

Fitness and Diet have More of a Link than We Think

There is a saying that almost every culture knows and that is "You are what you eat." In regards to fitness and more importantly health, this definitely is not an understatement of fallacy. It never ceases to amaze me how much people are willing to spend on attaining fitness either by expensive gym memberships, exercise equipments or hours upon hours of excessive workouts. However one factor that most people seem to overlook is the necessity of an adherence to a proper diet for fitness. I mean look at our distant cousins, the great apes. They are primarily frugivores (like us) meaning eaters of fruits and green leaves. Just how similar are they to us? A whole lot! Heck, we share about 98% of the same DNA, but these creatures are so much stronger and have remarkable fitness, yet don't necessarily engage in concentrated exercises like we do. Granted, they are in the wild and of course have to be much stronger than us, but none the less, It leaves one to wonder, well what if we had a much more similar diet, would we be much stronger? These distant cousins of the human race are illustrations of just how much stronger and fit a human can be if they subsist on a natural or very similar diet (as in cooked vegetables and fruits). No one is saying that if you adhere to a strict raw diet that you'd be able to bench press even 1000 pounds, or be as strong as a chimpanzee, but the fact to be realized here is what vitality is and how tremendous it can become is closely related to what you eat. Here are examples of the levels of fitness and vitality some people who subsists on proper diets have been able to attain: -Stephen Arlin, author of the book "Raw Power" stated being capable of bench pressing 350 lbs twenty times in a workout routine. He has trained other body builders who have squatted 835 lbs, dead-lifted 760 lbs and bench-pressed 456 lbs. -Bill Pearl won the Mr. Universe contest four times as a strict vegetarian. Now these people are obviously body builders so of course they will be much stronger than the average person, but as far as muscular endurance and vigor, after a 10 day fast which was prepared for by two weeks of raw fruits and vegetables, Prof. Arnold Ehret, who was once diagnosed with deadly consumption and pneumonia, was able to perform 360 push ups within a few minutes and walk continuously for 56 hours (non-stop) to demonstrate his marked increase in health and to prove his theory to the British Government of the 1920's. His writings went on become the acclaimed MUCUS-LESS DIET HEALING SYSTEM, which is one of the most thorough books on Naturopathy and health ever to be published. It must be realized that the human body before all other physiological considerations is an air-gas engine constructed in its entirety-with the exception of the bones-from a rubber like, very elastic, spongy material, called flesh and tissues. For this mechanism to work most efficiently, obstructions in these tissues must FIRST be eliminated via methods which may involve an exclusive use or a combination of proper diet and exercise. All these factors considered, it is safe to say that the number one step in restoring fitness, agility and health to any and everyone will be making a change in the diet. Here's where you can start, why not grab a fruit today, rediscover its potency and make that the bulk of your diet for fitness. Your body will be grateful you did. In Friendship,

About the Author

A complete diabetes diet guide, including diabetic recipes, expert advices, meal planning tips, and useful diabetes and nutrition.

Source: <http://productsherbal.com>