

The Free Fitness Tips Newsletter - September 2008

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Hey everyone. Welcome to the September 2008 edition of the **Free Fitness Tips Newsletter**. This month I have been doing a number of posts on the topic of [diet and nutrition](#) with a particular focus on [dietary fibre](#). Read on for the full contents of this month's newsletter:

- [Featured Article!](#)
- [Free Fitness Tips Blog Updates!](#)
- [Featured Fitness Blog Post!](#)
- [Final Words!](#)

1) Featured Article

As I mentioned above, this month I have been writing a number of blog posts on [dietary fibre](#). I enjoyed writing each of these articles BUT only one can be featured and that article is...

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The Benefits of Fibre



GENERAL BENEFITS

1) WEIGHT LOSS:- Fibre contains no calories which means that fibre rich foods generally contain less calories than low fibre foods. Although the difference in calories is not huge, wholemeal breads and pastas generally contain less calories than white breads and pastas. Fruits and vegetables are also relatively low in calories compared with other types of foods.

Fibre is also effective at satisfying your appetite, with both types of fibre making you feel fuller for longer. Insoluble fibre absorbs water and expands in the digestive tract meaning that it swells and helps fill up your stomach. Soluble fibre also helps satisfy your appetite because it holds food in the digestive tract for longer.

The combination of being both filling and low in calories means that fibre is a fantastic weight loss food. By substituting white bread with wholemeal bread, white pasta with wholemeal pasta and eating fruit instead of processed snacks you can cut your daily caloric intake without feeling hungry or deprived.

INSOLUBLE FIBRE BENEFITS:

1) REDUCED CONSTIPATION:- Probably the most well publicised benefit of dietary fibre is that it promotes regular bowel movements and reduces constipation. When insoluble fibre reaches the digestive tract it absorbs water and expands, whilst continuing to move through the digestive system. As it travels through, insoluble fibre helps make waste materials soft, bulky and easier to move whilst also scraping the walls of the bowel (lower part of the digestive system) clean. Doing this makes waste materials easier to excrete, makes bowel movements more regular and therefore reduces constipation.

2) REDUCED BOWEL DISEASE:- Since insoluble fibre helps clear waste materials out of the bowel more quickly, it has also been linked with reduced bowel disease. This is because waste

materials are not able to stay in the bowels for very long and so harmful toxins do not get the chance to accumulate. Specifically, consuming insoluble fibre has been associated with reduced occurrence of piles (swelling inside the anal canal), irritable bowel syndrome and other digestive problems.

SOLUBLE FIBRE BENEFITS:

1) GREATER ABSORPTION OF VITAMINS AND MINERALS:- As already discussed, soluble fibre holds food in the digestive tract for longer. This allows your body to fully absorb the nutrients from the food before it is fully excreted. Therefore, getting enough soluble fibre will ensure that you get the maximum benefits from the foods you consume.

2) BETTER BLOOD SUGAR CONTROL:- By holding food in your digestive tract for longer soluble fibre also slows down the digestion process. This means that food is converted into glucose/sugar and released into the blood at a slower, more controlled rate. This benefit is particularly important for people with [diabetes](#) where blood sugar control is a common problem.

3) REDUCED CANCER RISK:- A growing bank of evidence suggests that fibre (particularly soluble fibre) can help prevent a variety of [cancers](#). In my article on the link between [fitness and cancer](#) I discussed how fibre can reduce your risk of [colon cancer](#), [prostate cancer](#), [lung cancer](#), [breast cancer](#) and [ovarian cancer](#). In the majority of studies, fibre from fruit and vegetables (soluble fibre) was cited as the top source because of the additional anti-oxidants and vitamins they contain.

4) REDUCED HEART DISEASE:- Soluble fibre has been linked with reduced heart disease because of its cholesterol lowering effect. It does this by binding with the cholesterol in foods. This bond of soluble fibre and cholesterol is then excreted as a waste product during bowel movements, lowering overall cholesterol levels.

Fibre has long been touted as an excellent way to reduce constipation but the other benefits are often ignored. Making soluble and insoluble part of your diet can really help improve the health of your bowel and your heart whilst also helping you get the most nutritional benefit from the foods you eat. On top of this it can also help you manage diabetes and reduce your cancer risk. If you currently feel you are not getting enough fibre (18g per day is the recommendation) then what better reason to start? Whether your goal is to lose weight, improve your health or prevent disease fibre can help.

2) Free Fitness Tips Blog Updates

As I have already discussed this month I mainly covered [diet and nutrition](#) and [dietary fibre](#) in particular. The full list of articles added to the [Free Fitness Tips](#) blog this month are listed below:

- [Can Improving your Fitness Reduce your Cancer Risk](#)
- [What is Fibre?](#)

- [The Benefits of Fibre?](#)
- [How to make sure you are getting enough Fibre](#)
- [The Disadvantages of consuming too much Fibre](#)
- [Fibre: The Perfect Gym Food](#)
- [4 Benefits of Consuming Wholemeal Products](#)
- [4 Highly Recommended Wholemeal Substitutes](#)
- [How To Get Back on Track with your Fitness Training](#)

3) Featured Fitness Blog Post

Since it's winter and a lot of you will be focusing on keeping your immune systems healthy. Well luckily for you that's exactly what this month's featured fitness blog; '[7 Immune System Boosters](#)' post is all about. It comes from Chris at [Zen to Fitness](#) and could really help you fight the flu this year. Read on to learn what Chris's 7 immune system secrets are...

