private label right report #1

Here's What You Get:

Boost Your Metabolism and Lose Pounds Fast

This report is **31 pages, single spaced**. There is no fluff, no filler, no nonsense. Only high quality, helpful information.

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BOOST YOUR METABOLISM AND LOSE POUNDS FAST

Introduction

Metabolism. There isn't perhaps a more frequently used word in the weight loss (and weight gain) vocabulary than this.

Indeed, it's not uncommon to overhear people talking about their struggles - or triumphs - over the holiday bulge or love handles in terms of whether their metabolism is working, or not.

Doctors, too, often refer to metabolism when they try and explain why starvation and water-loss diets aren't scientifically of medically responsible; since, alas, they do not influence or take into account metabolism (there's that word again!).

So, for all of the usage that this rather daunting and biologically-charged word enjoys in our world, you'd comfortably assume that people understand it, right?

Or, at least, they have some fundamental information when it comes to how to speed up their metabolism, right?

Wrong!

Towards Understanding Metabolism

Regrettably, many people simply don't understand the concept of metabolism and metabolic change. This, equally as regrettably, is hardly their fault.

There is so much information floating around out there, much of it over the 'net or through a "friend of a friend who has a personal trainer", that there's bound to be some confusion and conflicting messages.

Furthermore, many people (quite understandably) mistake their own weight gain and loss episodes as a matter of metabolic change. Sometimes this is true, and sometimes it isn't.

For example, as we will discuss in this book, there are scientific ways to increase the rate of metabolic change, and thus enable the body to burn more calories.

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Here's What You Get:

The Inside Scoop on
Living As A Vegetarian

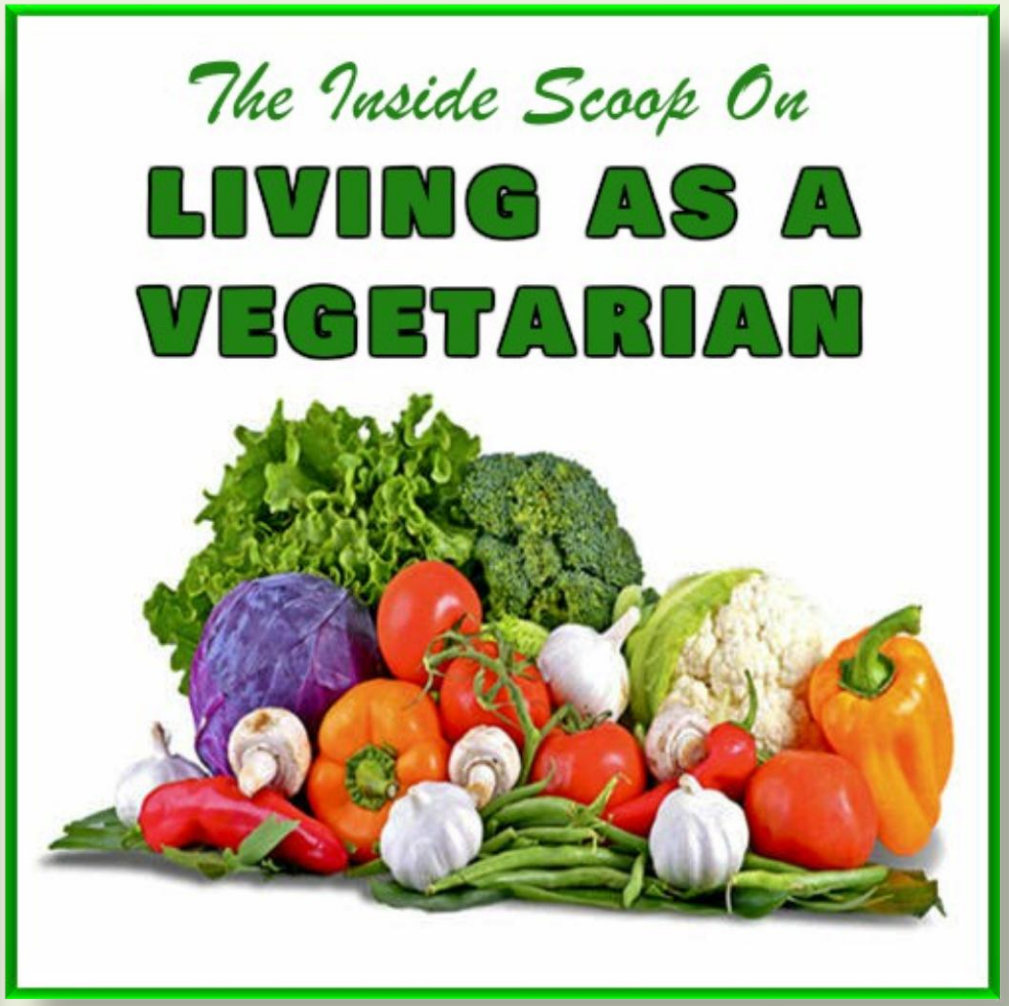
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INSIDE SCOOP ON LIVING AS A VEGETARIAN

INTRODUCTION

We have become a health-conscious society here in the twenty-first century. As we continue to find out information about processed foods, chemical pesticides, and various nutritional contents of food, many people have become alarmed at the unhealthy make-up of some of our foods.

Some people have chosen to eat healthier cutting out fats and carbohydrates in an effort to both eat better and to control weight gain. Other people have chosen a different route. They have decided that the way to go is to eat vegetarian or vegan.

The choice to become a vegetarian or vegan is a very personal one. The reasons people eschew meat are wide and varied. It's not always an easy lifestyle either. Problems can abound especially when attending events or eating out.

Many people consider vegetarians to be an odd sort and can't imagine how they can give up comfort foods like cheeseburgers and fried chicken. For some of us, not eating meat is inconceivable. But for those people who have embraced the vegetarian lifestyle, they report that they really don't miss meat in their diet.

Some who are considering going vegetarian worry about getting enough nutrition in their diets for a healthy life. There are ways to get the protein and nutrition you need to be healthy without eating meat or chicken.

Others are concerned about whether or not to include their children in this way of eating. Should you keep meat away from your child or will that affect their health in an adverse way?

The good news is that if you have decided that living as a vegetarian might be for you, you've found this book! Inside these pages, we'll address many of these issues that might have you concerned.

We'll guide you toward successfully becoming a vegetarian and show you ways that you can live a healthy lifestyle without eating meat. It's not as difficult as you might think.

private label right report #3

Here's What You Get:

Your Guide To
Living Gluten Free

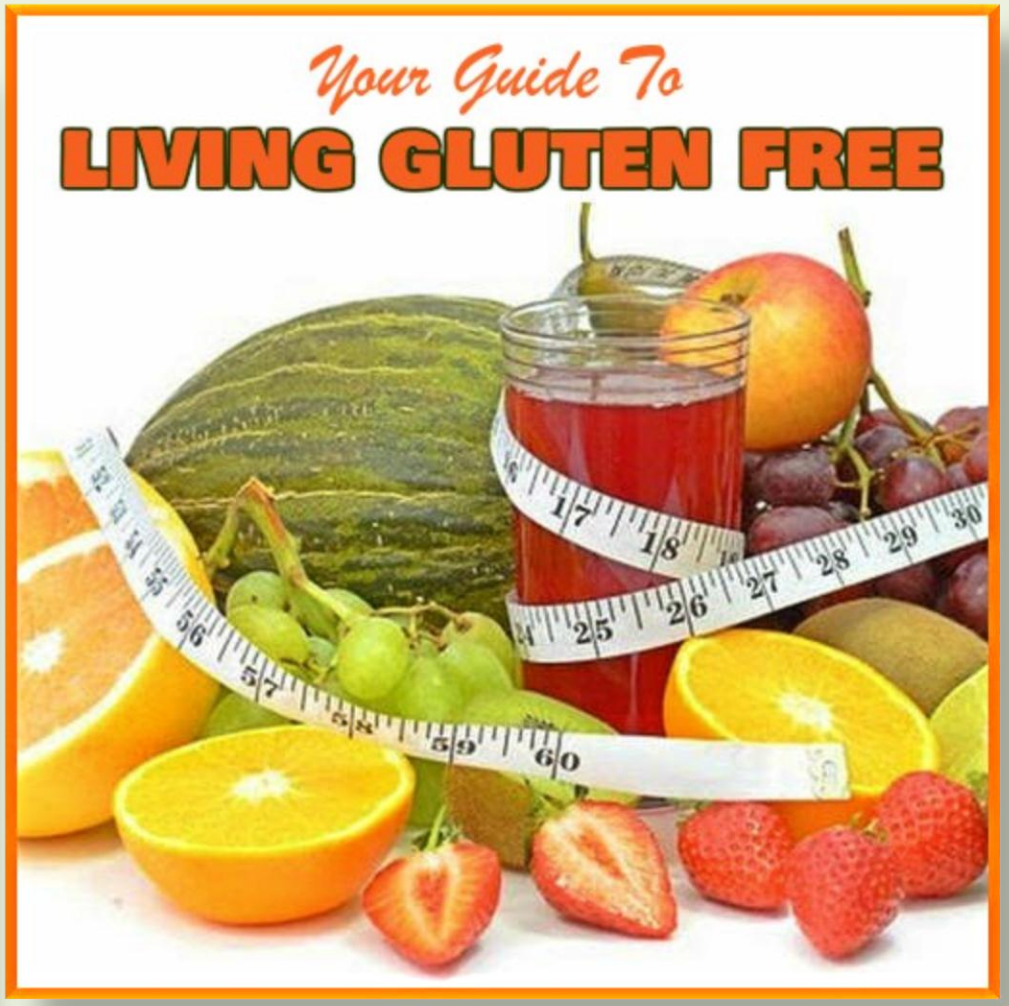
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YOUR GUIDE TO LIVING GLUTEN FREE

WHAT THE HECK IS GLUTEN FREE?

If you've chosen to open this book and begin reading, you've taken the first step to a new slimmer and healthier you. So let's start at the beginning. What is a gluten free diet?

A gluten free diet is a diet which contains foods that lack the protein gluten. This protein gluten is found in barley, malts, wheat and rye. In most cases it is as a thickening agent or as dextrin. This diet is the only diet that is proven medically to help in treating the Celiac disease commonly referred to as the wheat allergy. Eating of this diet helps in controlling the signs and symptoms of the disease.

This diet presents the individual with very minimal levels of gluten other than complete absence. This is because the exact levels that cause the celiac disease are not defined but to be on the safe side one is required to stick to the diet.

Just like any other diet that is aimed at checking medical conditions, this diet is not an easy one to get used to. This is because in the early stages of the diet plan, one may feel deprived by the restrictions involved. But an individual is required to get used to it and with time he or she will find how many more gluten free products are available to their disposal.

Some of the gluten free foods include whole nuts, beans, fresh meat, poultry, fresh eggs, seeds, green leafy vegetables, fresh fruits and most dairy products. From these, one can see that although the diet might be challenging to stick to, there are verities of gluten free foods.

During this diet it is very important to watch out for some other foods that contain gluten but can be ignored. A good number of grains and starchy foods also do not contain this protein. A good example of this includes arrowroot, millet, amaranth, flax, buckwheat, corn, rice, potato, soy and even sorghum.

In our day to day life it is a daunting task to avoid wheat because of the other wheat products that come in varieties. But one suffering from the celiac disease has to avoid wheat and its products at all costs. Some of the products to avoid include Farina, spelt, Bulgur, Graham flour, Kamut, Durum flour and even Semolina.

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Here's What You Get:

The Inside Scoop on
Lowering Your Cholesterol

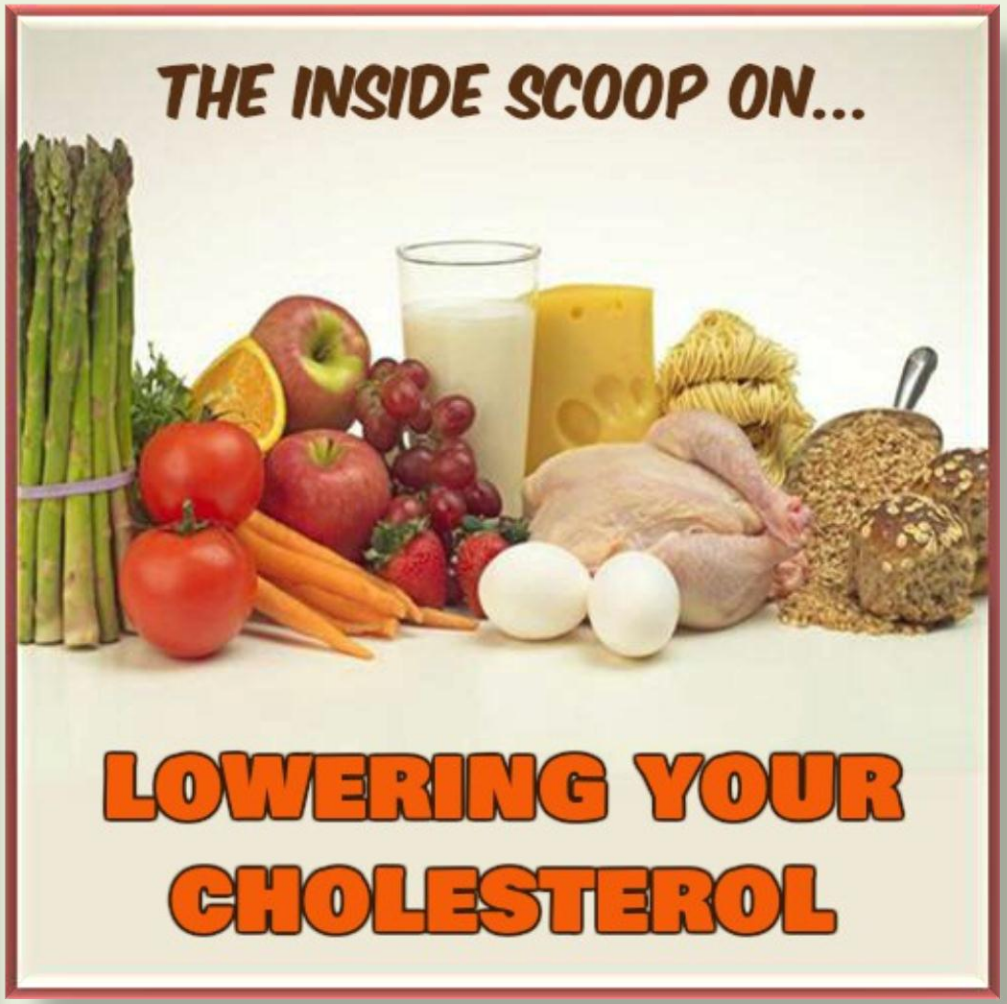
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THE INSIDE SCOOP ON LOWERING YOUR CHOLESTEROL

INTRODUCTION

Cholesterol has been around for thousands of years. It's a natural function of the human body. The modern story of cholesterol and how it affects us today, actually began during a government study in 1951.

The Pentagon sent pathologists to Korea to examine the bodies of servicemen who lost their lives during the war. Autopsies were conducted on 2,000 soldiers.

The results were astounding to the medical community of that time. Normally, no one under 35 dies of coronary heart disease. Remember, this was 1951!

More than 75 percent of the soldier had yellow deposits of atherosclerotic plaque on their artery walls. The average age of these soldiers was 21 contradicting the assumption that such artery clogging deposits were only prevalent in older men.

The results of the Army pathologists rocked the medical community. Prior to these autopsies, doctors had no idea how early the process of heart disease began.

Not long after this discovery, a name was given to the major contributor to the buildup of plaque and to heart disease risk - cholesterol. More recent studies have shown that for every 1 percent drop in cholesterol levels, there is a 2 percent decrease in the risk of a heart attack.

Since those original studies, the risk of heart disease stemming from cholesterol has exploded. In 2002 it was estimated that 107 million American adults now have a blood cholesterol level high enough to require medical advice. Unfortunately, the numbers keep rising.

Despite this epidemic problem, there is good news. You can do something about the problem and that's what this guide is all about. In plain English, we will take a laymen's look at cholesterol, the causes, effects and what you can do to reverse the negative impact it has on your personal health.

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Here's What You Get:

The Inside Scoop On
Low Carb Dieting

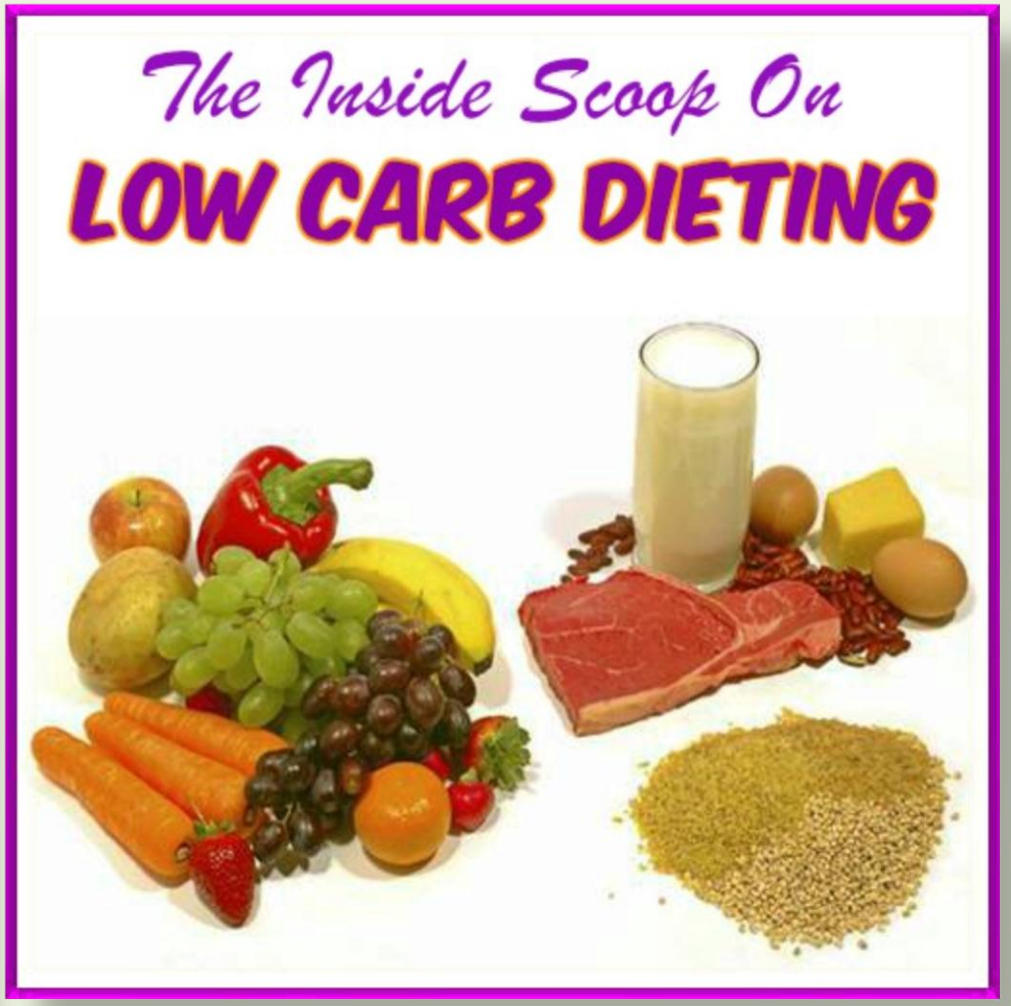
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INTRODUCTION TO LOW-CARB

To help with weight issues and for overall improved health, many people turn to diets. In fact, government statistics show that while about 65 percent of Americans are overweight, 38 percent are actually doing something about it.

And according to a recent survey by the National Health Institute, about a third of overweight Americans who are trying to lose weight, are doing so by eating less carbohydrates (carbs) largely because of the increased popularity of fad diets like Atkins Diet and the South Beach Diet.

Although there have certainly been other low-carb or low-sugar diet plans before, and more will most assuredly come out in the years ahead, let's take a look at the basics behind many of the major plans. And let's take a look at how they fit into the real world today. Because while it might be great to lower the body's sugar content and be healthier, wouldn't it be great to learn how to do so while being part of this fast-paced world?

In the world of instant messaging, quick Internet interaction and the already multi-faceted day-to-day hectic schedules, dietary food budgeting, planning, preparing and shopping are issues that can become major sources of stress and reasons for dieting failure. Dual income families on-the-go and other super-busy wage earners and dieters often already suffer from more than their share of everyday stressors like fears of being laid off, their jobs being relocated or terminated, juggling more than one job, dependents (both elderly and minors) and trying to fund and juggle continuing education into their lives, budgets, and daily routines.

