

Health Articles From Think Healthy



Here is a collection of health articles from Think Healthy. Articles from Arthritis to Anxiety, Stress and High Blood Pressure.

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Do you have arthritis? If so you are not alone. 66,000,000 people do almost 1 in 3 adults.

Arthritis is second only to heart disease as a cause of work disability.

Besides limiting daily activities arthritis can cause many lifestyle problems.

You may assume there's nothing you can do that will help. Don't believe that. There are steps including supplements and lifestyle changes you can make to significantly improve your life.



Your doctor may ask a few of these questions:

- Where is your pain
- When does it hurt
- How long
- Any swelling or redness
- Family history of arthritis

He may wish to perform a movement test and have some x-rays taken.

Inflammation from your arthritis is a significant source of pain. Your physician may recommend OTC medicines or a prescription.

You should be aware of alternatives such as natural supplements and physical exercise.

Nettle Leaf Extract:

This supplement appears to suppress TNF-alpha and IL-1-beta. Nettle leaf may inhibit inflammatory cascade in rheumatoid arthritis. Also joint protection is assisted with nettle leaf.

MSM:

Msm contain Sulfur and anti-inflammatory properties.

Glucosamine Sulfate/Chondroitin:

Reduces joint pain and may substantially rebuild cartilage. This may take a while to see results.

Fish Oil:

DHA, EPA and Omega 3 found in quality fish oil reduces painful inflammation and may promote joint lubrication. Look for a high quality, low mercury supplements like Carlson's fish oils. Flax seed is another practical choice.

A high quality multivitamins such as Purity's Perfect Multi Super Greens.

Vitamin E: Use a natural product like [Vitamin E-8 daily](#).

Cherries:

Recent research has shown that tart cherries contain powerful antioxidants that may help relieve the pain of arthritis and gout and also protect the body against cardiovascular disease and inhibit cancer tumors. There is also a cherry capsule that is very good named [Fruit Advantage](#).

Exercise

Exercise is important not only for arthritis but your overall health.

Weight Control

Even modest weight loss will bring healthy results. Start slow if you need to, and then try to reach your target weight.

Stress:

Ah Stress. This one unnecessarily causes us so many health concerns. It practically seems to be the source of most health problems. There are many options to help deal with excess stress.

Exercise is one of these. Even if you begin by walking to the corner and back, then around the block pretty soon you will be walking a mile or more.

Other thing you may consider is Yoga, Meditation, Music and a new hobby.

There is a rather unique procedure I came across a while back called [Emotional Freedom Technique or EFT](#) for short. This works on the principles of Acupressure and Acupuncture.

Wait! Don't let that intimidate you.

Even though EFT is a remarkable tool it is actually easy to grasp. I personally have seen significant results. You won't have to poke yourself at all. It just basically requires limited number of words and some tapping on certain key points.

So don't give up. There are many options for you to vastly improve your health.

Article by Lambert Klein

Think Healthy health supplements and products.

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[Arthritis supplements can be found at Think Healthy.](#)

[You may be interested in some of our arthritis supplements located here.](#)

6 Steps to Relieve Stress

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We get over-stressed now and then. It's a natural response under certain conditions. We need to be concern when our stress is getting out of hand and interfering with our lifestyle. What problems can too much stress cause?



- High Blood Pressure
- Colds and the Flu
- Allergies
- Diabetes
- Damage Relationships
- General Bad Health

The list goes on....

Getting over the stress is what we want to strive for. How can we go about this? Taking the natural approach is probably the best way to start. Here are a few ideas to begin with.

Exercise: It may be difficult to begin an exercise program but once you start it will become easier. Exercise helps to blow off steam and gets rid of excess stress. So you benefit by reducing your tension and obtaining a workout as well. Of course talk to your physician before beginning an exercise program.

Relax: Yes it is hard to relax when you are stressing. Try taking in a deep breath slowly. Now as you breathe out picture all the stress leaving you. You may find that doing relaxation techniques on a regular basic when you aren't stressed out to be beneficial.

Learn relaxation techniques such as:

- Meditation
- Yoga
- EFT
- Z-Point
- Bio-Feedback
- Listening to some soothing music
- Prayer
- Asking for Assistance
- Joining a Support Network

Look into what causes your stress: You may not know what is inducing you stress. Try to understand where the source is coming from if possible. Once you understand what is causing your stress you can try to modify these problem areas. If you can't, can you substantially reduce them? Maybe you can look at these stressors in a different way.

