswriting.net/rssnewsfeeds/health/ginger.htm>

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### Health Benefits of Green Tea

Substances in green tea known as catechins have been proven to be effective against many serious diseases.

<http://www.apluswriting.net/rssnewsfeeds/health/teahealth.htm>

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#### How To Jump Rope For Health and Fitness

Rope skipping is an excellent cardiovascular exercise according to the U.S. Olympic Committee Sports Medicine Council. It is far less hard on the muscles and bones than jogging.

<http://www.apluswriting.net/rssnewsfeeds/health/jumprope.htm>

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#### How to Prevent Varicose Veins

According to The National Women's Health Information Center, as many as 60% of all American adults have some form of varicose veins. Women, however, are more affected by 50%. By the mid 50's, 41% of women suffer from spider or varicose veins.

<http://www.apluswriting.net/rssnewsfeeds/health/varicose.htm>

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#### How to Treat Poison Ivy Rashes

Poison ivy, western poison oak, and poison sumac all have an oil in their leaves, vines and roots, called urushiol. The oil is released when the plant is bruised. The oil is still active even in dead plants.

<http://www.apluswriting.net/rssnewsfeeds/health/poisonivyrash.htm>

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#### How Much Water For Baby?

While drinking more water is a good idea for everyone, especially during hot summer months, too much water can be harmful to infants 6 months old and younger. According to a study in Clinicians Reviews a 1997 survey of new mothers found that nearly 25 percent give their babies water at least 3 times per week in the first month of life.

<http://www.apluswriting.net/rssnewsfeeds/health/babywater.htm>

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#### Reduce Cholesterol With Celery

Eating raw celery is an excellent and healthy way to reduce high cholesterol blood levels. According to tests by researchers at the University of Chicago, celery reduces cholesterol levels by as much as 7 points with as little as 2 stalks a day.

<http://www.apluswriting.net/rssnewsfeeds/health/celerych.htm>

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#### Selenium for Good Health

Selenium is a natural nutrient that most people aren't even aware of. Almost everyone is aware of the basic vitamins and other minerals but selenium isn't one of them.

<http://www.apluswriting.net/rssnewsfeeds/health/selenium.htm>

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#### Smokers Put Pets at Risk

Do you smoke? Need an incentive to quit? Do you have pets? Then that beloved pet just might be the incentive you need to stop.

<http://www.apluswriting.net/rssnewsfeeds/health/smokingpets.htm>

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#### The Solution to Healthy Weight Loss

The overweight and obesity epidemic is a worldwide problem. There are no official statistics for spending on diet products, but estimates vary from \$40 to \$100 billion in the US alone, much of that on scams and fad diets that promise the impossible.

<http://www.apluswriting.net/rssnewsfeeds/health/diettips.htm>

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#### Tips For Wearing Perfume

Perfumes can be fun to wear. Here are some tips on buying and using perfumes.

<http://www.apluswriting.net/rssnewsfeeds/health/perfume.htm>

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#### Tips on How to Look Slimmer

On a diet? Losing weight? Need to look slimmer until the big day arrives when you step on the scale and have achieved your goal?

<http://www.apluswriting.net/rssnewsfeeds/health/lookslim.htm>

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### Tips on How to Stop Smoking

Once you have decided that you really want to stop smoking it can be a real challenge. Here are some tips to help you break the habit quicker.

<http://www.apluswriting.net/rssnewsfeeds/health/stopsmoking.htm>

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### Walking is the Best Exercise

Running, jogging, weight lifting, calisthenics. These are all good for keeping in shape but walking is still the most simple, and effective, of all exercises to lose weight and stay in shape and maintain good health.

<http://www.apluswriting.net/rssnewsfeeds/health/bestwalking.htm>

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