People want and need simpler solutions. And they need simpler dieting plans. Forget spending mega bucks on gourmet, hard-to-find items. Forget spending hours just to prepare meals. And forget counting, measuring, and weighing ingredients.

Either a low-carb plan fit into real-world lives, or it doesn't. First we'll take a look at some basic terms and definitions to help understand the science behind low-carb plans. Let's see how many of the major players' plans measure up.

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Here's What You Get:

Glycemic Index: Take Control of Your Sugar Levels For A Healthier Life

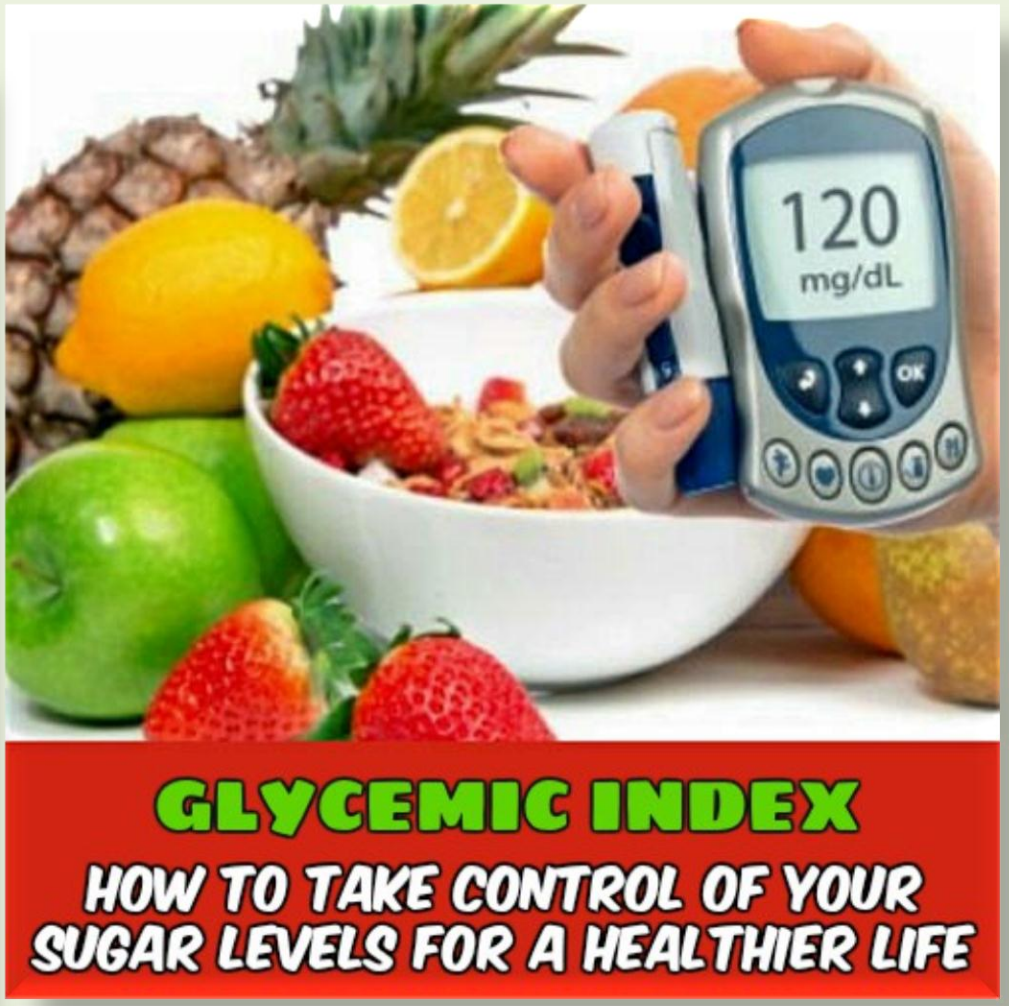
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GLYCEMIC INDEX 101
HOW TO TAKE CONTROL YOUR SUGAR LEVELS FOR A HEALTHIER LIFE

Introduction

This report will show how the Glycemic Index is calculated and how to use it effectively as a guide to live healthier. It will show that following the Glycemic Index can be done very easily and that the benefits of following the Index are many. You will see how controlling the foods you eat based on the Glycemic Index will allow you to lose weight, reduce your risk of diabetes, and lower your cholesterol, just to name a few.

The Glycemic Index is linked directly to the sugars in foods and how they are absorbed. The Index measures carbohydrates, which are made up of simple or complex sugar molecules. The Glycemic Index then ranks the effects these foods have on our systems.

You will see that by understanding these effects and adhering to some simple guidelines, you will be able to recognize foods by the Glycemic Index and make better food choices. You will see that many carbohydrates are very beneficial to you and that you do not have to avoid all carbohydrates as many celebrated diets suggest. Carbohydrates are not the villains that they have been promoted to be!

This report will go into depth to explain how high and low blood sugar levels effect your health and your feelings of well being. You will understand the direct link between the Glycemic Index and controlling diabetes or even substantially reducing the risk of becoming diabetic.

Also included in this report is a handy table of many common foods and their Glycemic Index rating along with easy-to-follow recommendations to take full advantage of the best food choices.

Once you read this report and become familiar with what the Glycemic Index is and how beneficial it is for everyone who follows it, you will find that making the best choices will come naturally to you. You will be able to control your Glycemic Index with little effort on your part.

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Here's What You Get:

Low Fat Diet Facts

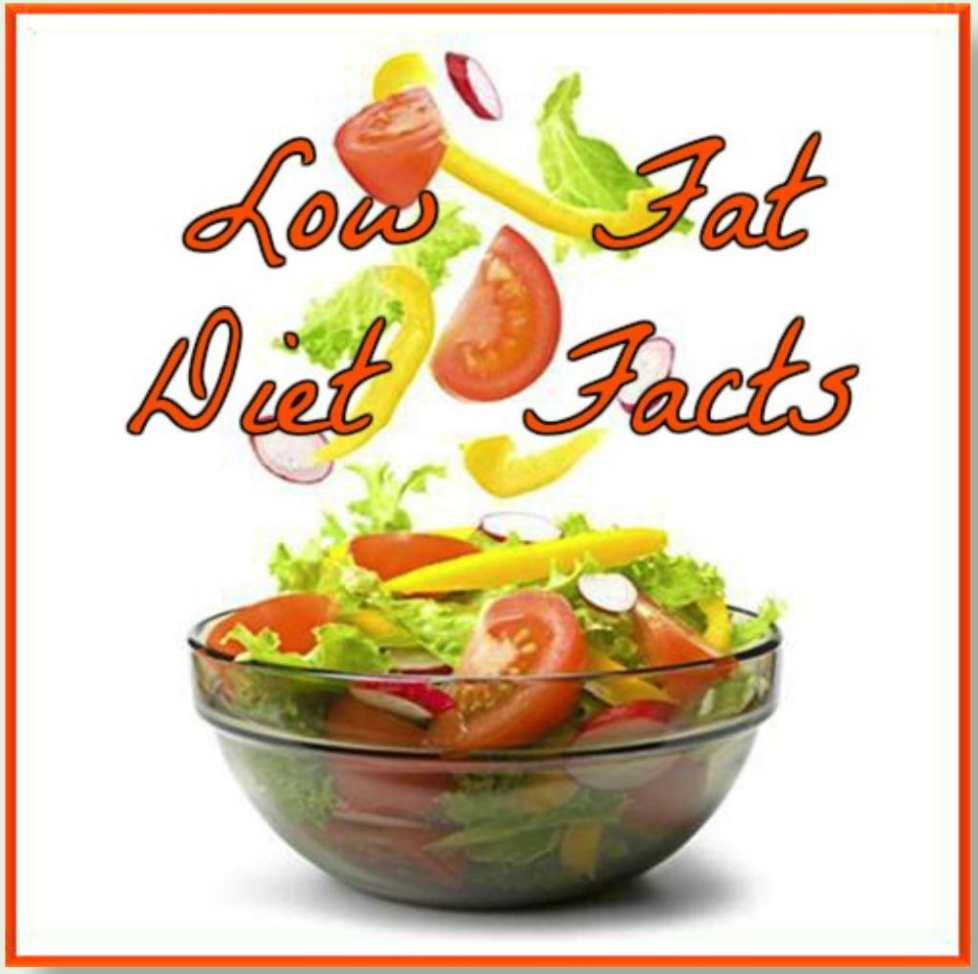
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Low Fat Diet Facts

Benefits of a Low-Fat Diet

Any benefits you might experience from a low-fat diet are more likely to come about if the diet is part of a healthy lifestyle. In other words, just cutting out fats doesn't magically make you healthier; studies show that a low-fat diet needs to be a component of a lifestyle and diet that is healthy overall.

What Is a Low-Fat Diet?

It would seem that a "low-fat diet" is simply a diet with little fat intake. But it isn't necessarily that simple. Generally speaking, a diet is classified as "low fat" when 30 percent or less of your total calories come from fat. Here are some benefits to consider in a low-fat diet:

* Weight loss - Loss of weight and body fat often occurs when a low-fat diet is adopted. When you cut back on fat, you generally cut back on total calories. And loss of weight has been shown to have all sorts of health benefits, from improved cardiovascular health to decreased joint pain.

* Lower risk of disease (possibly) - The jury is still out on this one. Because of some studies, particularly an eight-year-long one that was reported in 2006, not all health professionals accept the notion that a low-fat diet decreases your risk of disease. But some do, and not only because of the weight loss experienced in a low-fat diet.

Proponents of a low-fat diet claim that cancer, particularly breast and colorectal cancer, as well as heart disease from clogged arteries, are less likely to manifest in those who practice a low-fat diet.

* Less saturated fat - Lower consumption of saturated fats (particularly those that are animal-based) has been linked to decreased risk of diseases such as cancer and gall bladder disease. Studies have also indicated that less saturated fat intake helps lower cholesterol.

* Save money - Many high-fat foods are pre-packaged, such as potato chips and snack cakes. This kind of packaging and preparation costs money. A low-fat diet based in whole foods can cost much less money. (For example, a 5-pound bag of

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Here's What You Get:

Delicious Vegetarian Recipes

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DELICIOUS VEGETARIAN RECIPES

Eating meatless doesn't mean all rice cakes and soy burgers. You can have delicious meals that are healthy, meatless and still conform to your vegetarian choice. Try out a few of these yummy recipes.

Potato and Bean Enchiladas

Ingredients:

- 1 pound potatoes, peeled and diced
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon salt
- 1 tablespoon ketchup
- 1 pound fresh tomatillos, husks removed
- 1 large onion, chopped
- 1 bunch fresh cilantro, coarsely chopped, divided
- 2 (12 ounce) packages corn tortilla
- 1 (15.5 ounce) can pinto beans, drained
- 1 (12 ounce) package queso fresco
- Oil for frying

Instructions:

Preheat oven to 400 degrees F (205 degrees C). In a bowl, toss diced potatoes together with cumin, chili powder, salt, and ketchup, and place in an oiled baking dish. Bake in the preheated oven for 20 to 25 minutes, or until tender.

Meanwhile, boil tomatillos and chopped onion in water to cover for 10 minutes. Set aside to cool. Once cooled, puree with half of the cilantro until smooth.

Fry tortillas individually in a small amount of hot oil until soft.

Mix potatoes together with pinto beans, 1/2 cheese, and 1/2 cilantro. Fill tortillas with potato mixture, and roll up. Place seam side down in an oiled 9x13 inch baking dish. Spoon tomatillo sauce over enchiladas, and spread remaining cheese over sauce. Bake for 20 minutes, or until hot and bubbly.

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Here's What You Get:

Nutritional Guidelines For Pregnancy

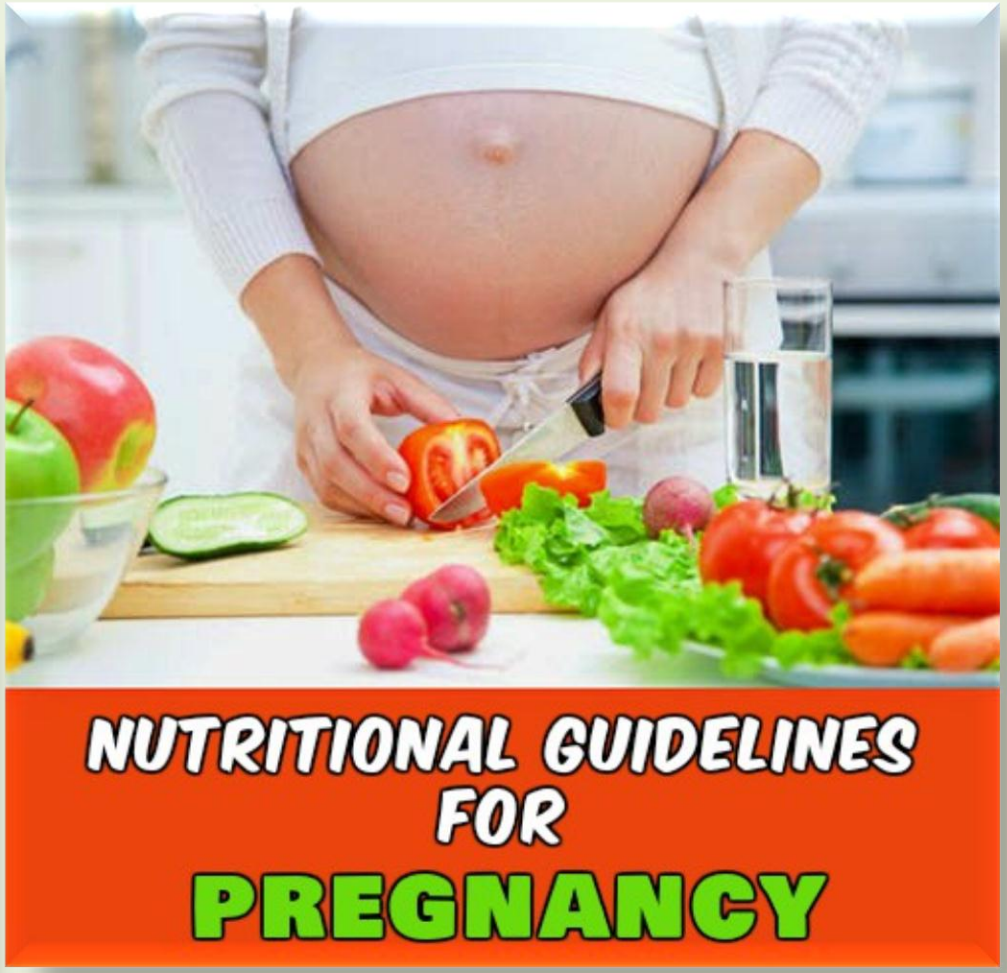
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NUTRITION GUIDELINES FOR PREGNANCY

Introduction

Children grow up too fast. Before too long the almost indistinguishable speck in your womb is going to be flying down a hill on a bike with their hands in the air and driving down the interstate in your new car. Before you know it you'll be telling them good-bye as they start college, crossing your fingers and hoping for the best. You'll never have the opportunity to nurture them again that you do right now, when they're safely inside you tucked away from the outside world.

This is going to be the last time in your life that it's a piece of cake to get them to eat their vegetables, so enjoy it! You're going to spend the next eighteen years (and then some) trying to convince them that spinach is good for them and that the slimy stuff on the outside of their carrots is just pulp, but right now you're making all the decisions when it comes to what they eat.

Proper pregnancy nutrition is a vital factor in proper fetal development because the fetus is physically incapable of providing for itself, nor can it show any visible signs of malnourishment between monthly check-ups as a newborn can. That means that for the next nine months it's going to be completely up to you to ensure that you are properly eating for two, taking in the vitamins and nutrients that are going to help you give birth to a healthy, happy baby while keeping yourself healthy at the same time.

Remember, baby's going to take what it needs long before those nutrients ever have the opportunity to go through your system. By not eating properly you're not only harming your baby, you're harming yourself as well. That's why it's so important that you make sure you get the vitamins and nutrients that you need for the next nine months as well. Lack of attention might still lead to a healthy baby, but baby's not going to change themselves! Mom needs to be healthy too in order to keep up with her little bundle of joy in the coming months. Giving birth is hard enough on the body. You certainly don't want to add malnutrition into the mix.

The problem that many women face when it comes to pregnancy nutrition is that they simply don't understand. Why? Not because they're stupid, or because they don't want to do what's best for their baby. It's because most books

private label right report #10

Here's What You Get:

Green Tea
Why It's So Good For You!

This report is **51 pages, single spaced**.
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GREEN TEA
WHY IT'S SO GOOD FOR YOU!

INTRODUCTION

It seems like lately when you go to the grocery store or convenience store, you can see displays offering green tea beverages for sale. Even though green tea has been around for years and years, it seems as if there is a current push for people to start drinking green tea, but why?

The truth is that nutritionists are starting to make it known to the general public that green tea has certain healing properties that just can't be ignored. We are a health conscious nation, and green tea contributes greatly toward a person's overall well-being and can even promote healing for some pretty serious diseases.

The Chinese have known about the medicinal benefits of green tea since ancient times, using it to treat everything from headaches to depression. In fact, green tea has been used as a medicine in China for at least 4,000 years.

Of course, tea has been a staple in countries - especially England - and is consumed daily as part of life. All around the world, people drink tea and in Japan, tea is even revered in its own ceremonial rite. The Japanese tea ceremony is often performed to achieve a sense of peace as outlined in Zen Buddhism.

Heck, even here in the United States, we like our tea whether it is iced or hot. Some people love to relax with a nice hot cup of tea and a good book just to relax and gain some peaceful insight into life. I personally love to have a cold glass of iced tea as I relax on my back deck and enjoy nature.

But lately, people are discovering what the Chinese have known for years. Green tea not only provides peace and serenity, it can actually make you healthier and fight diseases. It can even help with weight loss.

Since this seems to have become a relatively new phenomenon, at least here in the United States, this book will help educate you about the amazing ways green tea can help your health. You may be surprised as I was when I began researching this book. It's amazing what such a small thing can make such a huge difference.

private label right report #11

Here's What You Get:

Sports Nutrition
What To Eat To Perform Your Best

This report is **34 pages, single spaced**. There is no fluff, no filler, no nonsense. Only high quality, helpful information.

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SPORTS NUTRITION

Introduction

Sports nutrition is nothing short of essential. What you do not know about the athletes that you see on the television, competing in the Olympics and breaking world records is that they have a plan in place that allows them to succeed.

If you will succeed at your sport, you too need to insure that your nutrition is the top of the line. Do you know what you need to do?

Ask yourself these questions:

- Do you know when to eat before your game is to start?
- Do you know what foods are going to help to ultimately win the game if eaten before you compete in the game?
- Do you truly know how much hydration your body needs to power its way through all that you plan to put your body through?
- Did you know that with proper nutrition, the right plan and consistency, your body can do better, perform harder and be more likely to be successful at what you want it to do?

Dedication Counts

When it comes to sports nutrition, there is no reason to assume that you know it all. In fact, you should be hungry for learning. Learn about what is out there to help enhance your body's performance. Learn about what you should be doing now so that your time on the floor is perfectly optimized. And, learn how to properly take care of yourself to avoid the risk of injury.

When it comes to these things, dedication is the most essential element. You will learn in this book that it takes a lot of hard work and dedication to be successful at sports nutrition. There are no short cuts worth taking either.

Knowledge is the first key to success. You will learn how sports nutrition affects virtually every aspect of your game and how you can better enhance your game by the foods, exercises and processes that you put your body through.

private label right report #12

Here's What You Get:

Vitamins and Supplements
What You Need To Know

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LITTLE KNOWN VITAMIN MYTHS

When checking out facts about Vitamin B, it is important to be able to differentiate between what information is an actual fact, and what is simply a myth. Unfortunately, there are myths about just about everything, so any information learned on any topic should always be evaluated before deciding whether or not it is true. There are many myths about vitamins and supplements in circulation today. Some vitamins, such as vitamin D, have many myths attributed to their use. Others, such as vitamin A, do not have any at all. The following sections will break down the myths about specific vitamins.

VITAMIN B

A common rumor is that the B complex vitamins, including Folic acid will reduce the risk of heart disease in women who are prone to heart problems. This theory has been tested, and is proven to be false. Studies show that women who took B complex vitamins and Folic acid were no less likely to have heart problems than women who did not consume these supplements.