Have a Positive Attitude: Always look on the bright side of things. Don't think about what may go wrong. Take positive steps to improve yourself, your business and your spirit. Work on your ambitions. Find methods to enhance your routine activities. At the end of the day understand that you have done all you can to maintain a healthy lookout on life. Now you can relax and enjoy the remainder of the evening either by yourself or with family and friends.

Nutrition: A healthy diet with the proper nutrition is one key to balancing you physical, mental and emotional health. Frozen TV dinners or Big Macs are not good choices. You need to consume as much unprocessed food as possible. Try to eat as much organic products as possible to eliminate pesticides from your diet. Eat plenty of fresh vegetables, raw if possible, and some fruit. Drink plenty of clean water to keep those brain neurons communicating.

Get Enough Rest: Getting enough sleep at night is crucial to keeping stress at bay. Try to relax the best you can in the evening. Exercise early so that you aren't all wound up. If you watch a movie ensure it's not too violent are exciting. It may be better to watch a comedy, read something soothing or listen to soft pleasant music.

If your stress is so severe and you can't seem to find relief regardless of what you try then you may desire to request professional help.

So there you have six ideas that will help you reduce stress and enjoy life more. Don't delay. Start on these recommendations right away. Don't stop there. Keep looking for new ways to manage your stress and genuinely enjoy life once more.

Lambert Klein is the owner of Think Healthy supplements and products.

<http://www.coral-cure.com>

2 Super Techniques that will Improve Your Life

How would you like to learn two simple techniques that can vastly improve your life?

If I told you that it is possible to significantly relieve yourself of anxiety, worry and stress as well as bad habits in a very short time, would you take the time to learn these two simple procedures?



You may be more interested if I told you it had help me personally and I have witnessed the proof. I was taking 5 blood pressure pills daily. Anxiety and stress were an everyday battle. There seemed to be no hope.

Well now I take only one BP pill daily. I am feeling so much better both physically, mentally and emotionally. I have been utilizing these two tools about 7 months now.

The first technique that I studied after doing much research is called Emotional Freedom Technique (EFT). All the relevant information you need to understand EFT is free. There are some improvement eBooks that you can purchase if you desire but this is not required.

So what is EFT?

EFT is a psychological version of acupuncture that is so simple to do that you can learn to do it in less than 30 minutes. Emotional Freedom Technique is not painful at all. There are no

needles incorporated. You basically tap with your fingers on key meridian points while saying some simple phrases.

EFT is based on traditional Chinese medicine's energy system, the same system which acupuncture is based. When you tap on the meridian points you are unblocking energy fields throughout your body. These barriers could have been causing health issues for some time.

The powerful effectiveness of EFT depends on the problem involved and the number of difficulties you are dealing with. The more complex issues may eventually need repeated sessions. Believe me it is well worth the minor amount of time for a constant relief of these significant problems.

Here are some examples of how you can benefit from EFT.

- Anxiety
- Stress
- Bad habits
- Fears
- Physical pain
- Cravings
- Depression
- Anger
- High blood pressure
- Panic attacks

You can include just about anything else to this list. EFT is so simple to utilize yet can return tremendous results.

The second procedure is called Z-Point.

Z-point is also a very simple process which in addition can give great results.

With Z-point you merely say phrases out loud or to yourself. Z-point will help you release negative emotions and make improvements to you with positive affirmations.

Like EFT with Z-point you can start off simple and add to the process as you learn. In fact Z-point one-page instruction sheet will adequately guide you through the one time installation process and shows you the daily phrases to read each day.

You will clear all the negative ways, patterns and emotions that have piled up throughout the years. I'm convinced that you will see results if you continue to utilize these tools.

So don't put it off. Start today! Put these two fantastic tools to work for you right now. Just think you won't have to invest anything to learn how to improve yourself except a little time.

Lambert Klein is the owner of Think Healthy supplements and products.

[You can find out more about EFT and Z-point here.](#)

<http://www.coral-cure.com/EFT.htm>

Can You Significantly Improve Your High Blood Pressure?

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There are several things you can do on your own that may lower your high blood pressure. These options are not to replace any medication without your doctor's approval. It is possible to significantly lower your blood pressure by changing your daily habits. Here is a list of factors that could benefit you.

