Outdoor Foods Preparedness Newsletter

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**It's Time For The Whole Truth!**

What one food group gives you fantastic energy, tons of nutrition, loads of fiber and may even help you live longer?

Whole grains can do all that and more.

**Here Are Your 7 Must know Essential Benefits From Whole Grains**

**1. Grains help you to feel fuller longer**. Since grains contain fiber and long chain carbohydrates they act as a major factor in satiation (the feeling of fullness). They take longer to break down, so they provide clean stable energy that can help keep you going for hours on end.

**2. Grains can help you lose body fat.** Studies have shown that people who ate whole grains, whole grain bread and popcorn (without butter) were 49% less at risk for weight gain over people who ate white bread, doughnuts and other refined products.\*1

Grains can help with blood sugar stabilization. Because, as you know they help make you feel full longer with their complex carbohydrates and fiber. This slowing down of your digestion allows for smoother, slower and longer energy uptake so you don't have highs and lows in both your blood sugar and energy. This translates into not getting too hungry and eating bad choices or portions that are too large which only further complicate your blood sugar challenges.

**3. You need fiber every single day.** Normal adult women need about 25 grams of fiber each day while men require about 38 grams.\*2

Whole grains contain 2 types of healthy fiber soluble and insoluble. Both types have been shown to aid in digestion and elimination while also helping in the cleansing of the digestive tract. \*2

Making whole grains a part of your daily diet is one of the best things you can do to aid in regularity and cleansing and since they are so easy to eat there's no reason not to put them high on your list.

**4. Whole grains can help lower cholesterol.** Whole grains help lower cholesterol via the soluble fiber they deliver. Their fiber helps to cleanse arteries much like many fibers (including those from grains) help cleanse your colon. These are truly fantastic long term benefits that you should make a part of your healthy regime.\*3

**5. They may also help to lower blood pressure.** One study showed that men who ate at least 7 servings of a whole grains per week had a 19% lower risk of hypertension.\*1 Being one of the most important factors in heart disease, lowering hypertension can have a remarkable effect on your overall health.

**6. Inflammation is a silent killer, don't be a victim.** Inflammation is such a problem that Time Magazine® devoted a full cover to it titled "The Secret Killer".\*4 Whole grains can have significant impacts on reducing inflammation of the gut which has been linked to heart disease, type 2 diabetes, problems in pregnancy such as premature birth, preeclampsia and fertility problems.\*1

**7. Live longer but in an odd way.** Whole grains have shown to affect the telomeres on your DNA directly in women and indirectly via folate (the form folic acid takes in the blood) in men. Evidence also shows the antioxidant properties have direct effects on telomeres length as well. Research supports the evidence of longer life spans in humans with increased telomeres length.\*5

There are so many reasons why you should consume whole grains that we could write a book, the above were but a few.

We all know whole grains are super good for us and they compliment most any meal. That's why we have expanded our whole grain selection with some fantastic new offerings that you really need to see for yourself.

It's time to step up to the plate and put whole grains on it. Click Here to see what's new!

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**How Your New Year Resolution Can Cover All Your Emergency Needs The Easy Way!**

The new year is here and it's time to make this year the best of our entire lives. We all have goals hopes and dreams that we sum up and put forth as resolutions and one of them has got to be being prepared.

There is an old saying "People don't plan to fail, they just fail to plan". Sayings get to be old for a reason, usually (as in this case) it's because they are true.

You need to have a preparedness plan that is well thought out and properly encompasses all of your needs.

Once you have your plan you can either get everything you need all in one fell swoop, or you can acquire it all over the course of this new year.

Either way protecting yourself and your family against the challenges that are brewing all over the world has to be a top priority this year.

**Here's An Easy Way To Make Your Plan**

1. Determine your needs. Sit and think for a moment. What would you need if a real disaster struck and you had no way to get to a store for 1 month?

Make a list of all the things you'd REALLY need. Many people put the wrong things on their lists. They think that having a freezer loaded with meats and frozen foods is the best way.

But, think about that for a second. If the power went out or if you had to leave due to evacuation, then all those meats and frozen foods would go bad very quickly.

Instead long term dry storage foods and water purification devices will be a wiser choice that will really help get you through that rough spot.