Some say that Vitamin B-1, which is also called thiamine, helps with the growth of hair at the roots. You will even hear that the hair will not grow properly without this vitamin. Some rumors are even passed around that claim Vitamin B-1 assists with the root development of plants as well. This is certainly not the case, as there are no scientific studies to back up such claims. Another version of this rumor is that taking Vitamin B-1 helps to reduce transplant shock for either people who are receiving new organs, or plants that are being moved. Again, this is not at all the case.

Have you been told that Vitamin B-6 is safe for you to consume, even if it is taken above the recommended limit? This is supposedly true, because it is a water-soluble vitamin. However, the myth is also quite false, as excessive B-6 in the human body can lead to neuropathy pain, skin lesions, vomiting, and even more health problems. Vitamin B-6, like any other vitamin, is best taken within the recommended dosages. Another rumor about vitamin B-6 is that it is an effective treatment for PMS. While double-blind studies were done that initially proved this to be the case, further analysis of those studies have proven them to be inaccurate.

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Here's What You Get:

Vitamin B12
What You Need To Know

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VITAMIN B12
WHAT YOU NEED TO KNOW

As a part of the vitamin B complex, vitamin B12 is a water-soluble vitamin. However, vitamin B12 is unique among all the water-soluble vitamins in that it is not excreted quickly in the urine. Rather, vitamin B12 is accumulated and stored in the liver, kidney, and other body tissues. As a result of this storage factor of vitamin B12, a deficiency in this vitamin may not manifest itself or show its symptoms until after five or six years of diet with inadequate supply of vitamin B12.

Another reason for the uniqueness of vitamin B12 lies in the fact that only smaller amounts of this vitamin is required and the body already makes full use of it. For instance, ten micrograms of B12 spread over a day seems to be able to provide adequate supply for the body to use.

Vitamin B12 is also called cobalamin owing to the fact that it contains the metal, cobalt.

What are the Health Benefits of Vitamin B12?

The main benefit of vitamin B12 in food is to function as a methyl donor. By working with folic acid, it plays an important role in the synthesis of DNA (the genetic material of all cells). It also appears to promote and maintain the normal function of healthy nerve cells and red blood cells.

Vitamin B12 in food is also vitally important in maintaining the health of the insulation sheath or the myelin sheath that surround all nerve cells. Thus, lack of vitamin B12 in the body may sometimes result in neurologically related conditions.

What is Vitamin B12 Deficiency?

A common problem, vitamin B12 deficiency affects the general population, especially the elderly. There are two types of sufferers from vitamin B12 deficiency. The first group is comprised of asymptomatic vitamin B12 deficiency and the other one is composed of hematologic vitamin B12 deficiency.

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Here's What You Get:

All About Antioxidants

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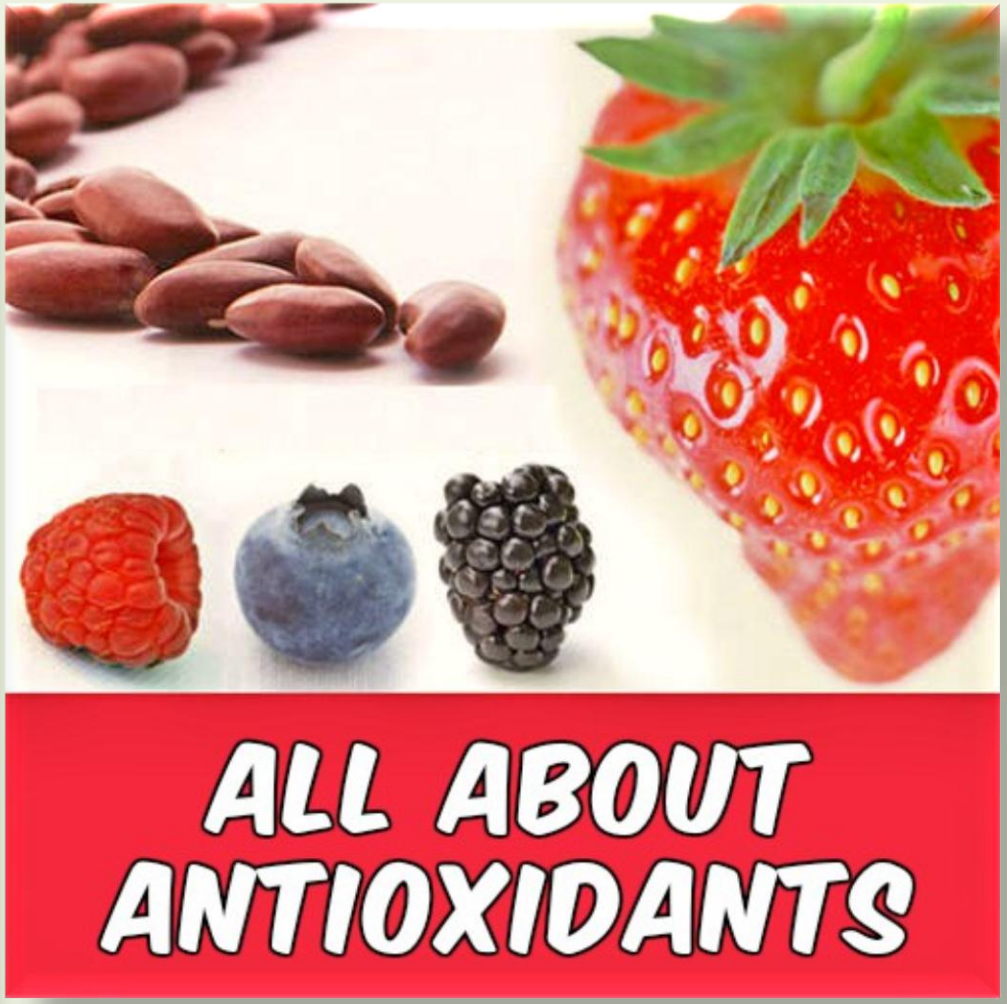
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ALL ABOUT ANTIOXIDANTS

"Look and feel younger!" "Reverse the aging process!" "Boost your energy!" What could possibly do all that? -- antioxidants, devoted pill-poppers will tell you, despite the fact that the Food and Drug Administration (FDA) has prohibited manufacturers from claiming that consuming their antioxidant products will reduce disease risk.

Each year, countless hopeful Americans shell out billions of dollars on antioxidant supplements (nearly $2 billion, in fact, just on beta carotene and vitamins C and E), believing they will dramatically lower their risk of cancer, heart disease, and memory loss. Most experts agree, however, that taking antioxidants is not a shortcut to good health or the answer to staying young. So, where does that leave us?

In this section, you'll learn the truth about antioxidants: what they are, how they function, how much of them you need, where to find the best dietary sources, and what the latest scientific research shows.

What Are Antioxidants?

As the name implies, antioxidants are substances that are capable of counteracting the damaging, but normal, effects of the physiological process of **oxidation** in animal tissue. Antioxidants are **nutrients** (vitamins and minerals) as well as **enzymes** (proteins in your body that assist in chemical reactions). They are believed to play a role in preventing the development of such chronic diseases as cancer, heart disease, stroke, Alzheimer's disease, Rheumatoid arthritis, and cataracts.

Oxidative stress occurs when the production of harmful molecules called **free radicals** is beyond the protective capability of the antioxidant defenses. Free radicals are chemically active atoms or molecular fragments that have a charge due to an excess or deficient number of electrons. Examples of free radicals are the superoxide anion, hydroxyl radical, transition metals such as iron and copper, nitric acid, and ozone.

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Here's What You Get:

Antioxidants:
The Key To A Longer Life

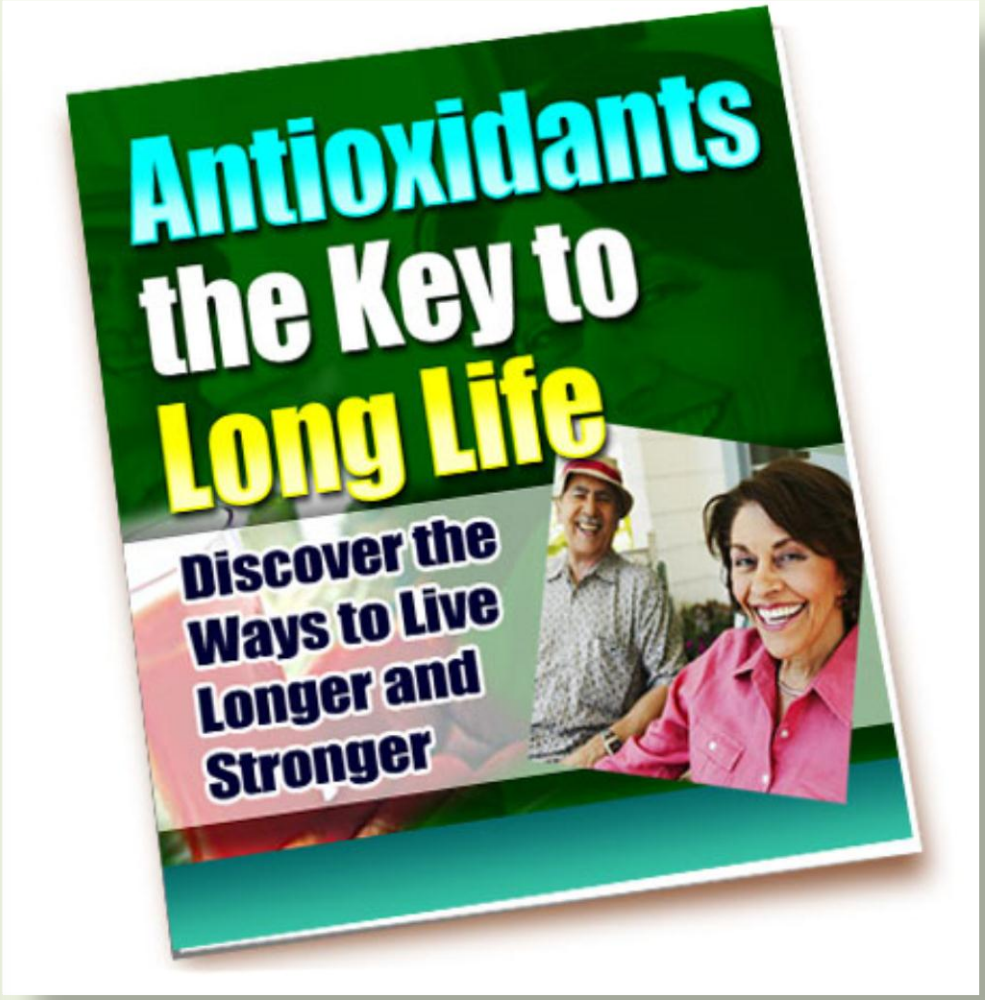
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ANTIOXIDANTS
KEY TO A LONGER LIFE

You are only as old as your cells.

Research shows that cells are only allowed so many cell divisions in a human lifetime before they would have to give out. Based on their findings, scientists say that by the time you are 20 years old, most of the cells that make up your body have already used up half of their available cell divisions in their cell lifespan. That means by the time you are 40, your cells may only have 30 per cent of cell divisions left. This is actually the reason behind the physical changes that goes on not only inside but outside the body as you approach your years.

When your cells finally use up their naturally allotted cell divisions, the result is death. It is an inevitable occurrence and there's no stopping it. There is however a way to retard it though. Recent research has found a way to give you new hope, a way to rejuvenate and extend the lifespan of cells.

What causes aging?

Much of scientific research these days are focused on finding a solution to aging. The aging process brings with it not only wrinkly skin or tired joints and muscles. Those can be tolerated. After all, they are part of the natural cycle of life. But what isn't natural is disease. They are disorders – unnatural conditions of the body.

Aging is caused by harmful molecules called "free radicals." This was according to Denham Harman, M.D., Ph.D., who first proposed the theory in the 1950s. Since then, scientists and researchers have sought to understand the body's oxidation process and free radicals contribute in its acceleration.

There is growing evidence that the production of reactive oxygen species (ROS), including free radicals, is behind the aging process and initiation of age-related disease. The more free radicals you have in your body, the faster the aging process becomes.

Free radicals are harmful, unstable substances (rogue oxygen molecules) that develop after oxidation, which is a naturally occurring process of the body. Free radicals are not harmful in themselves. In fact, they can be beneficial. The

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Here's What You Get:

Antioxidants:
The Secret to Super Cells

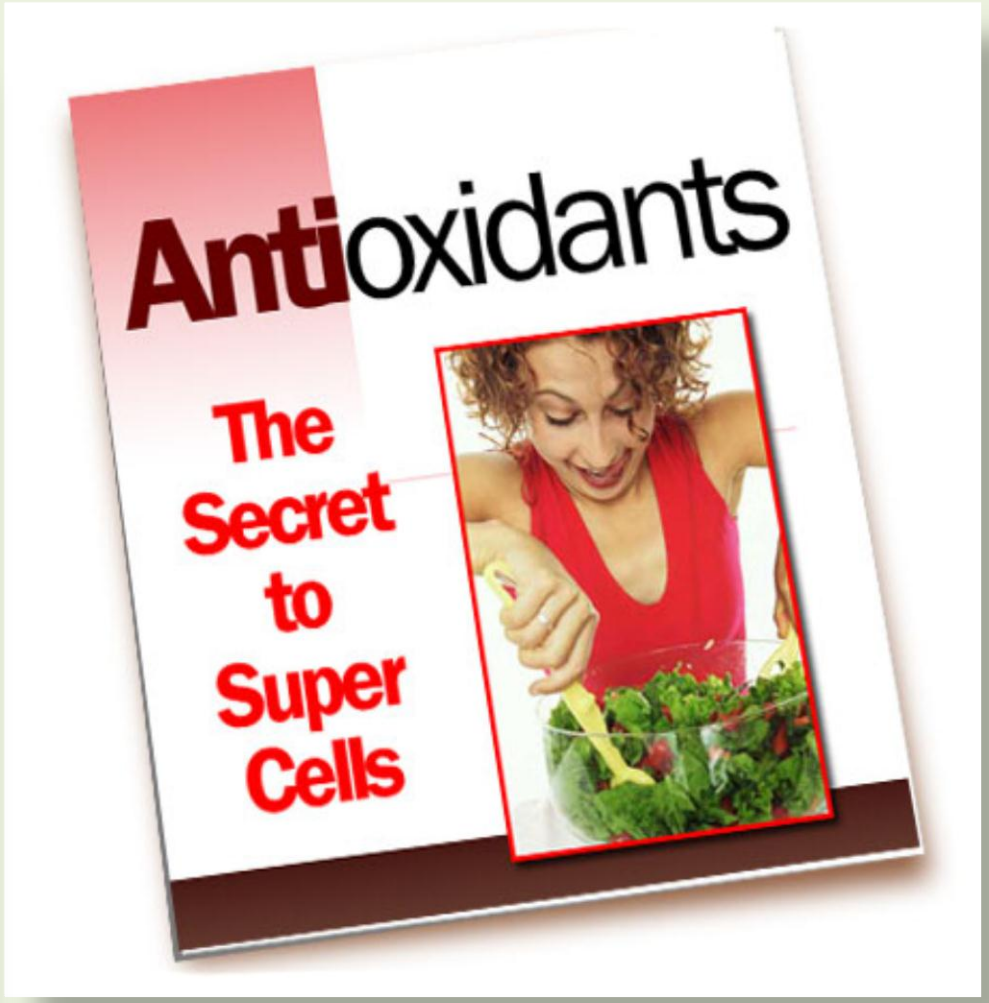
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ANTIOXIDANTS
THE SECRET TO SUPER CELLS

Think for a moment that you are a cell.

You are inside your body where everything is running smoothly just like a machine. A biological machine, that is. This machine creates life and is the very reason why you are even sitting in front of your computer right now and imagining you are a cell and that you are inside your own body.

As this machine keeps running, day in and day out, it begins to wear out. You, as a cell, begin to feel the friction and processes that lead to your damage. Your enemy is the free radical, tiny little entities that are highly destructive and generated by biochemical processes – processes that you, yourself, take part in, although free radicals may also be introduced through environmental pollutants, exposure to UV radiation, and other sources.

The free radicals will start to create havoc around you. You try to fight it, but as time goes, you begin to lose the battle. What else is to be expected? You are just one tiny cell against a sea of free radicals. Furthermore, the free radical is not your only enemy. Sooner or later, you may have to give in to disease, old age, and ultimately death.

So, in truth, everything is working against you. And, in truth, your battle would be over much sooner were it not for the numerous mechanisms that you and other mammalian cells developed over millions of years.

These mechanisms were specifically evolved to serve as protection from the injury that can result from your normal functional processes. One such internal protective system is the ***Antioxidant System***.

The Antioxidant

Have you ever felt like wishing you had more energy? That you could get rid of those nagging aches and pains? Have you ever wished to improve your health overall and not just that, but *once and for all*?

If you answered yes, then look out, because that answer is now!

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Coffee Mania:
The Antioxidant Benefits of Coffee

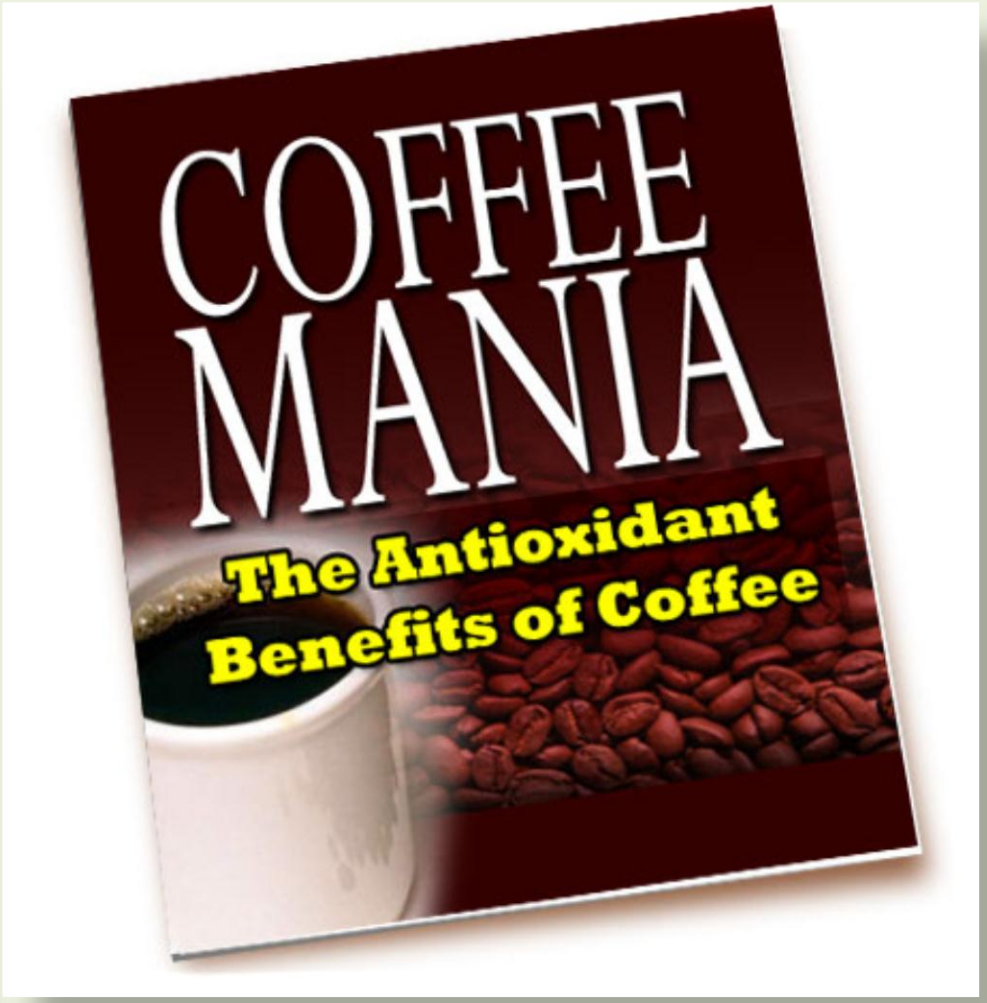
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COFFEE MANIA
THE ANTIOXIDANT BENEFITS OF COFFEE

Guilty pleasure, anyone?

For years, caffeine in coffee has been known to have an addictive effect not unlike that which heroin addicts experience. And to think that that is only one of the many reasons why people say coffee is bad for your health.