- Eat healthy natural products such as fresh vegetables and fruits
- Reduce salt intake (especially table salt)
- Reduce refined sugar intake
- Exercise
- Maintain a healthy weight
- Limit Alcohol
- Don't smoke
- Limit caffeine
- Reduce stress
- Avoid high cholesterol foods
- EFT and Z-point

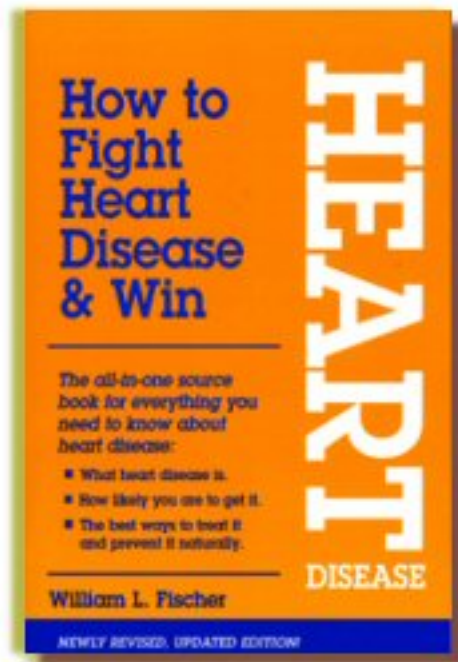
If your health is not as good as you would like then following a healthier lifestyle may benefit you immensely. You want to eliminate as much processed foods as possible as well as grains and sodium. Eat fresh and organic products whenever possible.

Start on an exercise program. This can be as simple as walking for starters. If you are out of shape take it easy at first. Gradually increase your activities as you grow accustomed to the increased physical exertion. Please consult with your physician before you begin.

Others things to consider are eliminating tobacco, excess alcohol and fast foods. Maintain a healthy diet and don't overeat.

Diet: Eat plenty of fresh vegetables and fruits. Choose raw and organic for extra nutrients and optional health. Include foods high in calcium, magnesium and potassium. Consume herbs and foods such as garlic, onions and hawthorn. Supplement with a good multi vitamin and Co Q10.

Here's a list of foods and supplements that could be helpful:



- Bananas
- Blueberries
- Garlic and Onions
- High Fiber Foods such as Fruits & Vegetables
- High quality Fish Oil with Omega 3 (with a low mercury content)
- Hawthorn
- Co Q10
- Potassium
- Calcium
- Magnesium
- B Complex
- Zinc
- Grape Seed Oil
- Olive Oil

Some other healthy food choices are beans, lentils, artichokes, cooked spinach, and raspberries.

Many people understand that lutein is good for the eyes. Not so many will realize that it is good for the heart. Lutein protects the eyes and heart by neutralizing free radicals. Lutein is found in grapes, egg yolks, squash, peas and oranges.

Lycopene found in tomatoes and other red vegetables helps the heart and blood vessels by stopping the oxidation of LDL cholesterol, slowing the buildup of plaque. Lycopene also may help prevent certain cancers.

Your teeth and gum health are important to fight against heart disease and hypertension as well. Regular dentist visits for checkups and periodic cleaning are important. You may benefit further by seeking a holistic dentist.

Act now and improve your life starting today. Get out and exercise. Workout in your home. Change your diet to a healthy one that your body and mind will thank you for. Cut down on the coffee and other caffeine products. Rid yourself of the limp processed food that is just empty calories. Start eating fresh unprocessed foods that will taste better as well as significantly improve your health.

About the author:

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Is Fruit Juice Healthy?

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All the advertisements on TV rave about how healthy orange juice and other juices are for us. We have been blasted by these commercials for years and most of us strongly believe this to be true.

Fruit juice may have up to 8 teaspoons of natural sugar in an eight ounce glass. This is not added sugar but the natural fructose. What may not be natural is squeezing juices. Fruits are meant to be eating whole in their natural state.



Fruit juices have many healthy nutrients and vitamins that are beneficial. Are these benefits being surpassed by the quantities of sugar in them?

Sweet drinks are linked to preschool obesity whether they are Kool-Aid or natural juices. Preschoolers are better off snacking on whole fruit.

One Head Start program banned juice as an anti-obesity effort after finding one out of five students was obese.

The American Academy of Pediatrics states that toddlers and preschool aged children should be limited to just 4-6 ounces of fruit juice per day. The AAP states that fruit juice offers no nutritional benefits over whole fruit.