2. Once you have your list, either decide to get it all at once or break it down into 12 monthly purchases.

3. If you chose 12 monthly purchases then organize each month’s acquisitions onto a document or spreadsheet. Then on a specific day each month make your purchases and start building your reserves.

This is a simple plan and that's why it works so well.

**2 things cannot be overstated when making your plan.**

1. When you go shopping at Mother Earth Products make sure you get what you know you'll eat for each month and enough to add to your stockpile. Many people become addicted to our dried fruits and berries and end up snacking on their reserves.

Getting enough ahead of time will solve that problem.

2. The importance of making your plan and following through is paramount. Once a big emergency hits attempting to place your order then may not work out to well.

Making a plan and doing it now is by far the best way.

Click Here to have a look at everything you need to put on your list.

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**The Simple Way To Lose Weight With Mother Earth Products**

If you have a little too much around the middle or just packed on a few extra holiday pounds, then we may just have the solution for you.

The diet is the simplest around and the evidence that it works is not some new celebrity getting paid to pitch it who can't even spell the name let alone having dieted off any weight on it.

The evidence here is millions of years. We are referring to eating like a caveman or cavewoman as it may be.

This diet is fall off a log simple. Which in those days was a necessity because if your name was Ugg I'm not so sure you were the sharpest stone axe in the cave.

**Let's take a look at what Ugg (our friendly hunter gatherer) ate in those days.**

Well, basically if it was faster than him it was fast food and off limits, just like fast food is off limits to you too, but for other reasons (ahem... as in, it's bad for your belly).

Literally with our boy Ugg, if it wasn't nailed down he ate it.

But, you know what, that was a good thing. You see he didn't have processed foods, refined sugars or chemicals in his foods. You don't want or need GMO foods, foods with preservatives, additives or pesticides.

All those things can kill bugs. So. think about this for a second - if it kills a bug how can it possibly be good for you? Answer; it can't!!! You don't see people using bug spray as a condiment, do you? No! Ok then, enough about that, just don't do it.

 **So, what DID Ugg and Ugget (Ugg's better half) eat?**

If you can pick it off a tree, bush or vine, pull it up out of the ground, spear it out of the ocean or chase it down and kill it - eat it! Anything else, don't touch it.

This means that Ugg's diet consisted of lots of meats, fishes, berries, cereal grains, nut's seeds, legumes, fruits and vegetables.

How much did Ugg eat? Well, Ugg ate as much as he could get his hands on because life was rough. You had famines, bad weather, herds migrating you name it. So, he literally ate as much as he could when the opportunity presented itself.

But, one thing is for sure, there weren't too many successful fat Ugg's, because if you were slower than your buddies you were the one the T-Rex caught first.

**How much should you eat?**

That's easy. Just eat 4-6 small meals per day and adjust the size of each meal down just a tiny little bit if you're gaining or not losing weight. Or, adjust the amount up just a tiny little bit if you're losing anything more than 2 pounds a week.

Tiny little adjustments mean eating 5 ounces of baked fish per meal instead of 6. Or have 1/4 cup of beans with a meal instead of 1/2 a cup etc..

The bulk of your food should be vegetables, then meats poultry and fish, then grains and fruits.

The reason being is; if you think about it this is basically how our old friend Ugg ate.

**Why would you want to eat like a caveman?**

Because the average caveman was ripped year round (had very low body fat), was also on average stronger and faster than today's best athletes and was not subject to all the cancer causing garbage they attempt to stuff down our throats today.\*6

Where can you get your hands on super clean caveman foods?

Easy, Click Here to see them now!

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Introduction:

Below you will find 3 very valuable articles in which we will cover;

1. When only the "whole" truth will do. 2. They predict this will be the year, are you ready? 3. So simple a caveman could do it.

1. http://www.huffingtonpost.com/2014/08/10/whole-grains-health-benefits\_n\_5655022.html

2. http://www.webmd.com/food-recipes/features/fiber-how-much-do-you-need

3. http://www.health.harvard.edu/newsletters/Harvard\_Heart\_Letter/2009/October/11-foods-that-lower-cholesterol

4. http://content.time.com/time/covers/0,16641,20040223,00.html

5. http://www.prevention.com/health/healthy-living/lengthen-dna-telomeres-longer-life?s=4

6. http://www.outsideonline.com/fitness/bodywork/the-fit-list/How-Far-Fitness-Has-Fallen.html