However, with new studies cropping up concerning the antioxidant benefits of coffee, it seems that this popular beverage has finally joined the ranks of red wine and chocolate as a guilty pleasure that may actually be good for you.

Coffee is good for you.

Say what?

Right. This is certainly a jolt-maker, whether you are a java drinker or a latte-monger. Apparently, not only is coffee a great way to get that "fix" in the morning, but a cup or two can actually be healthy.

Studies Show: Drink Your Antioxidants

Whenever someone mentions antioxidants, the first thing that comes to mind are huge capsules mega-loaded with vitamins like C, E, and A. In fact, antioxidants can be found in common everyday beverages we take in without even knowing they're rich antioxidant sources.

The three common beverages the average American consumes on a daily basis include tea, cocoa, and coffee, and there's every reason to assume, with what the English termed as the "coffee phenomenon" in the U.S., that coffee is the most widely consumed of the three.

Research has shown that oxidation of cholesterol-rich low-density lipoproteins (LDLs) – the so-called ***lipoproteins*** – contributes to their transformation into fatty plaque. This would then lead to the development of artery clogging plaque, resulting to many degenerative diseases, not least of which is heart disease and high blood pressure.

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Here's What You Get:

Green Tea:
Discover It's Health Secrets

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GREEN TEA
DISCOVER IT'S HEALTH BENEFITS

How do you fit a miracle in a cup?

Dating back more than 4,000 years, Green tea has been long revered as a tasty drink that can ward off diseases and improve one's well-being. And because of the astounding health benefits of green tea, it became widely popular. Why, it's only second to water in terms of popularity!

But when did this love affair with tea start?

Legend has it that in Ancient China, the servants of Emperor Shen Nung were boiling water when some leaves of a nearby tea shrub dropped into the pot. As the leaves boiled and steeped, the fragrance was so enchanting that the Emperor asked for a cup. He drank it and apparently liked the soothing drink. That was the first recorded use of green tea.

Since then, it's been used as treatment for everything from headaches to depression.

Today, various health benefits of green tea are constantly being reported and many scientists are now focusing their attention on the simple, yet elegantly profound beverage that is green tea.

Why Green Tea?

Like all three of the major Asian teas in the market, green tea comes from the plant called ***Camellia sinensis***. Much of the health benefits of green tea are due to the steaming method of making it.

As opposed to black and oolong tea which undergoes full oxidization (fermentation), the leaves in green tea are only gently steamed, rolled, and dried. This allows for the preservation of the naturally occurring antioxidants in the Camellia sinensis leaves, keeping them in their original, health beneficial form.

The antioxidants in green tea helps fight away free radicals. A by-product of normal biological functions and other environmental factors (such as pollution,

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Here's What You Get:

Top 10 Foods
Rich In Antioxidants

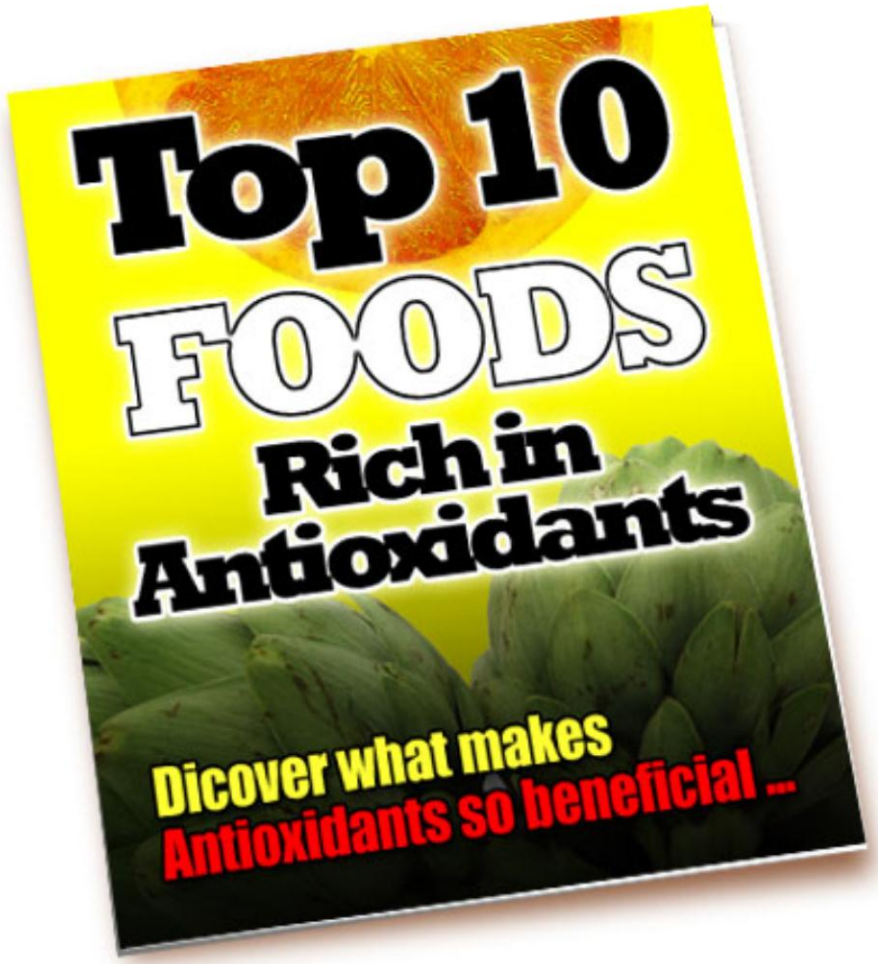
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TOP 10 FOODS
RICH IN ANTIOXIDANTS

For years now, scientists have touted antioxidants as the answer to all sorts of diseases, even aging. From preventing heart disease to slowing down degenerative diseases, to stopping cancer, to reducing blood pressure – you name it and everything points right back to antioxidants. But what makes antioxidants so beneficial to the body?

Antioxidants and Free Radicals – The Real Story

They're called ***Free Radicals***, and they are the real culprits as to why people, especially old people, develop chronic diseases. Free radicals are highly unstable chemical substances that lack one electron. In their attempt to get their full complement of electrons, these free radicals react with other molecules around them (like those found in cell membranes) and in the process cause these otherwise healthy molecules to lose an electron, causing *them* as well to become unstable. This could result in massive degeneration of cells, leading to the development of chronic disorders such as Alzheimer's disease, heart disease, cancer, among others.

The production of free radicals is actually a normal part of life. They are a direct result of the process of oxidation. The moment we breathe, our body is undergoing the oxidation process and releases free radicals into our cells. Usually, the body's natural defense systems neutralize free radicals that develop, rendering them harmless.

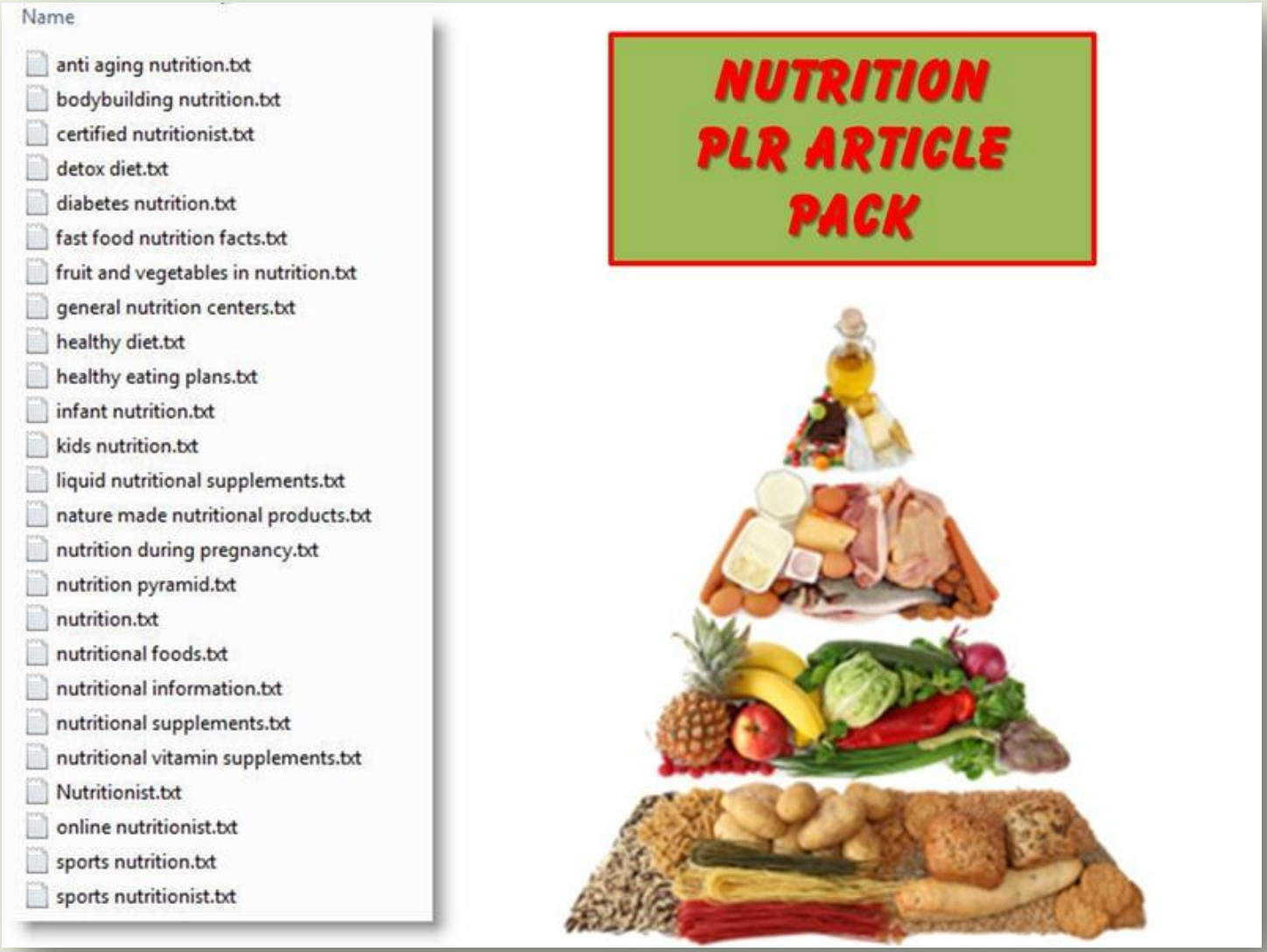
Environmental assaults on the body, however, such as UV-radiation, pollutants and alcohol, can overpower the body's ability to neutralize free radicals. This allows them to cause damage to the structure and function of the body's cells. Scientists point to accumulation of free radicals as the contributing factors that lead to aging and a host of other illnesses, including cancer and heart disease.

To lessen and ultimately prevent the damaging effects of free radicals, the responsibility lies with ***antioxidants.*** These are substances (vitamins, minerals, and other nutritive compounds) whose sole responsibility is to scavenge free radicals inside the body so they can break the damage chain they create and

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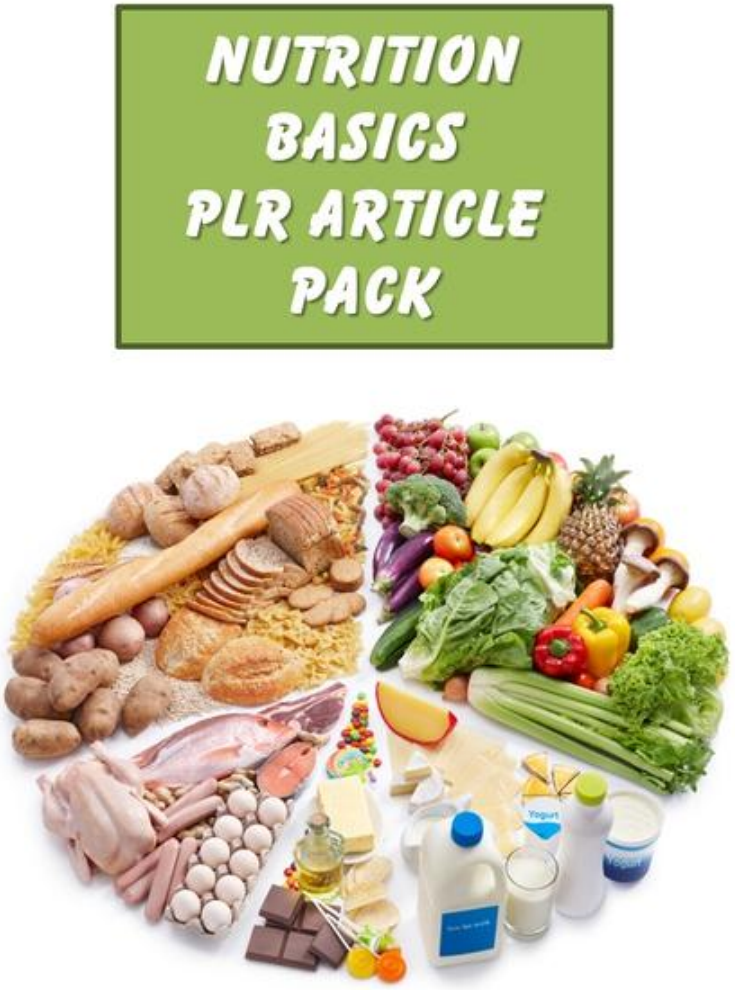


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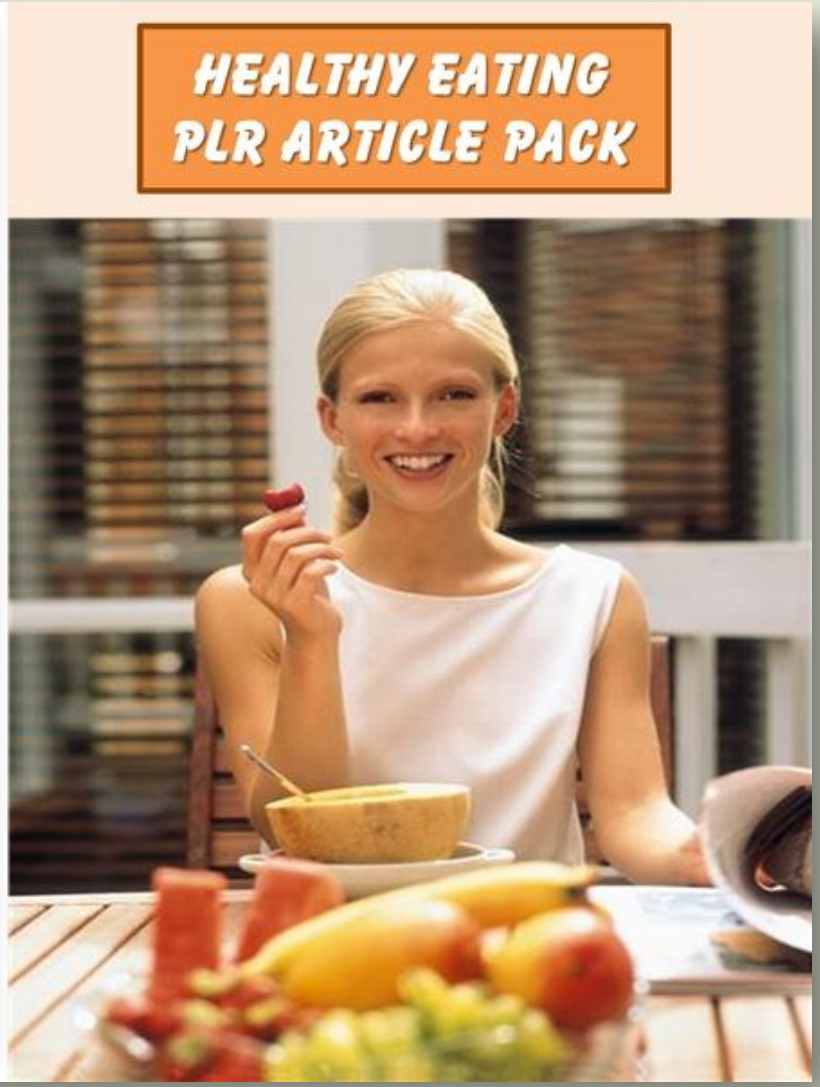


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- Check Out These Amazing Juicing Tips Today.txt
- Article List.txt

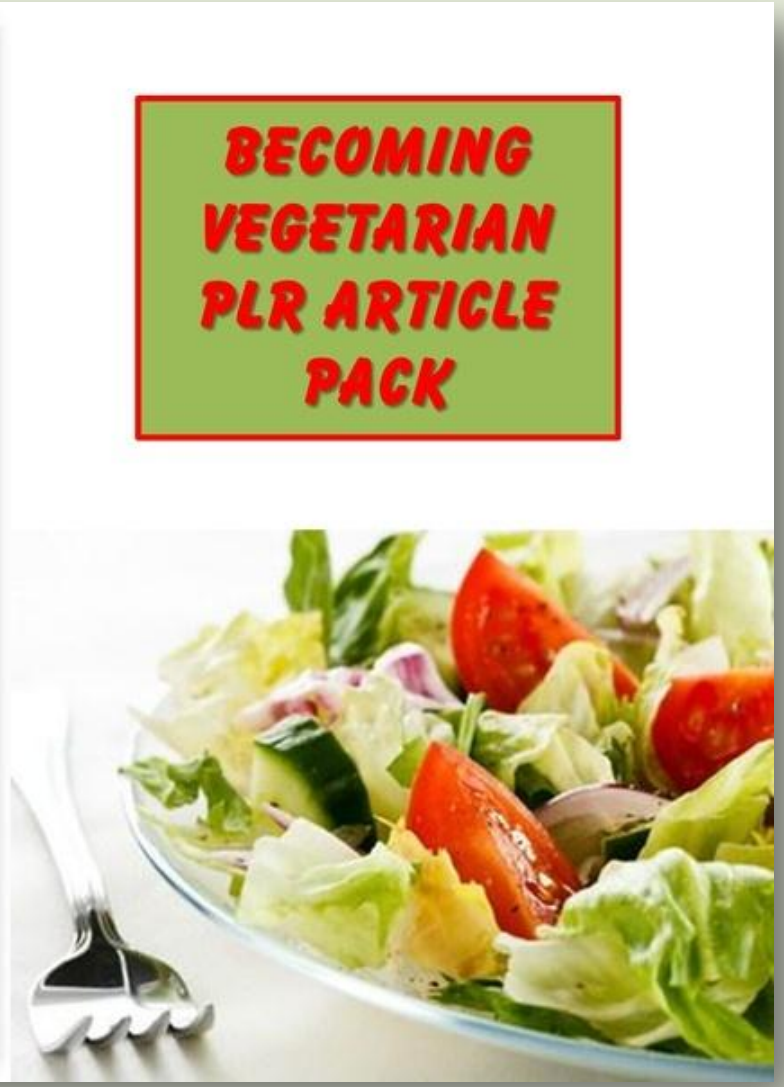


NUTRITION PROFIT PACK

Plr article pack #8 (25 articles)

Name

- Be-a-Good-House-Guest-and-a-Good-Vegetarian.txt
- But-What-if-Your-Sweetheart-Loves-Meat.txt
- Getting-Restaurants-in-on-the-Act.txt
- How-to-Not-Miss-Meat.txt
- Is-It-Time-for-an-Intervention.txt
- ItÆs-a-Diet-AND-a-Community.txt
- Life-Without-Meat.txt
- Little-Secrets-Vegetarians-Know.txt
- Living-With-Meat-Eaters.txt
- Low-Fuss-Vegetarian-Cooking.txt
- Soup-Skills-of-Vegetarians.txt
- The-Good-of-Vegetarianism.txt
- The-How-of-Vegetarianism.txt
- The-Lifestyle-of-a-Vegetarian.txt
- The-Passion-and-the-Hobby-of-Vegetarianism.txt
- The-Rules-of-Being-a-Vegetarian.txt
- The-Social-Vegetarian.txt
- The-Teenage-Vegetarian.txt
- The-Vegetarian-Mom-to-Be.txt
- The-Vegetarian-Quality-of-Life.txt
- Vegetarianism-the-Easy-Way.txt
- Vegetarian-on-a-Budget.txt
- Vegetarians-are-NOT-Crazy.txt
- Will-Vegetarianism-Change-the-World.txt
- Your-Vegetarian-Baby.txt



NUTRITION PROFIT PACK

Plr article pack #9 (25 articles)