If you consume fruits whole in their natural state you consume them with the natural fiber and other ingredients that checks sugar absorption.

It is important for you to restrict your intake of fruit juices especially if you have any of the following problems.

- High Blood Pressure
- Overweight
- Diabetes

Whole fruits are healthy but you may still want to eat them in moderation if you have any of the above issues. Whole fruits are more desirable than juices in any case.

Some of the healthiest fruits are berries specifically blueberries as their sugar levels are lower than most fruits and they contain an abundance of antioxidants.

So remember juices are high in calories and low in fiber. This will leave you hungry while rapidly adding excess sugar unnecessary. Sometimes just eliminating sugar water, pop, and juices will bring fantastic results.

If you want to try juicing stick with vegetables as they are lower in sugars than fruits.

Most of us have grown up thinking that fruit juice is one of the healthiest things for us. We may need to reconsider this. And then there are fruit drinks which aren't even 100% fruit juice. Just keep in mind that many commodities being sold are produced to make capital not to enhance your health.

You want to make intelligent informative decisions. Do research whenever you can. You can certainly track down a lot of relevant information on search engines but you will have to decide how correct this advice is.

Instead of grabbing calories in a bottle consider a fresh piece of delicious fruit. Blueberries are one of the top quality fruits containing plenty of antioxidants while maintaining lower sugar content than most other fruits. I find that nature knows best when it comes to nutrition. I still have not found that tree with quarts of OJ hanging from it.

Well now I can't wait to bite into that delicious crunchy apple!

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Do you think you can avoid Alzheimer's?

Many people think mental health is more important than physical health. We desire to keep our brains sharp and focus while remaining relax, calm and comfortable with our emotions.



If you are living healthy by getting exercise, eating foods with proper nutrition and drinking good quality water, then you already have a good start on preventing **Alzheimer's**.

Other things to consider are making new friends, joining a club or organization or perhaps a gym. Socialization is an important step to our mental and emotional health.

You should think about these things now not later when the damage is beginning to take its toll. Preventative measures are usually the best approach to staying healthy. This also applies to preventing Alzheimer's.

Nutrition and vitamins such as vitamin C and E may reduce your risk of Alzheimer's by absorbing free radicals. A study from John Hopkins shows that people taking both vitamin C and E were 64% less likely to develop Alzheimer's.

You can do something to prevent Alzheimer's by following a healthy lifestyle.



Find a new hobby, interest or challenge your brain with puzzles or learning something new. If you enjoy walking take alternative routes to stimulate your senses.

Exercise is important for you overall health. This can also help to prevent mental problems. Exercising will keep you fit and help to nourish your body with oxygen.

Green tea, berries, and nuts are excellent brain food. Eating healthy foods that are rich in protein, antioxidants, calcium and B vitamins will go a long way in preventing Alzheimer's.

You will want to eliminate aluminum and mercury as much as possible. Be careful about the pots you cook in, your deodorant and drinking water. Also be aware that flu shots and other vaccinations could contain mercury or other poisons.

Don't forget about mercury fillings. Do you really want poisonous mercury in your head?

Here are some nutrients that may help keep Alzheimer's at bay:

- Grape Seed Oil
- Folic Acid
- B1, B6, B12
- Vitamin C
- Vitamin E (better from whole food sources)
- Zinc
- Lecithin
- Garlic
- Co Q10
- Ginkgo
- High Quality Fish Oil
- Sunlight
- Curcumin
- Silica

Levels of Choline decline as we age. Choline is a nutrient the brain uses to produce acetylcholine, which helps our memory. Choline is found in fish and eggs.

Blueberries may be one of the most important foods to combat mental decline as is fish oil with omega3 and DHA. Lowering simple carbohydrates could benefit you as well.



Although there are a few nutrients that specifically may help with Alzheimer's, we should consider that a general healthy lifestyle is the basics of preventing health problems.

Get outside in the sunlight when you can. Earlier is better than later. Go for a walk or do some

yard work. Maybe you enjoy horseshoes?

Start now by exercising, eating healthy and challenging your mind with puzzles or a new hobby. Take a night course. Learn something new. You will benefit with the new knowledge you have acquired and keeping your mind sharp.

One final note:

There have been some reported cases of people diagnosed with Alzheimer's where in fact they merely had a B12 deficiency!

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Some Popular Products at Think Healthy



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[Sea Vegg Scott Kennedy](#)

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