7 Immune System Boosters



Photo credit: [curly_exp\(1\)osure](#)

Stay Strong

With winter on its way, its time to start keeping our immune systems in top shape. Boosting immunity can come from a variety of different factors including how you handle Stress, Exercise and Eat. This post is going to run through what are in my opinion the best ways to keep your [Immune System](#) strong and bug resistant in the coming months.

1- Keep Stress to a Minimum

I know this is a tough one as stress catches up with us all and is a part of everyday life, we must learn to deal with it as best we can. Don't get frustrated over the smaller things in Life sometimes we just need to let go and accept what is.....

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Chronic stress has been shown to alter our immune response, this basically means that things like Stress, Frustration, Anxiety and Anger can all dampen our body's defenses. Check out my blog post on handling these negative emotions here: [Free Yourself from Stress, Anxiety and Fear](#)

2- Get Some Fresh Air

Regardless of the weather this Winter always make your best efforts to get outside and stay active; Go for long walks (See [Walking your way to Health and Fitness](#)), or try to do some outdoor exercise. The fresh air that comes from nature is the best tonic for our physical health and immunity, it pumps your blood full of fresh oxygenated air which simply isn't available from Gyms smelly air conditioning....

“Who will tell whether one happy moment of love or the joy of breathing or walking on a bright morning and smelling the **fresh air**, is not worth all the suffering and effort which life implies.”
- Erich Fromm

3- Drink Green Tea

We hear is so much these days how good green tea is for us and how we should drink it all the time. Well this isn't for no reason; on top of doing things like boosting your metabolism and providing an [alternative to generic fat burners](#). Green Tea is also a potent anti-oxidant which is key to keeping your body strong as it fights off the free radicals we find in our everyday environment (pollution, pesticides etc). On top of this Green Tea supports the growth of “good” intestinal bacteria, while stopping the ‘bad’, namely e-coli, clostridium and salmonella which can wreak havoc on our digestive system.

“Up to 70% of your immune system is located in your digestive tract,” says Susan Bowerman of the Center for Human Nutrition at the University of California

4- Cod Liver Oil

This stuff is amazing and something I always keep a bottle of in my Fridge. Its packed with absorbable forms of Vitamin A and D. Vitamin D is essential for the Immune System and due to it only being available from the sun, the bleak months of winter are times when we are in dire need of an extra hit to boost our immunity. Check out this post on Vitamin D from Matt Metzgar: [Vitamin D and the Flu](#)

I would suggest taking 1-2 Tea Spoons of Cod Liver Oil a day, its probably the best bang for your buck supplement you can buy. Just make sure you get a high quality version that hasn't had its Vitamins removed/distilled and keep your bottle in the Fridge.

5- Up Your Vitamin C

Firstly always keep on hand a good quality Vitamin C supplement for times you are feeling run down or stressed. Not only is it a great anti-oxidant Vitamin C is a potent Cortisol blocker. More importantly than taking it in supplement form though is to eat your local and fresh fruit. Its no Coincidence that just as the flu/cold season starts all the amazing Citrus fruits come into season they are packed to the brim with Vitamin C and will help keep your immune system in top shape. So load up on Oranges as soon as they come into season, Eat them whole and avoid the juice from packets the nutrients are all gone as is the fiber, plus its just more fun to peel an orange and eat it!!

6- Relax

Do whatever you enjoy doing to relax and feel your body. Things like deep meditation, Hot Baths and Massages really let your Lymphatic system work to flush out toxins and detox your body. If your lucky enough to be able to afford a neck and back massage once a week its a worthwhile investment.....And if your a shower person make sure you give yourself a god soak in a hot bath a few times a week. Try taking up Yoga or learn to meditate, all these things will help you to no end when dealing with what life throws at you.....

"Put duties aside at least an hour before bed and perform soothing, quiet activities that will help you relax." - *Dianne Hales*

7- Get Some Color On Your Plate and Cook

Eat variety, make sure when your shopping you get all kinds of fresh and exciting foods to cook with. Experiment with things like peppers (Great Beef/Pepper Recipe @ [Modern Forager](#)) and buy loads of Fresh Herbs and Spices these things will keep you in great shape all year round not only staving off illness but they will allow you to feel great! Have a look at these sites for some great wholesome recipies:

[My Paleo Kitchen](#)

[Cindalou's Kitchen Blues](#)

Cooking is not only a great stress reliever, it will save you money and allow you to experiment with fresh and tasty produce. Also add Loads of Chili to your food there mouth-melting capsaicin can help fight infection and keep inflammation down...

Source:

[7 Immune System Boosters](#)

I only discovered [Zen to Fitness](#) recently but I am completely hooked already. Chris writes in an easy to follow, enjoyable way and blogs on a variety of interesting health and fitness topics. Plus, his blog looks pretty sweet too. If you haven't done so already go and check out [Zen to Fitness](#) today.

4) Final Words

I'm quite pleased with this month's [fibre](#) articles and plan to continue on the topic of [diet and nutrition](#) next month. I also plan to provide readers with a free ebook as I haven't released one for a couple of months.

Happy reading :-)

Tom Parker (Owner and Creator of Free Fitness Tips)

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