Name

- Avoiding-Health-Problems-When-Eating-Vegan.txt
- Avoiding-Negative-Consequences-of-Vegan-Eating.txt
- Benefits-to-Eating-Vegan.txt
- Diets-Similar-to-Veganism.txt
- Disadvantages-of-Veganism.txt
- Eating-Out-While-Vegan.txt
- Extreme-Measures-to-be-Vegan.txt
- Foods-to-Avoid-to-Eat-Vegan.txt
- Getting-Started-as-a-Vegan.txt
- Important-Medical-Considerations-to-Veganism.txt
- Learning-to-Cook-Vegan-Successfully.txt
- Most-Famous-Vegan-Celebrities.txt
- Places-to-Locate-Vegan-Foods.txt
- Reasons-to-Avoid-Vegan-Cooking.txt
- Reasons-to-Embark-in-Vegan-Cooking.txt
- Should-Children-Eat-Vegan.txt
- Starting-Children-with-Vegan.txt
- Struggling-to-Accept-Veganism.txt
- Top-Tips-for-Vegan-Cooking.txt
- Vegan-Cooking-for-Beginners.txt
- Vegan-Cooking-Made-Easy.txt
- Veganism-and-Animals.txt
- Veganism-and-Pregnancy.txt
- Veganism-and-the-United-States.txt
- What-Exactly-is-Vegan.txt

VEGAN COOKING PLR ARTICLE PACK



NUTRITION PROFIT PACK

Plr article pack #10 (25 articles)

Name

- Becoming_conscious_and_aware_through_a_vegan_lifestyle.txt
- Benefits_of_a_vegan_lifestyle.txt
- Healthy_benefits_of_a_vegan_lifestyle.txt
- How_to_do_a_vegan_lifestyle.txt
- How_to_start_a_vegan_lifestyle.txt
- How_to_start_your_vegan_lifestyle.txt
- How_to_succeed_in_a_vegan_lifestyle.txt
- How_to_switch_into_a_vegan_lifestyle.txt
- Living_the_vegan_way.txt
- On_starting_a_vegan_lifestyle.txt
- Planning_your_vegan_lifestyle_and_diet.txt
- Pursuing_a_vegan_lifestyle.txt
- Raw_vegan_lifestyle_is_not_expensive.txt
- Read_first_before_you_switch_into_a_vegan_lifestyle.txt
- Some_important_facts_on_vegan_lifestyle.txt
- Start_your_vegan_lifestyle.txt
- The_benefits_of_a_vegan_lifestyle.txt
- The_healthy_vegan_lifestyle.txt
- The_vegan_lifestyle.txt
- Things_you_shoulf_know_about_a_vegan_lifestyle.txt
- Tips_to_switching_to_a_vegan_lifestyle.txt
- Vegan_lifestyle_101.txt
- Vegan_lifestyle_tips.txt
- What_is_a_vegan_lifestyle.txt
- What_you_need_to_know_about_vegan_lifestyle.txt

VEGAN LIFESTYLE PLR ARTICLE PACK

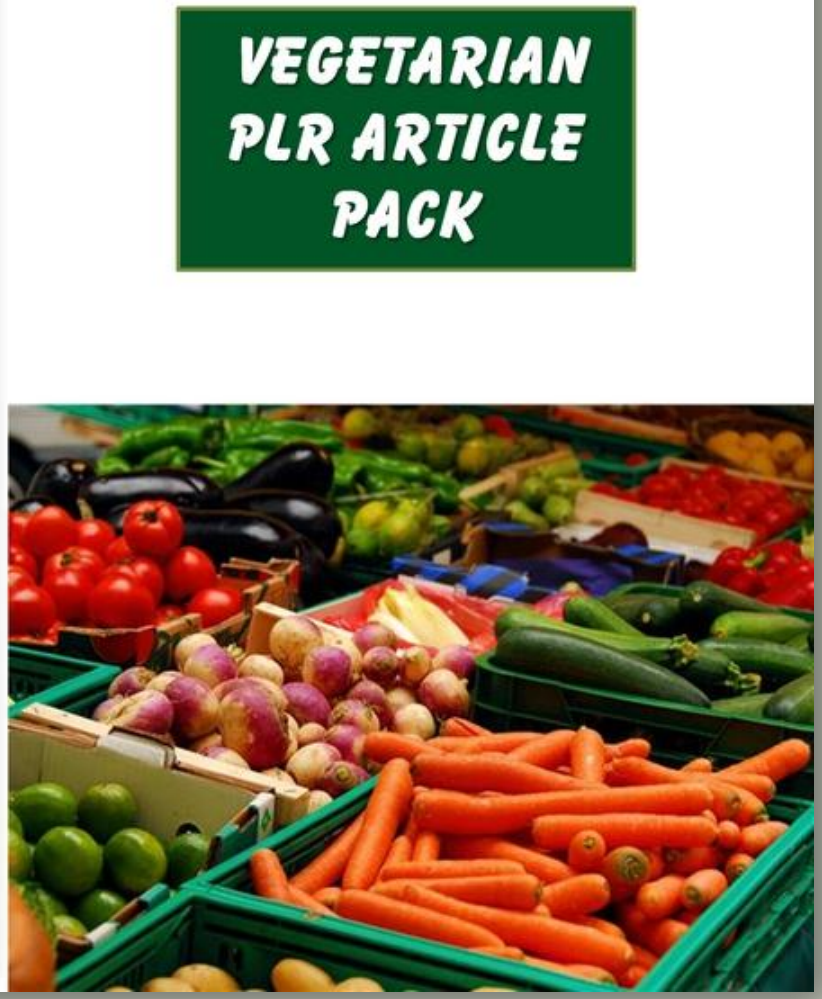


NUTRITION PROFIT PACK

Plr article pack #11 (25 articles)

Name

1 - Vegetarian.txt
2 - Vegetarian Food.txt
3 - Vegetarian Cooking.txt
4 - Vegetarian Recipe.txt
5 - Vegetarian Restaurant Eating.txt
6 - Low Calorie Vegetarian Recipe.txt
7 - Vegetarian Diet.txt
8 - Vegetarian Cookery.txt
9 - Vegetarian Cookbook.txt
10 - Vegetarian Meals.txt
11 - Vegetarian Chili.txt
12 - Easy Vegetarian Recipes.txt
13 - Vegetarian Cooking for Everyone.txt
14 - Vegetarian Times.txt
15 - Vegetarian Lasagna.txt
16 - Vegetarian Chili Recipe.txt
17 - Vegetarian Recipes for the Slow Cooker.txt
18 - Fresh from the Vegetarian Slow Cooker.txt
19 - Indian Vegetarian Recipes.txt
20 - Vegetarian Dishes.txt
21 - Vegetarian Weight Loss Diet.txt
22 - Eating Healthy Vegetarian.txt
23 - Vegetarian Diet Plan.txt
24 - Vegetarian Slow Cooker Recipe.txt
25 - Becoming Vegetarian.txt

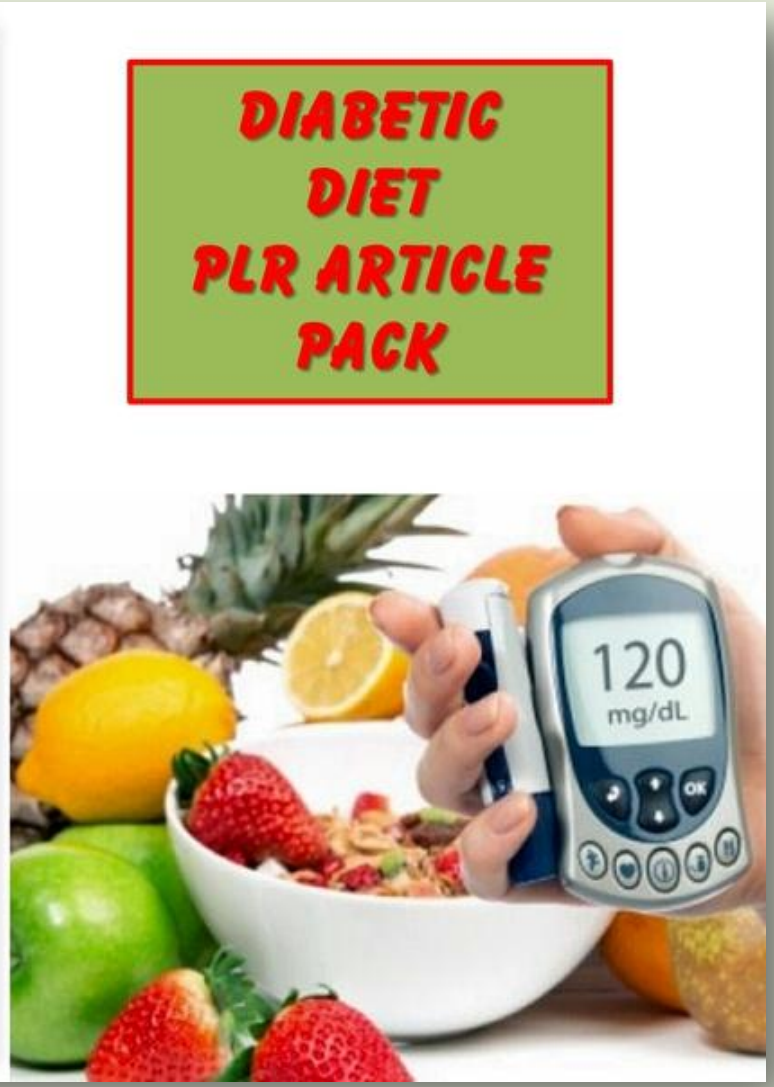


NUTRITION PROFIT PACK

Plr article pack #12 (25 articles)

Name

- African Americans and Diabetes.txt
- Can a good diet keep diabetes at bay.txt
- Depression and Diabetes.txt
- Diabetes and sexual problems.txt
- Diabetic diet.txt
- Eye Complications of Diabetes.txt
- Foot Complications of Diabetes.txt
- Gestational diabetes.txt
- Glycemic Index.txt
- Good gylcemic foods.txt
- High glycemic foods.txt
- How to prevent diabetes.txt
- How to use the glycemic index.txt
- Insulin to treat diabetes.txt
- Kidney Disease and Diabetes.txt
- Link between diabetes, heart attack and stroke.txt
- Medications that Treat Diabetes.txt
- Pre Diabetes.txt
- Symptoms of diabetes.txt
- Teeth Complications of Diabetes.txt
- The effect of the glycemic index on the body.txt
- Type I and Type II Diabetes.txt
- Weight control in diabetes management.txt
- What is hypoglycemia.txt
- You Can Control Diabetes.txt

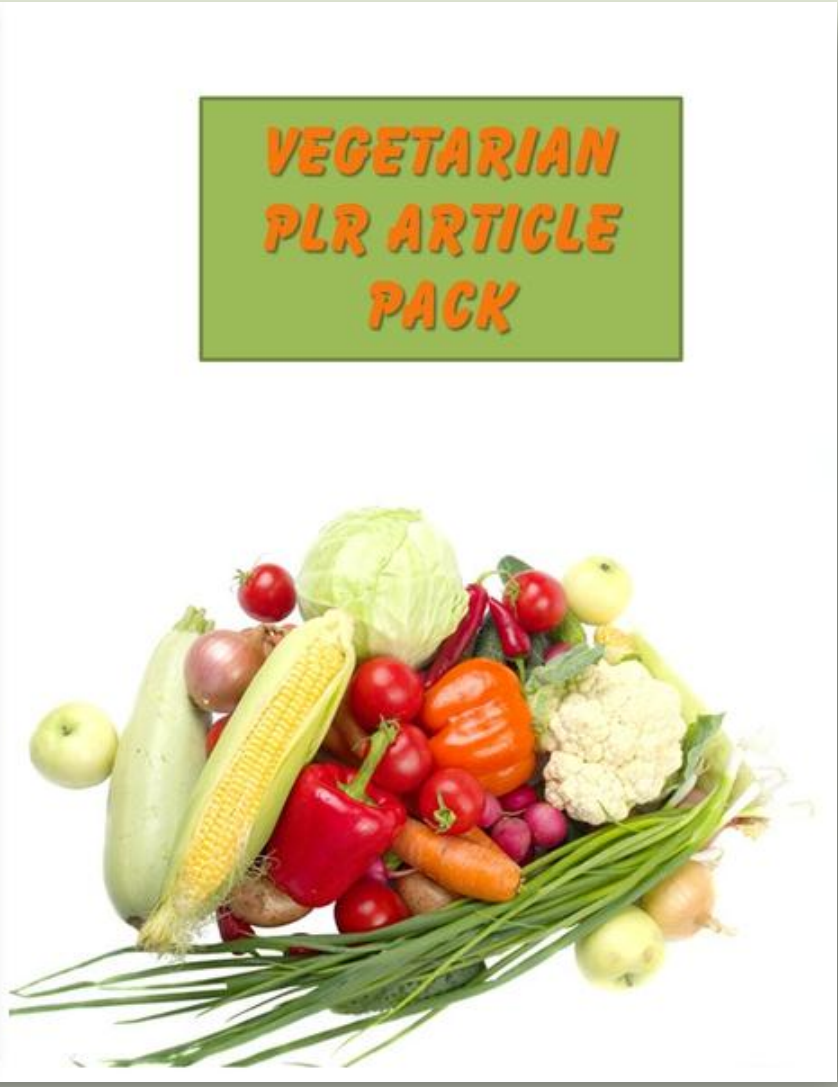


NUTRITION PROFIT PACK

Plr article pack #13 (25 articles)

Name

- 26 - Vegetarian Shoes.txt
- 27 - Vegetarian Table.txt
- 28 - Vegetarian Soup.txt
- 29 - Vegetarian Menu.txt
- 30 - Vegetarian Lasagna.txt
- 31 - Indian Vegetarian Cooking.txt
- 32 - Great Vegetarian Cooking Under Pressure.txt
- 33 - Vegetarian Sports Nutrition.txt
- 34 - Vegetarian Magazine.txt
- 35 - Vegetarian Crock Pot Recipe.txt
- 36 - Indian Vegetarian.txt
- 37 - Vegetarian Times Complete Cookbook.txt
- 38 - Vegetarian Protein.txt
- 39 - Vegan Vegetarian.txt
- 40 - Vegetarian Nutrition.txt
- 41 - Low Fat Vegetarian Eating.txt
- 42 - Vegetarian Sushi.txt
- 43 - Cooking Gourmet Vegetarian.txt
- 44 - Vegetarian Soup Recipe.txt
- 45 - Low Carb Vegetarian.txt
- 46 - Real Vegetarian Thai.txt
- 47 - Essential Vegetarian Cookbook.txt
- 48 - How to Become a Vegetarian.txt
- 49 - Vegetarian Resource Group.txt
- 50 - Vegetarian Pyramid.txt



NUTRITION PROFIT PACK

Plr article pack #14 (25 articles)

Name

- 3-Reasons-Why-You-Should-Feed-Your-Baby-Organic-Baby-Food.txt
- Buying-Organic-Foods-Online-The-Pros-and-Cons.txt
- Easy-Ways-to-Make-the-Switch-to-Organic-Foods.txt
- How-to-Buy-Organic-Foods.txt
- How-to-Find-an-Organic-Food-Delivery-Company.txt
- How-to-Find-Organic-Food-Recipes.txt
- How-to-Find-Organic-Food-Stores.txt
- How-to-Know-You-Are-Buying-Organic-Foods.txt
- How-to-Save-Money-When-Buying-Organic-Foods.txt
- Organic-Baby-Food-A-Buying-Guide.txt
- Organic-Food-Benefits-Why-You-Should-Eat-Organic.txt
- Organic-Food-Coupons-Why-Use-Them-and-How-to-Find-Them.txt
- Organic-Food-Gift-Baskets-The-Perfect-Gift-for-Many.txt
- Organic-Foods-and-the-Environmental-and-Economic-Impacts.txt
- Organic-Foods-Great-for-Toddlers.txt
- Organic-Foods-What-You-May-Find-Available-for-Sale.txt
- Organic-Foods-Why-You-Should-Buy-Directly-From-Farmers.txt
- Organic-Foods-Why-You-Shouldnt-Let-the-Cost-Turn-You-Away.txt
- Organic-Pet-Food-Is-There-Such-a-Thing.txt
- The-Pros-and-Cons-of-Eating-Organic-Foods.txt
- Tips-for-Choosing-an-Organic-Food-Store-to-Shop-At.txt
- Tips-for-Helping-Young-Children-Eat-Organic-Foods.txt
- What-Are-The-Disadvantages-to-Eating-Organic-Foods.txt
- Where-to-Buy-Organic-Food-Gift-Baskets.txt
- Why-Organic-Food-Is-Better-For-You.txt

EATING ORGANIC PLR ARTICLE PACK



NUTRITION PROFIT PACK

Plr article pack #15 (25 articles)

Name

- 10-Reasons-to-Eat-Raw-Foods.txt
- A-Good-Raw-Diet-for-Your-Health.txt
- A-Raw-Diet-and-Aging.txt
- A-tasty-way-to-do-the-raw-vegan-diet.txt
- Debunking-the-Raw-Food-Diet-Myths.txt
- Doing-the-Raw-Food-Diet-Right.txt
- Eating-Raw-Plant-as-Opposed-to-Cooked-Animal.txt
- Finding-The-Ingredients-For-Your-Raw-Food-Diet.txt
- Fruit-or-Fat.txt
- Getting-the-Acid-Alkali-Balance-Right-on-the-Raw-Food-Diet.txt
- Heat-The-Enemy-of-Food.txt
- How-To-Get-Started-On-A-Raw-Food-Diet.txt
- Human-Vs-Ape-in-the-Raw-Food-Diet.txt
- Nutritional-Value-of-Raw-Food-Diets.txt
- Raw-Food-Diets-And-Children.txt
- Raw-Is-Good.txt
- Reasons-For-A-Raw-food-Diet.txt
- Recipes-for-a-raw-food-diet.txt
- The-Health-Benefits-of-a-Raw-Food-Diet.txt
- The-Healthy-Way-to-do Raw-Food-Diets.txt
- To-Cook-or-Not-to-Cook.txt
- What-is-Raw-Foodism.txt
- Why-Go-Raw.txt
- Why-You-Need-A-Raw-Food-Diet.txt
- You-Dont-need-to-be-a-Rabbit-to-Benefit-from-Raw-Food.txt



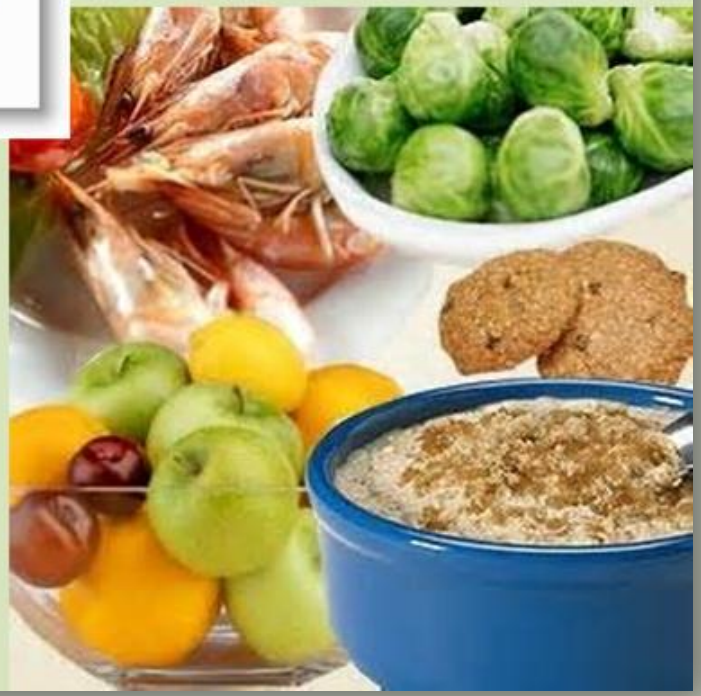
NUTRITION PROFIT PACK

Plr article pack #16 (25 articles)

Name

- A healthy balance of nutrition.txt
- Choosing the right food.txt
- Cutting down on unhealthy lifestyle choices.txt
- Healthy Cooking Tips - 1.txt
- Healthy Cooking Tips - 2.txt
- Lowering your cholesterol through proper weight loss programs.txt
- Maintaining a healthy lifestyle to lose weight and cholesterol.txt
- Reduce weight and cholesterol by choosing low GI carbohydrates.txt
- Reducing Cholesterol by Taking Network Marketing Products.txt
- What is cholesterol actually.txt

LOWER CHOLESTEROL



PLR ARTICLE PACK

NUTRITION PROFIT PACK

Plr article pack #17 (25 articles)

Name

- Benefits of Fish Oil.txt
- Choosing Fish Oil Supplements.txt
- Customer Knowledge Buying Fish Oil Supplements.txt
- Fish Oil And Your Brain.txt
- Fish Oil Effects That You Can Avoid.txt
- Fish Oil For The Heart.txt
- Fish Oil Grades.txt
- Fish Oil The Quantity I Should Take.txt
- Fish Oil Ultimate Defense Against Silent Inflammation.txt
- fish oil, a sign of hope for cardio vascular disease.txt
- Health Benefits of Fish Oil.txt
- How can one benefit from fish oil supplements.txt
- How Fish Oil Can Benefit Your Health.txt
- How Fish Oil Can Cure Inflammation.txt
- Is Fish Oil Harmful.txt
- Surprising Benefits Of Using Fish Oil.txt
- The benefits of fish oil supplements.txt
- The Dark Side of Fish Oil.txt
- The Healing Benefits of fish oil.txt
- The History of Fish Oil.txt
- Understanding Fish Oil.txt
- Updates on the Benefits of Fish Oil.txt
- What is a healthy diet with fish oil supplements.txt
- Why Having Fish Oil in Ones Diet is Important.txt
- You Gotta Love Fish Oil.txt

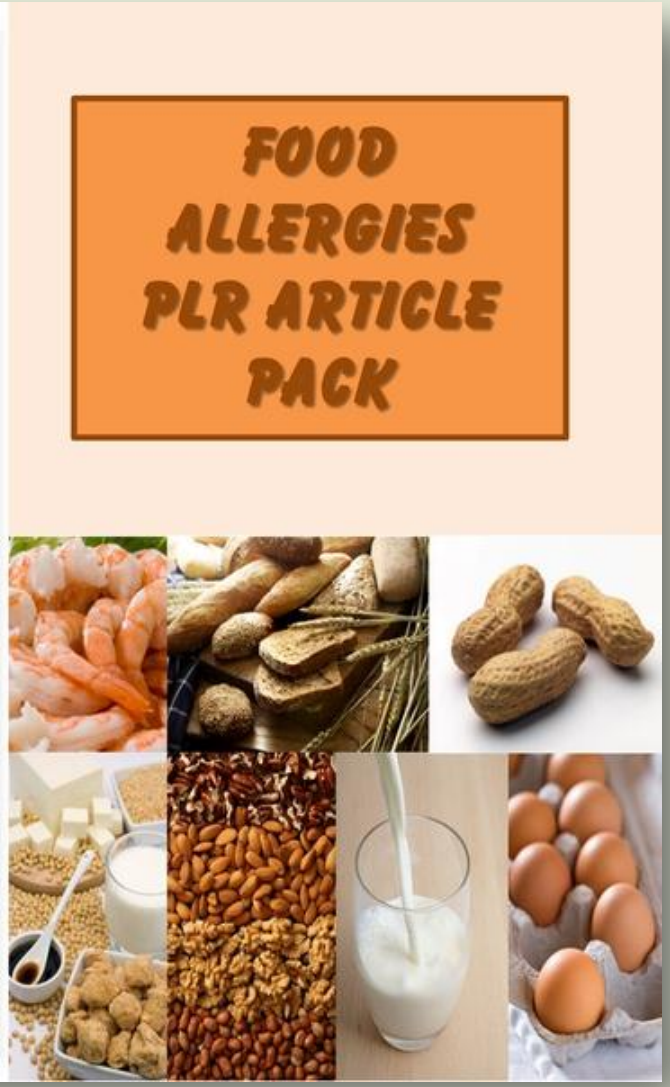


NUTRITION PROFIT PACK

Plr article pack #18 (25 articles)

Name

- a_survival_guide_to_overcome_and_recover_from_a_food_allergy.txt
- allergy_book_child_cook_food_ friendly.txt
- allergy_eat_food_hidden_ill_making.txt
- allergy_free_dog_food.txt
- asthma_food_allergy.txt
- baby_food_allergy.txt
- cat_food_allergy.txt
- child_food_allergy.txt
- common_food_allergy.txt
- dog_with_dog_food_allergy.txt
- eczema_and_food_allergy.txt
- food_allergy_and_anaphylaxis.txt
- food_allergy_and_food_intolerance_identification_and_treatment.txt
- food_allergy_blood_test.txt
- food_allergy_cause.txt
- food_allergy_cure.txt
- food_allergy_diet.txt
- food_allergy_in_cat.txt
- food_allergy_schools.txt
- food_allergy_survival_guide.txt
- food_allergy_symptom.txt
- food_allergy_treatment.txt
- food-allergy-overview.txt
- recipes_for_people_who_are_allergy_sensitive.txt
- your_hidden_food_allergy_are_making_you_fat.txt



NUTRITION PROFIT PACK

Plr article pack #19 (25 articles)

Name

- Caffine and Pregnancy.txt
- Eating for Breastfeeding.txt
- Eating to beat pregnancy fatigue.txt
- Eating to conceive.txt
- Eating to prevent heartburn.txt
- Eating well even after your pregnancy.txt
- Eating Well for You during Your Pregnancy.txt
- Eating well for your baby.txt
- Eating well while dealing with morning sickness.txt
- Exercise during pregnancy.txt
- Food cravings during pregnancy.txt
- Foods to Avoid While Pregnant.txt
- Gaining weight too fast during pregnancy.txt
- Gaining weight too slowly during pregnancy.txt
- gestational diabates.txt
- Healthy weight gain for pregnancy.txt
- How eating well can help during pregnancy.txt
- How to avoid constipation during pregnancy.txt
- How to cope with food aversions.txt
- How to eat for a healthy pregnancy.txt
- Peanuts and Pregnancy.txt
- Planning ahead while pregnant.txt
- Plus size and pregnant.txt
- Pregnancy and Nutrition.txt
- Prenatal and Pregnancy.txt
- The Basics of Eating Well When Pregnant.txt



NUTRITION PROFIT PACK

Plr article pack #20 (25 articles)

Name

1 - Benefit of Drinking Green Tea.txt
2 - Benefit of Green Tea.txt
3 - Benefit of Green Tea Extract.txt
4 - Green Tea and Caffeine.txt
5 - Health Benefits of Green Tea.txt
6 - Green Tea Antioxidants.txt
7 - Green Tea and High Blood Pressure.txt
8 - Green Tea News and Lower Cholesterol.txt
9 - Benefits of Green Tea for Dieting.txt
10 - Oprah and Green Tea Diet.txt
11 - Green Tea Dietary Supplement.txt
12 - Green Tea to Lose Weight.txt
13 - Best Green Tea Diet Supplement.txt
14 - Green Tea Weight Loss.txt
15 - Green Tea Dosage for Weight Loss.txt
16 - Green Tea Fat Burner.txt
17 - Best Green Tea.txt
18 - Arizona Green Tea.txt
19 - Asian Green Tea.txt
20 - Snapple Green Tea.txt
21 - Chinese Green Tea.txt
22 - Arizona Diet Green Tea.txt
23 - Chinese Green Tea Diet.txt
24 - Good Earth Green Tea.txt
25 - Green Tea Products.txt



NUTRITION PROFIT PACK

Plr article pack #21 (25 articles)

Name

- 26 - Green Tea Drops.txt
- 27 - Green Tea Gum.txt
- 28 - Green Tea Juice.txt
- 29 - Green Tea Pill.txt
- 30 - Green Tea Tablet.txt
- 31 - Green Tea Drink.txt
- 32 - Green Tea Concentrate.txt
- 33 - Green Tea Cleansing Skin Care.txt
- 34 - Green Tea Shampoo.txt
- 35 - Green Tea to Clear Acne Scars.txt
- 36 - Elizabeth Arden Green Tea Energizing Bath Gel.txt
- 37 - Elizabeth Arden Green Tea Perfume.txt
- 38 - Green Tea Effects.txt
- 39 - Green Tea Lotion.txt
- 40 - Green Tea Soap.txt
- 41 - Green Tea Facts.txt
- 42 - Green Tea and Fertility.txt
- 43 - Green Tea and Pregnancy.txt
- 44 - Green Tea Caffeine Content.txt
- 45 - Green Tea Extract Side Effects.txt
- 46 - Green Tea History.txt
- 47 - Green Tea Properties.txt
- 48 - Green Tea Side Effects.txt
- 49 - Herbal Green Tea.txt
- 50 - Ginseng Green Tea.txt

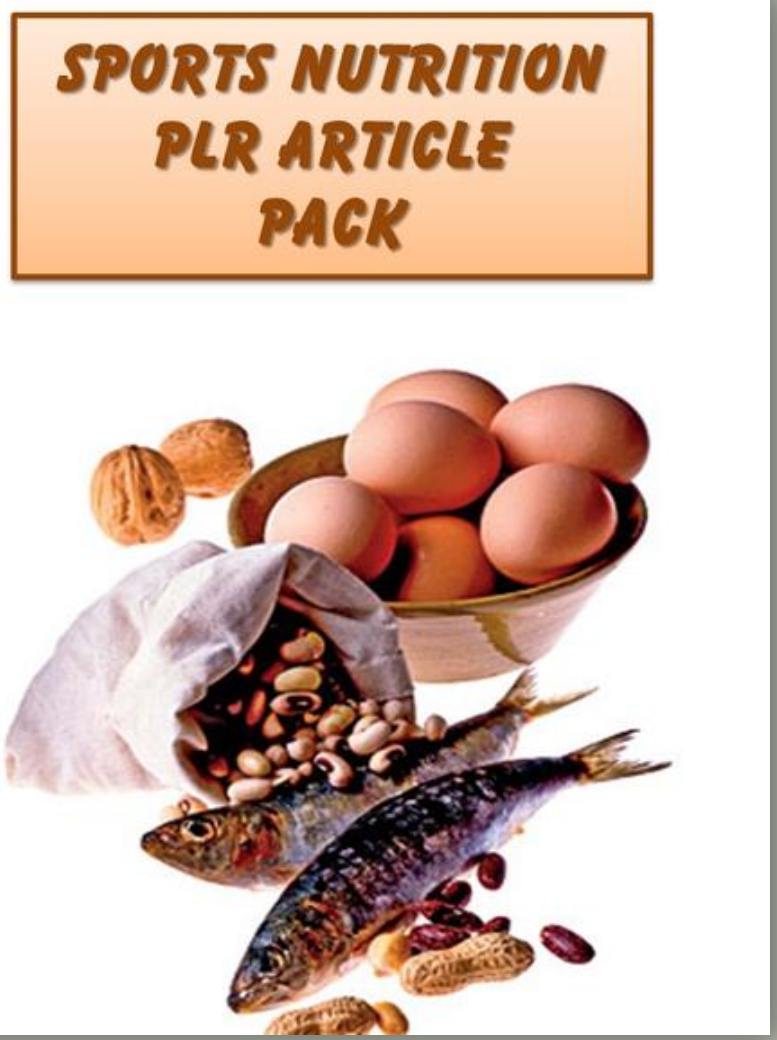


NUTRITION PROFIT PACK

Plr article pack #22 (25 articles)

Name

- advanced-sports-nutrition.txt
- all-in-one-sports-nutrition.txt
- american-sports-nutrition.txt
- american-sports-nutrition2.txt
- and-sports-nutrition.txt
- best-sports-nutrition.txt
- books-sports-nutrition.txt
- charts-on-sports-nutrition.txt
- discount-sports-nutrition.txt
- discount-sports-nutrition2.txt
- discount-sports-nutrition-supplement.txt
- eas-sports-nutrition.txt
- eas-sports-nutrition2.txt
- endurance-sports-nutrition.txt
- endurance-sports-nutrition2.txt
- essential-oil-for-sports-nutrition.txt
- extreme-sports-nutrition.txt
- japanese-sports-nutrition.txt
- journal-of-sports-nutrition.txt
- keyword-sports-nutrition.txt
- natural-sports-nutrition.txt
- nutraceutical-industry-and-sports-nutrition.txt
- optimum-sports-nutrition.txt
- optimum-sports-nutrition2.txt
- pinnacle-sports-nutrition.txt

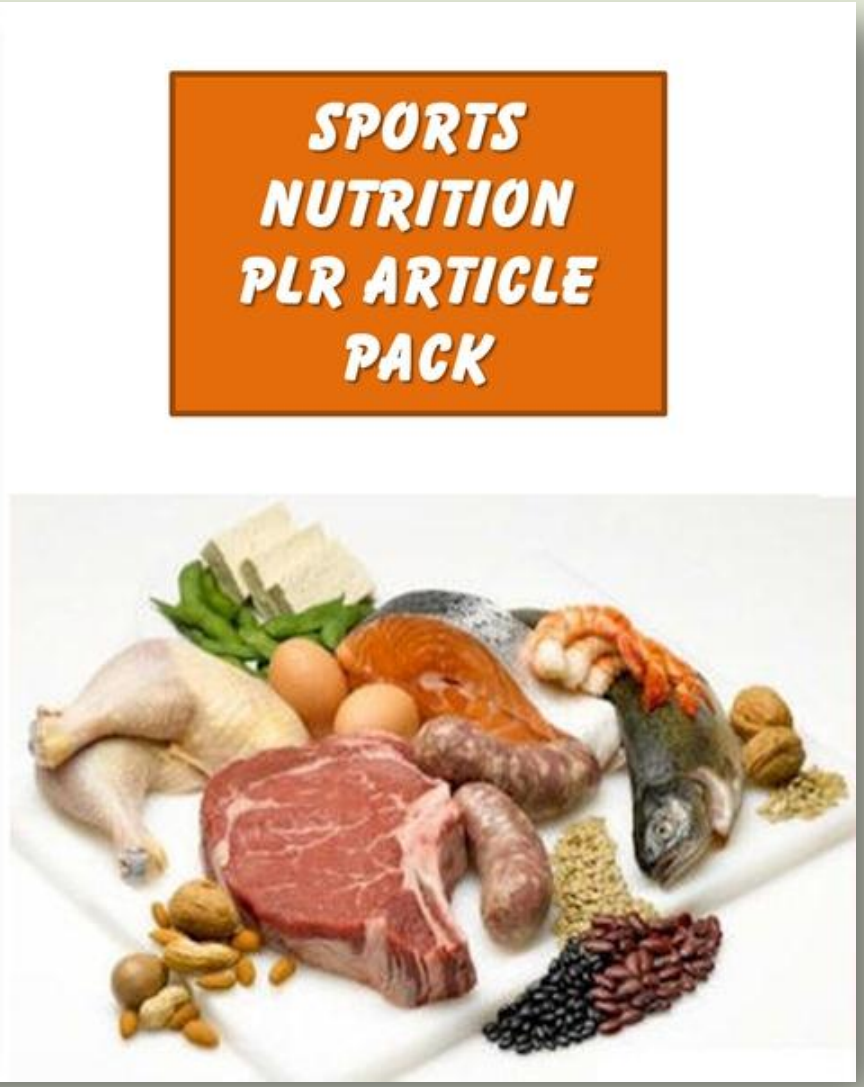


NUTRITION PROFIT PACK

Plr article pack #23 (25 articles)

Name

- rocky-mountain-sports-nutrition.txt
- sports-nutrition.txt
- sports-nutrition-and.txt
- sports-nutrition-and-exercise.txt
- sports-nutrition-article.txt
- sports-nutrition-depot.txt
- sports-nutrition-education.txt
- sports-nutrition-education2.txt
- sports-nutrition-for-women.txt
- sports-nutrition-health.txt
- sports-nutrition-health2.txt
- sports-nutrition-information.txt
- sports-nutrition-international.txt
- sports-nutrition-jobs.txt
- sports-nutrition-product.txt
- sports-nutrition-program.txt
- sports-nutrition-protein.txt
- sports-nutrition-supplement.txt
- sports-nutrition-supplement2.txt
- sports-nutrition-supplements.txt
- vitamin-diet-energy-sports-nutrition.txt
- world-sports-nutrition.txt
- worldwide-sports-nutrition.txt
- world-wide-sports-nutrition2.txt
- worldwide-sports-nutrition-pure-protein...



NUTRITION PROFIT PACK

Plr article pack #24 (25 articles)

Name

- Cheapest-Vitamins-and-Supplements.txt.txt
- Deciding-What-Vitamins-and-Supplements-to-Take.txt.txt
- How-to-Buy-Vitamins-and-Supplements.txt.txt
- How-to-get-Information-on-Vitamins-and-Supplements.txt.txt
- How-Vitamins-and-Supplements-work-with-Diet.txt.txt
- Introduction-to-Vitamins-and-Supplements.txt.txt
- Overdosing-on-Vitamins-and-Supplements.txt.txt
- The-Myths -About-Vitamins-and-Supplements.txt.txt
- Tips-for-Using-Vitamins-and-Supplements.txt.txt
- Using-Fish-Oil-as-a-Supplement.txt.txt
- Using-Folic-Acid-as-a-Supplement.txt.txt
- Using-Garlic-Pills-as-a-Supplement.txt.txt
- Using-Vitamin-B-as-a-Supplement.txt.txt
- Vitamin-C-as-a-Supplement-to-Prevent-Illness.txt.txt
- Vitamin-E-as -a-Supplement-to-fight-aging.txt.txt
- Vitamins-and-Suplements-for-Heart-Disease.txt.txt
- Vitamins-and-Supplements-for-a-Youthful-Life.txt.txt
- Vitamins-and-Supplements-for-Brain-Power.txt.txt
- Vitamins-and-Supplements-for-Everyday-Use.txt.txt
- Vitamins-and-Supplements-for-Hair-Loss.txt.txt
- Vitamins-and-Supplements-for-Obesity.txt.txt
- Vitamins-and-Supplements-for-Sports-Nutrition.txt.txt
- Vitamins-and-Supplements-for-Stress.txt.txt
- Vitamins-and-Supplements-vs-the-Doctor.txt.txt
- Where-to-buy-Vitamins-and-Supplements.txt.txt

VITAMINS & SUPPLEMENTS PLR ARTICLE PACK



NUTRITION PROFIT PACK

Plr article pack #25 (25 articles)

Name

1 - You Really Are What You Eat.doc
2 - Prevention is Worth a Pound of Cure.doc
3- Color Your Way to Daily Health.doc
4 - Getting Your Nutrition from Real Food is a Good Habit for Life.doc
5- Super Foods for Super Weight Loss.doc
6 - Flush the Fat with Smart Food Choices.doc
7- Superfoods that Squash Stress.doc
8 - Superfoods for your Brain.doc
9 - Superfoods to Rejuvenate Body Mind and Spirit.doc
10 - Superfoods that help heartburn.doc
11 - Superfoods to Stomp out a Cold.doc
12- Superfoods for Fighting the Flu.doc
13 - Superfoods for Super Bones.doc
14- Superfoods with your Heart in Mind.doc
15- Superfoods that Fight Cancer.doc
16 - Superfoods for Conquering the Pain of Arthritis.doc
17 - Superfoods to Fend off Alzheimers Disease.doc
18 - Superfoods for a Super Long Life.doc
19 - Superfoods for Healthy Hair.doc
20 - Superfoods that Fight Depression.doc
21 - Superfoods for Super Sex.doc
22 - Superfoods to Help You Manage Your Monthly Menstruation.doc
23a - Superfoods To Help You Manage Menopause.doc
23b- Superfoods for a Smooth Transition into Menopause.doc
24 - Superfoods for healthy prostate.doc
25 - Superfoods for Erectile Dysfunction.doc

SUPERFOODS PLR ARTICLE PACK

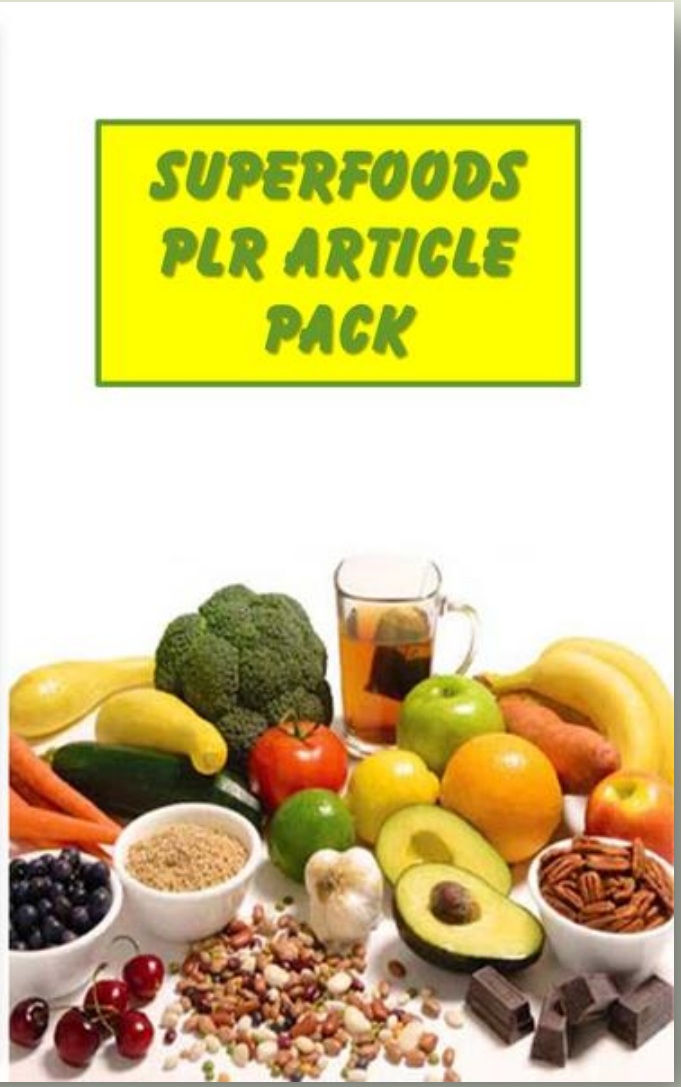


NUTRITION PROFIT PACK

Plr article pack #26 (25 articles)

Name

- 26 - Superfoods for Healthy and Natural Conception.doc
- 27 - Super Strategies for Stamping Out Acne.doc
- 28 - Superfoods to Fight Flatulence.doc
- 29 - Superfoods that Battle the Herpes Virus.doc
- 30 - Superfoods for Hives Relief.doc
- 31 - Cranberries - The Superfood to Stave Off Bladder Infections.doc
- 32- Superfoods for Getting Over Food Poisoning.doc
- 33 - Superfoods to Alleviate Symptoms of Gout.doc
- 34 - Superfoods for a Super Pregnancy.doc
- 35 - Nutritional Hope for Schizophrenic Patients.doc
- 36 - Superfoods for Sinusitis Relief.doc
- 37 - Superfoods for Super Skin.doc
- 38 - Superfoods for Relief from Chronic Fatigue.doc
- 39 - Superfoods for a Spiffy Circulatory System.doc
- 40 - Superfoods to Combat Cirrhosis of the Liver.doc
- 41 - Superfoods that Really Get You Moving.doc
- 42 - Super Solutions for Crohns Patients.doc
- 43 - Superfoods for a Superior Thyroid.doc
- 44 - Jump for Joy and Juice.doc
- 45 - Organic Foods Equal Improved Health.doc
- 46 - Raw Foods Diet is Beneficial to Your Health.doc
- 47 - Hay Diet Treats Chemical Condition of the Body.doc
- 48 - Water is our Body's Lifeblood.doc
- 49 - Macrobiotic Diet Helps Balance Your Diet and Your Life.doc
- 50 - Healthy Diet Essentials.doc



NUTRITION PROFIT PACK

Plr article pack #27 (25 articles)

Name

- A Partial List of the Best Blenders.txt
- A Peek at the History of Blenders.txt
- Advertising the Use of Blenders.txt
- Blender Buying Guide.txt
- Blender Drinks and Other Treats that can be Done through the Blender.txt
- Blender Tips.txt
- Cheap Blenders and Other Ways to Go about Your Companys USP.txt
- How to buy a good blender for your food and drinks.txt
- How to Use the Message Best Price on Blenders on Posters.txt
- How-To-Buy-A-Blender.txt
- How-to-Use-A-Blender.txt
- Important Factors in Choosing the Right Commercial Blenders.txt
- Non Alcoholic Blender Drinks.txt
- Personal Blenders, A Look at Back to Basics.txt
- Points to Consider in Buying a Blender.txt
- Preparing Alcoholic Blender Drinks.txt
- The difference between blenders and food processors..txt
- The Importance of Having Your Own Baby Food Blenders.txt
- The versatility of a food and drinks blenders.txt
- The-Basics-of-Blenders.txt
- The-Blender-Buying-Guide.txt
- The-Price-of-Blenders.txt
- Two things to consider when buying a blender for food and drinks.txt
- Types of Blenders.txt
- What you should know before buying a blender for food and drinks.txt

BLENDERS PLR ARTICLE PACK



NUTRITION PROFIT PACK

cholesterol
private label article image pack #1






Article Titles:

- Check Your Health - Learn About Cholesterol.txt
- Cholesterol And Learning About Trigylcerides.txt
- Cholesterol And The Effects On Men And Women.txt
- Cholesterol Diets And The Way Forward For Healthier Living.txt
- Find Out More About Statin Drugs.txt
- Health Products for Cholesterol, Weight Loss and Anti-Aging.txt
- High Cholesterol And Self Testing.txt
- High Cholesterol In Diabetics.txt
- How To Improve Cholesterol Levels Naturally.txt
- Improving Your State Of Health With Statins And Good Cholesterol.txt
- Juices Can Reduce Cholesterol And Prevent Heart Disease.txt
- Learn About High Cholesterol And How To Control It.txt
- Lipid Altering Medication Should You Be Taking It.txt
- Low Cholesterol Can Be Dangerous.txt
- Lower Your Cholesterol Levels Naturally.txt
- Maintain Normal Cholesterol Levels As If Your Life Depended On It.txt
- More Information About What A Stroke Is.txt
- Soy Is Powerful For Your Body.txt
- Top Five Cholesterol Myths.txt
- What Causes High Cholesterol.txt

Includes:

- 20 Topical Articles **with Private Label Rights**
- 15 Topical Images and Thumbnails **with Private Label Rights**

smoothies
private label article image pack #2






Article Titles:

- 10-Top-Healthy-Foods-To-Keep-You-Fit.txt
- A-Morning-Smoothie-To-Help-Cure-Constipation.txt
- Cherry-Juice-Can-Alleviate-Arthritis.txt
- Choosing-A-Juicer.txt
- Discover-A-Cool-Way-To-Eat-Healthy.txt
- Do-Smoothies-Have-To-Go-Now-That-I'm-Trying-To-Lose-Weight.txt
- Feeling-Tired,-No-Pep,-No-Zing,-Tap-Into-Breakfast-Smoothies.txt
- Healthful-Ways-To-Keep-Your-Cool.txt
- Keep-Yourself-Fit-And-Healthy-Using-Natural-Methods.txt
- Living-On-A-Fruit-Diet.txt
- Make-A-Smoothie-Your-Perfect-Meal.txt
- One-Ingredient-Can-Make-For-Many-Marvelous-Meals.txt
- Smoothies,-Your-Best-Fast-Food-Alternative.txt
- Smoothies.txt
- Starting-A-Smoothie-Business.txt
- Strawberry,-Not-Just-A-Beautiful-Fruit.txt
- The-Benefits-Of-Juicers.txt
- The-Big-Fat-Juicer-You-Can-Count-On.txt
- Tips-For-Delectable-Soy-Smoothies.txt
- Top-10-Best-Smoothie-Recipes.txt

Includes:

- 20 Topical Articles **with Private Label Rights**
- 22 Topical Images and Thumbnails **with Private Label Rights**

juicing
private label article image pack #3






Article Titles:

- a_squeeze_of_life__a_guide_on_juicing.txt
- enjoy_health_giving_juice_every_day_.txt
- expert_suggestions_for_juicing_your_way_to_good_health.txt
- get_more_from_your_juicing_with_these_great_tips_and_ideas.txt
- great_juicing_tips_that_are_simple_to_follow.txt
- great_juicing_tips_that_everyone_should_check_out.txt
- harness_the_health_power_of_juice_with_these_simple_tips_.txt
- how_to_juice__simple_tips_for_home_juicing.txt
- improve_your_juicing_skills_by_trying_these_ideas.txt
- juicing_secrets_they_don't_want_you_to_know_.txt
- juicing_tips_for_everyone.txt
- juicing_tips_for_everyone_from_the_beginner_to_the_pro.txt
- juicing_tips_you_should_take_advantage_of_.txt
- learning_to_juice___healthy_tips_and_tricks_.txt
- liquid_gold__a_list_of_the_benefits_of_juicing.txt
- looking_for_expert_juicing_advice__try_these_hints_.txt
- not_only_for_juice_bars___how_to_juice_at_home.txt
- tasty_juices_straight_from_your_own_kitchen.txt
- the_best_juicing_recipes_for_your_daily_routine.txt
- try_some_of_this_juicing_advice_today_.txt

Includes:

- 20 Topical Articles **with Private Label Rights**
- 43 Topical Images and Thumbnails **with Private Label Rights**

Alkaline diet
private label article image pack #4






Article Titles:

- 7-Ways-to-Make-Alkaline-Diet-Benefit-You.txt
- Acid-And-Alkaline-Foods-In-The-pH-Miracle-Diet.txt
- Acid-Vs-Alkaline-Diet.txt
- Getting-More-Alkaline-Into-Your-Diet.txt
- How-To-Determine-Your-Body-pH-Balance.txt
- Is-There-A-Universal-Diet-For-Proper-Body-Balance-pH.txt
- pH-And-Energy-Levels.txt
- pH-Miracle-Diet-Basics.txt
- pH-Miracle-Diet-Cooking-Tips.txt
- Understanding-Acid-And-Alkaline-pH.txt

Includes:

- 10 Topical Articles **with Private Label Rights**
- 24 Topical Images and Thumbnails **with Private Label Rights**

Energy diet
private label article image pack #5





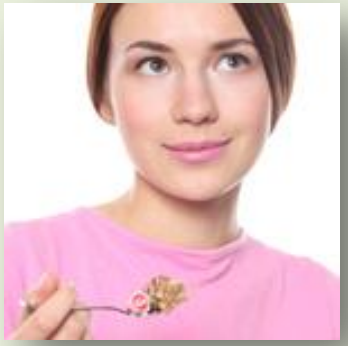

Article Titles:

- 11-Fail-Proof-Habits-For-Producing-A-Floodgate-Of-Energy.txt
- Health-Energy-Nutrition.txt
- Improve-Your-Exercise-Regimen-With-Sports-Nutrition-Protein.txt
- Increase-The-Level-Of-Energy-With-High-Vitamin-Sports-Nutrition.txt
- Learn-What-Foods-Will-Infuse-Your-Body-With-Energy.txt
- Nutrition-Supplements-For-Atheltes.txt
- Reaching-Your-Bodys-Full-Potential.txt
- Sport-Nutrition-Information-To-Stay-Fit.txt
- Vegetarian-Sports-Nutrition.txt
- Weight-Loss-Workouts-Basics.txt

Includes:

- 10 Topical Articles **with Private Label Rights**
- 24 Topical Images and Thumbnails **with Private Label Rights**

Sugar detox
private label article image pack #6



Article Titles:

- Beat-The-Carb-Cravings.txt
- Benefits-Of -The-Carbohydrate-Counting-Diet.txt
- Chocolate-The-Body-Defender-And-Protector.txt
- Curb-Cravings-With-Green-Tea-Helps-The-Body-Burn-Fat.txt
- Diet-And-Food-Affect-Your-Blood-Pressure.txt
- Food-Cravings-During-Pregnancy.txt
- Glycemic-Index-Diets-Can-Help-To-Control-Blood-Sugar-Levels.txt
- Good-Carbohydrates-And-Bad-Carbohydrates.txt
- High-Glycemic-Foods.txt
- Super-Foods-For-Super-Health.txt

Includes:

- 10 Topical Articles **with Private Label Rights**
- 24 Topical Images and Thumbnails **with Private Label Rights**

NUTRITION Article Image Special Pack





NUTRITION
plr article content
353 private label rights articles

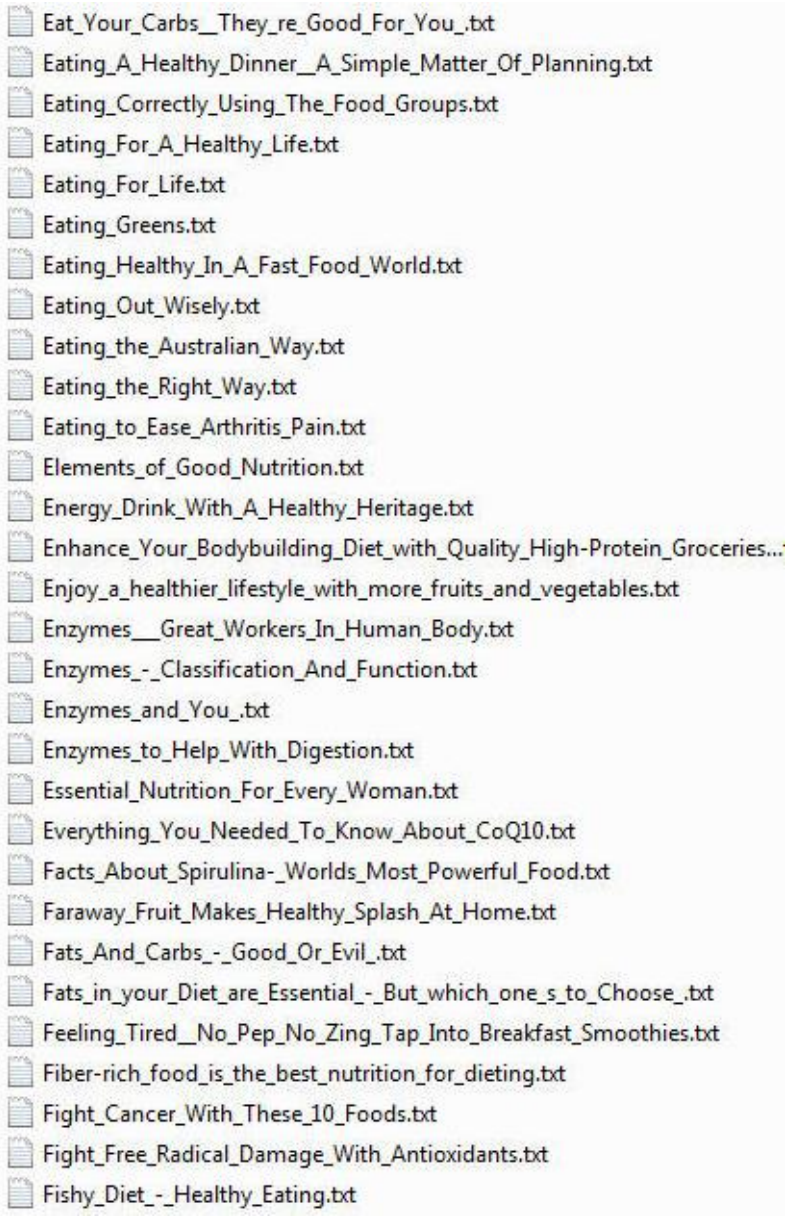
Name

3_Ways_To_Drink_More_Water.txt
7_Reasons_to_grow_your_own_organic_vegetable_garden.txt
7_Reasons_Why_You_Should_Be_Using_Coconut_Oil.txt
7_Top_Foods_to_Include_in_your_Kid_s_Diet.txt
7_Ways_to_Make_Alkaline_Diet_Benefit_You.txt
8_Ways_You_Get_Great_Results_With_Glyconutrients.txt
10_Easy_Tips_to_Eat_Your_Way_to_Lower_Cholesterol..txt
10_Easy_Ways_to_a__Healthy-Diet__for_Kids.txt
10_Top_Healthy_Foods_To_Keep_You_Fit.txt
10_Ways_To_Sneak_Some_Extra_Fruits_And_Vegetables_In_Your_Family_s_Diet.txt
22_Reasons_To_Drink_Mangosteen_Juice.txt
A_Delicious_Companion_To_Good_Health__The_Olive_Oil_Story.txt
A_Healthy_Guide_to_Good_Nutrition.txt
A_Nutritious_Diet_while_Traveling.txt
A_Practical_Approach_To_Healthy_Eating.txt
About_Omega_3_Fish_oils.txt
Acid_Vs_Alkaline_Diet.txt
Addictive_Foods_and_their_Harmful_Consequences.txt
Adding_More_Phytonutrients_To_Your_Diet_Provides_Big_Benefits.txt
Advices_about_Diet_to_Reduce_Rheumatic_Pain_and_Inflammatory_Conditions.txt
All_About_Carbohydrates.txt
All_About_Fats.txt
All_About_Protein.txt
All_Calories_Are_Not_Created_Equal.txt
Anti_aging_HGH.txt
Apples_-_Crunch_Your_Way_to_Healthy_Nutrition.txt
Apricots_Are_Loading_With_Nutritional_Goodies.txt
Are_Glyconutrients_Right_For_You_.txt
Are_The_Foods_You_Eat_Putting_Your_Health_at_Risk_.txt
Are_You_Drinking_Enough_Water_.txt
Are_you_eating_yourself_to_death_.txt
Are_You_Lactose_Intolerant_.txt
Are_You_Nutritionally_Fit_.txt
Are_You_Sick_and_Overweight__Your_Diet_Could_Be_the_Problem.txt
Are_your_eating_habits_healthy_.txt
Are_Your_Lifestyle_Habits_Killing_You_.txt
Artichokes_Are_A_Strange_But_Healthy_Food.txt
Basic_Meal___Menu_Planning.txt
Basics_Of_Nutrition.txt
Be_Good_To_Your_Stomach.txt
Be_Healthier_With_Veggies..txt
Beans_could_be_the_answer_to_your_diet_nightmares.txt
Beat_Bad_Eating_Habits.txt
Bee_Pollen_-_A_Medical_Miracle_.txt
Beet_-_A_Great_Fighter_Of_Diseases.txt
Beginners_Guide_To_Healthy_Nutritional_Eating.txt
Believe_It__You_Are_What_You_Eat_.txt
Benefits_Of_Carrot__Carrot_Seed_Oil_And_Carrot_Root_Oil.txt
Benefits_of_Goji_juice.txt
benefits_of_the_Soya_Bean.txt
Beware_of_Eating_Too_much_Protein.txt
Bodybuilding_Nutrition_And_Balance.txt
Boost_Your_Memory_With_Caffeine.txt
Brazilian_Superfruit_Found_to_Kill_Cancer_Cells.txt
Break_it_Down.txt
Broccoli_A_Disease_Fighting_Resource.txt
Caffeine_Addiction_-_A_Problem_To_Be_Solved_As_Early_As_Possible.txt
Calorie_requirements_for_the_different_type_of_body_characteristics.txt
Calories__The_Good_and_Bad.txt
Can_Nutrition_Help_Slow_Down_the_Aging_Process_.txt
Carbohydrates__Why_Size_Matters.txt
Carbohydrates_and_the_Glycemic_Index.txt
Careful__Those_Extra_Pounds_Could_Hurt_Your_Eyes.txt
Cayenne_pepper_could_help_Stomach_Ulcers.txt

TOPIC: NUTRITION

353 articles





TOPIC: NUTRITION

353 articles

For_A_Healthy_Living__Just_Enjoy_A_Variety_Of_Vegetables.txt
Fostering_Healthy_Eating_Habits_In_Your_Baby.txt
Fruit_and_Vegetable_Diet__Tips_on_how_to_make_it_fun..txt
Fruits_And_Vegetables_A_Healthy_Choice.txt
Fruits_Secrets.txt
Fruits_To_Be_Eaten_During_Summer.txt
Get_your_nutrition_now_.txt
Getting_a_Healthy_Breakfast.txt
Getting_The_Most_Nutritional_Value_From_Fruits_And_Vegetables.txt
Getting_Your_Child_To_Eat_Vegetables.txt
Give_Brown_Bag_Lunches_A_Nutritious_Makeover.txt
Give_Your_Immune_System_a_Boost_.txt
Glyconutrients_A_New_Paradigm.txt
Glyconutrients_That_Changed_My_Family_Forever.txt
Glyconutrition__All_Eyes_On_Newton.txt
Go_Nuts_About_Almonds.txt
Going_Flexitarian__Where_to_Begin_.txt
Going_Nuts_Over_Nuts.txt
Going_on_a_Trip__Pack_These_Healthy_Foods.txt
Growth_Hormone.txt
Guide_to_the_Food_Pyramid.txt
Harmful_Chemicals_in_the_Meat_You_Eat_.txt
Healing_With_Whole_Foods_-_Defining_Health_By_Relationships.txt
Health_Benefits_Of_Carrot_Juice.txt
Health_Benefits_of_Hazelnut.txt
Health_Energy_Nutrition.txt
Healthier__Faster_Grocery_Shopping.txt
Healthier_Meals_Start_At_Home.txt
Healthy_And_Nutritious_Benefits_From_Yogurt.txt
Healthy_Diet_For_Your_Child.txt
Healthy_Diet_with_fruits_and_vegetables.txt
Healthy_Dining_Out.txt
Healthy_Eating_For_Life.txt
Healthy_Eating_or_Calorie_Counting_.txt
Healthy_Eating_Shopping_List.txt
Healthy_Food_Choices_When_Eating_At_A_Restaurant.txt
Herbalife_Health_Nutrition_New_Breakfast_Products.txt
Here_s_The_Secret_to_Improving_the_Function_of_Every_Cell_in_Your_Body.
High_Mercury_Content_in_Fish.txt
Himalayan_Goji_Juice_Benefits.txt
How_Fat_Is_Burned_Facts.txt
How_Much_Protein_Should_You_Eat_.txt
How_much_water_to_drink.txt
How_to_determine_the_correct_fruit_and_vegetable_juicers.txt
How_To_Find_Out_If_Your_Diet_Is_Healthy_Enough.txt
How_To_Find_Really_Healthy_Food_in_the_Grocery_Store.txt
How_to_improve_the_Cholesterol_levels_naturally_.txt
How_To_Know_If_You_Are_Eating_Too_Much_Salt.txt
How_To_Make_Better_Food_Choices.txt
How_to_Substitute_Fat_in_Your_Everyday_Diet..txt
How_Toxins_in_Our_Diet_Can_Affect_Our_Health.txt
If_Sugar_is_bad_for_you__Are_Sugar_Substitutes_Better_Instead_.txt
Importance_Of_A_Healthy_Diet.txt
Importance_Of_Soya.txt
Improve_Your_Health_With_Fiber.txt
Improve_Your_Health_With_Natural_Foods.txt
Improving_Eating_Habits_Can_Be_Easier_Than_You_Think.txt
Information_Overload-Easy_Ways_To_Understand_Nutrition_Information.txt
Ingredients_Commonly_Found_in_Fat_Burners.txt
Is_Barbecuing_Really_Healthier_.txt
Is_Coffee_Good_For_You_or_Bad_For_You_.txt
Is_Eating_Right_All_The_Time_Causing_You_Stress_.txt
Is_Fructose_Single-Handedly_Making_People_Fat_.txt
It_s_Getting_Easier_To_Go_With_The_Grain.txt

TOPIC: NUTRITION

353 articles





TOPIC: NUTRITION

353 articles



ANTIOXIDANTS
plr article content
38 private label rights articles

Name

- 10_Ways_To_Get_More_Antioxidants_Into_Your_Diet.txt
- Agel_EXO__How_to_Fight_Disease_Causing_Free_Radicals__Quickly__on_the_Run_.txt
- Agel_UMI__A_Highly_Effective_Way_of_Boosting_Our_All_Important_Immune_System_
- Aging_-_Stop_With_Anti-Oxidants.txt
- All_About_The_Goji_Berry.txt
- Amazing_Antioxidants.txt
- Anti-Aging_Goji_Juice.txt
- Antioxidant.txt
- Antioxidant_Food_Supplements.txt
- Antioxidant_Health_Benefits.txt
- Antioxidant_Supplement.txt
- Antioxidant_Vitamins.txt
- Antioxidants___Eat_All_Your_Colors_.txt
- Antioxidants_and_Sexual_Health.txt
- Antioxidants_Are_Found_In_Broccoli_Sprouts.txt
- Antioxidants_Naturally_Found_in_Foods.txt
- Berry_Good_.txt
- Can_Antioxidants_Improve__Skin_Care_.txt
- Do_You_Need_Antioxidant_Tablets_.txt
- Goji_And_Polysaccharides.txt
- Goji_Berries.txt
- Goji_Berries__Mother_Nature_s_Vine-Grown_Vitamins.txt
- Goji_Berries_contain_Glyconutrients_what_are_the_health_benefits_.txt
- Good_Things_to_Know_About_Antioxidants.txt
- How_Are_Antioxidants_Linked_to_Anti-Aging_.txt
- Lycopene__One_Of_The_Most_Potent_Carotenoid_Antioxidants.txt
- Mangosteen_can_help_fight_free_radicals_in_the_body.txt
- Sources_Of_Antioxidants.txt
- Sources_Of_Concentrated_Antioxidants_.txt
- Stop_the_aging_process_with_Anti-oxidants.txt
- The_New_Ky-ani_Sun-The_Antioxidant_Leader.txt
- The_Power_of_Antioxidants_Times_Three.txt
- The_Role_of_Antioxidants_in_Good_Health_And_Healthy_Living.txt
- The_Versatile_Antioxidant_Vitamin_.txt
- What_Is_An_Antioxidant_.txt
- What_Is_Goji_Juice_And_Why_Should_I_Add_It_To_My_Diet_.txt
- Why_The_Elderly_Must_Take_Antioxidants.txt
- Xango-Research.txt

TOPIC: antioxidants

38 articles



CHOLESTEROL
plr article content
40 private label rights articles

Name

- Basic_information_about_Cholesterol.txt
- Cholesterol.txt
- Cholesterol___What_Is_It_and_Are_You_At_Risk_.txt
- Cholesterol__Information_On_Cholesterol_Levels..txt
- Cholesterol_And_Diet.txt
- Cholesterol_and_Lowering_HDL.txt
- Cholesterol_and_TGs_Are_You.txt
- Cholesterol_Control.txt
- Cholesterol_Diets_and_the_way_forward_for_healthier_living.txt
- Cholesterol_Gallstones.txt
- Cholesterol_Levels_and_General_Health.txt
- Cholesterol_Pill_May_Do_More_Damage_Than_Cholesterol.txt
- Common_Medications_To_Treat_High_Cholesterol.txt
- Diet_and_Cholesterol.txt
- Diet_Tips_To_Lower_Your_Cholesterol_Levels_Naturally.txt
- High_Cholesterol_and_Your_Health.txt
- High_Cholesterol_Level__Risk_Factors__Treatment_Options.txt
- How_Do_I_Lower_Cholesterol_Naturally_.txt
- How_To_Lower_Your_Cholesterol.txt
- How_to_reduce_Cholesterol_Naturally.txt
- Information_On_Cholesterol.txt
- Keep_Your_Cholesterol_Down_.txt
- Lower_Your_Cholesterol_Levels__Naturally.txt
- Lower_Your_Cholesterol_Naturally...Without_Drugs__.txt
- Lowering_Cholesterol_Naturally.txt
- Make_Your_Own_Low_Cholesterol_Diet.txt
- Niacin_For_Heart_Health_And_Cholesterol.txt
- Protect_Yourself_From_Bad_Cholesterol.txt
- Take_Low_Cholesterol_Diets_to_Reduce_Cholesterol.txt
- The_Importance_of_Low_Cholesterol_Food.txt
- The_Science_Of_Obesity__Fats___Cholesterol.txt
- Tips_On_Lowering_Cholesterol.txt
- Tips_to_Help_You_Lower_Your_Cholesterol.txt
- Top_Five_Cholesterol_Myths.txt
- Undesirable_Effects_of_Excess_Blood_Cholesterol.txt
- What_Are_Cholesterol_Blockers_.txt
- What_causes_high_cholesterol.txt
- What_Increases___Decreases_Good___Bad_Cholesterol_.txt
- What_Is_Cholesterol_.txt
- You_Too_Can_Control_Cholesterol_Through_Your_Diet.txt

TOPIC: NUTRITION

40 articles



GREEN TEA
plr article content
23 private label rights articles



TOPIC: NUTRITION

23 articles



SUPPLEMENTS
plr article content
201 private label rights articles

Name

5_Crucial_Steps_to_Buying_Wholesale_Nutritional_Supplements.txt
9_Terrible_Facts_About_Hoodia_Gordonii.txt
10_Ingredients_in_Weight_Loss_Pills.txt
5000_Year-Old_Medical_Secret_Unearthed_.txt
A_beginner_s_guide_to_ginseng.txt
A_Dieter_s_Miracle_Molecule-P57.txt
A_Natural_Source_Of_Melatonin.txt
A_Quick_Guide_to_Vegetable_Enzymes.txt
A_Smart_Move_for_a_Smart_Look.txt
About_alternative_health_supplements.txt
About_Women_Health_Supplements.txt
Acidophilus__Acidophilus_May_Cure_Yeast_Infections_and_Vaginitis.txt
Acidophilus__Acidophilus_May_Help_Patients_with_Small-Bowel_Obstruction.txt
Acidophilus__Lactobacillus_Acidophilus_ABC.txt
Acidophilus__To_eat_or_not_to_eat.txt
Acidophilus_Supplements_May_Help_Million_People_with_Digestive_Diseases.txt
American_Ginseng.txt
Are_Herbal_Weight_Loss_Pills_The_Cure_.txt
Are_Liquid_Supplements_Right_For_Your_Healthy_Diet_.txt
Are_the_health_supplements_safe_.txt
Are_Weight_Loss_Supplements_Useful_.txt
Athlete_Dietary_Vitamin_Supplements.txt
Avoiding_The_Scams_Buying_Vitamins_And_Nutritional_Supplements_On_The_Web.
Become_Aware_of_the_Side_Effects_of_Tramadol.txt
Bee_Supplements_For_Your_Health.txt
Before_Buying_Clenbuterol__Learn_About_It_.txt
Benefits_of_Amino_Acids_-_An_Integral_Part_of_Life.txt
Benefits_of_Fish_Oil_for_Fitness_and_Health.txt
Benefits_of_Folic_Acid.txt
Benefits_of_Supplementing_With_Creatine.txt
Benefits_of_Supplementing_With_St._John_s_Wort.txt
Benefits_of_Whey_Protein.txt
Buying_Nutritional_Supplements_Online.txt
Caralluma_Fimbriata_-_A_New_Natural_Weight_Loss_Aid.txt
Celedrin_-_The_Natural_way_to_be_Free_from_Pain.txt
CELLFOOD--Vital_Cellular_Nutrition.txt
Choosing_The_Right_Vitamin_Supplement.txt
CLA___Wow_give_me_some_of_that__.txt
Common_Herb_Proven_To_Reduce_Excessive_Sweat.txt
Coral_Calcium___The_Elixir_Of_Life_.txt
Coral_Calcium___Your_Source_For_This_Necessary_Mineral_.txt
Dietary_Supplements___Do_We_Need_Them_.txt
Discovering_MSM.txt
DMAE_-_Good_For_Your_Brawn_and__Brain.txt
DMAE_Supplements...Do_We_Need_Them_.txt
Ephedra_Supplements_May_Not_Be_Worth_The_Risk.txt
Ephedrine__Weigh_Loss_Certainty_or_Jeopardy_.txt
Flax_Seed_Eh_.txt
Flaxseed_Essentials.txt
Four_Things_About_Eniva_VIBE_You_Should_Know.txt
Ginko_Biloba_-_The_World_s_Best_Selling_Herb.txt
Ginseng_-_a_herb_to_reduce_stress_.txt
Ginseng__Is_It_Really_Beneficial_or_an_Asian_Myth_.txt
Ginseng_is_chinese_for_man_root_-_did_you_know_that_.txt
Glyconutrients_-_Can_I_get_them_in_my_food_.txt
Glyconutrients_-_How_Much_To_Take_.txt
Glyconutrients_-_My_Personal_Story.txt
Glyconutrients_-_The_Mystery_Revealed.txt
Glyconutrients_-_The_next_generation_of_supplementation.txt
Glyconutrients__The_Next_Generation_Of_Supplementation_.txt
Glyconutrients_Are_Only_One_Piece_Of_The_Puzzle....txt
Goji__Nutrient-dense_Superfood.txt
Goji_and_Arthritis.txt
Goji_and_Cancer.txt

TOPIC: supplements
201 articles





TOPIC: supplements

201 articles



TOPIC: supplements

201 articles



VITAMINS & Minerals
plr article content
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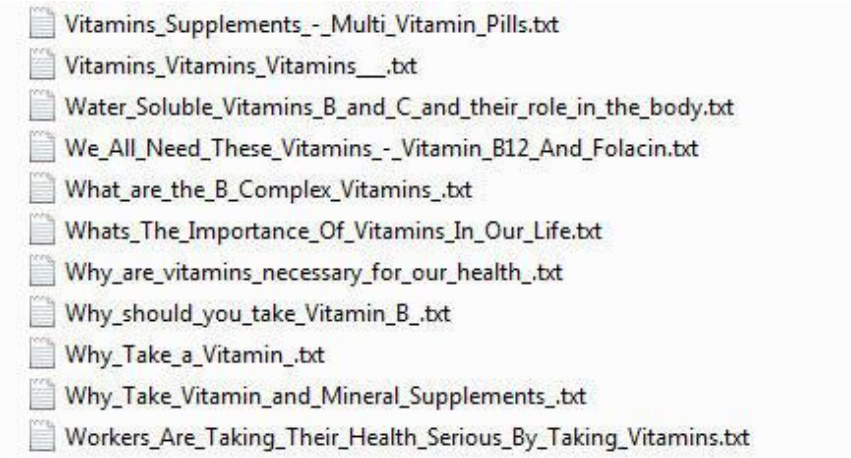
Name

A_Juicy__Fun_Way_To_Take_Your_Vitamins.txt
A_to_Z_of_Vitamin_C.txt
About_Vitamins_-_Everything_you_need_to_know_.txt
All_about__vitamin_A.txt
All_You_Need_To_Know_About_Vitamin_A.txt
An_Overview_of_the_B5_Vitamin.txt
Are_Mega-Doses_Of_Vitamins_Safe_.txt
Are_Prenatal_Vitamins_Really_Necessary_.txt
Are_You_Getting_Enough_Vitamin_B_.txt
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B6__Important_Among_the_B_Vitamins.txt
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Bone_Up_On_Vitamin_D.txt
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Calcium__When_You_Take_It__It_Works.txt
Calcium_helps_the_heart_nerves_muscles_and_other_body_systems_work_properly..txt
Children_s_Vitamins.txt
Clearing_The_Calcium_Confusion_by_Miriam_Nelson__Ph.D..txt
Colloidal_Minerals__Trace_Minerals_Lost_From_Our_Diet__Found_In_Ancient_Plants.txt
Company_Wraps_Calcium_Into_Candy.txt
Consumer_Alert_-_Dangerous_Vitamins_Invade_Marketplace.txt
Coral_Calcium___Promoting_Life_s_Healing_Properties.txt
Coral_calcium_supplement_information__Questions_and_Answers.txt
Did_You_Know_Calcium_Needs_Magnesium_To_Be_Absorbed_.txt
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Discover_The_Origin_Of_Vitamins_Supplements.txt
Discover_Which_Minerals_You_Need_to_Neutralize_Your_body_s_Acids.txt
Do_Children_Need_Vitamins_.txt
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Do_You_Need_to_Supplement_Your_Cat_s_Diet_with_Vitamins_and_Minerals_.
Does_Your_Body_Need_Vitamins_.txt
Does_your_child_need_children_s_vitamins_.txt
Early_Evidence_of_the_Healing_Power_of_Vitamins.txt
Fast_Food_and_Vitamins__Take_Up_Some_Healthy_Habits.txt
Five_Steps_to_Choosing_a_Great_Vitamin.txt
Food_And_Vitamin_Loss_Over_Time.txt
General_Information_About_Vitamins.txt
Get_Your_Daily_Dose_of_Calcium_in_a_Candy.txt
Get_Your_Vitamins_Naturally_When_Possible.txt
Getting_Enough_B_Vitamins.txt
Give_Your_Body_Its_Vitamin_Supplements_.txt
Good_Food_Health_Vitamin_Intake.txt
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Head-to-Toe_Health_and_More_with_Selenium.txt
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Multi-Vitamin_Products_Act_As_Nutrition_Supplement.txt
Multivitamins_-_A_Ticket_to_Daily_Health.txt
Multivitamins_For_Your_Child.txt

TOPIC: vitamins & minerals
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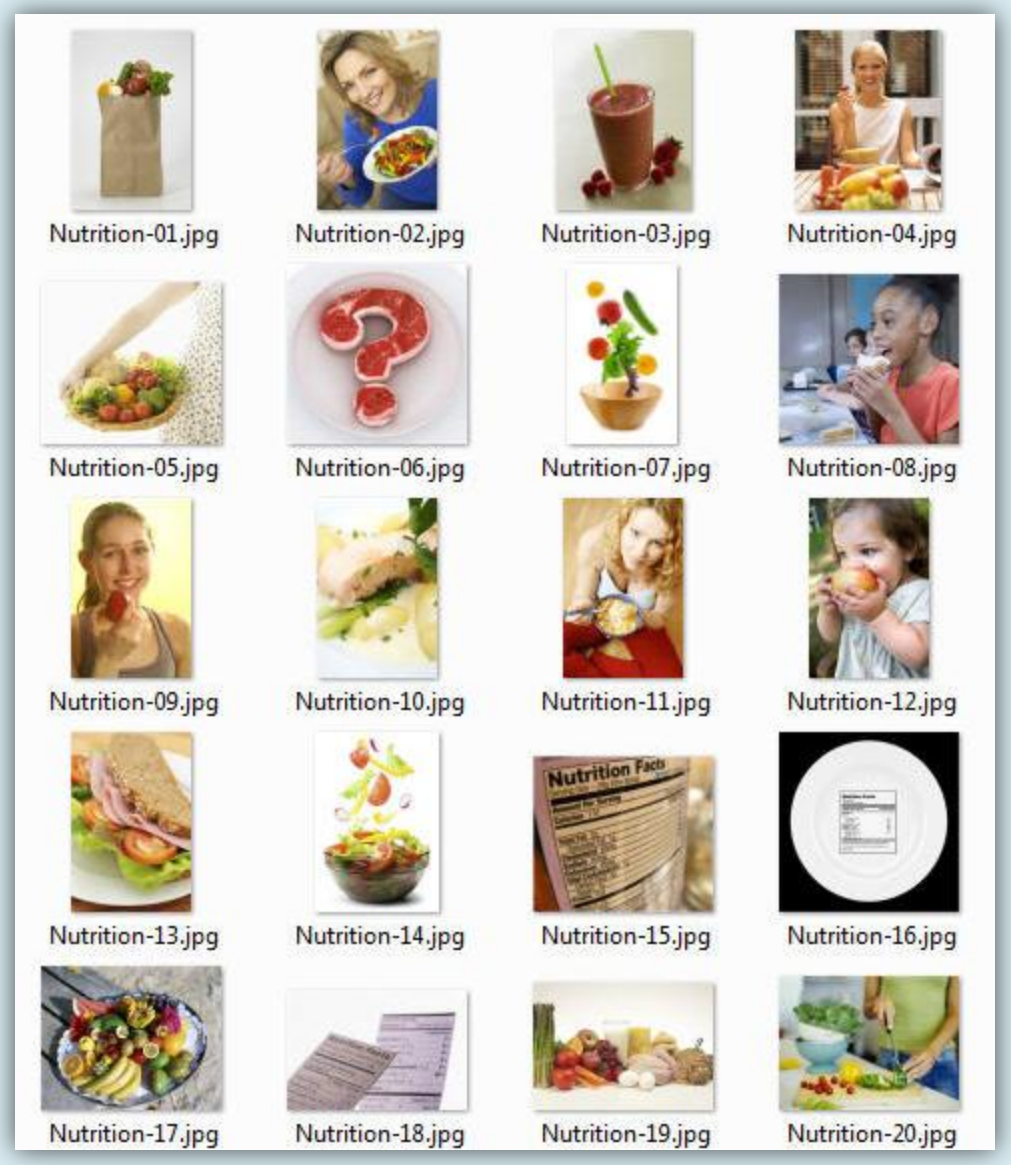
Natural_Vitamin_Sources.txt
New_At-Home_Test_Helps_Design_Custom_Vitamins.txt
Pharmaceutical_Grade_Vitamins_vs._Regular_Vitamins.txt
Prenatal_Vitamin_Supplements.txt
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Vitamins_And_Nutritional_Supplements__When_Too_Much___Is_Too_Much.txt
Vitamins_and_Relief_Vitamin_K_for_Leg_Cramps.txt
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Vitamins_for_Youth_Health_and_Healing_Check_Out_Vitamin_E.txt
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