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What Is Creatine?

by: **Antone Zierden** (reading – 4.3. - 10.3.)

Creatine is a naturally formed amino acid that is found in the human body, especially around the skeletal muscle. The human body generates Creatine naturally, partly from the diet we take and partly on its own. A healthy person has about 120g of Creatine, most of it being in the form of a compound called PCr. The body can store a maximum Creatine quantity of 0.3 g per one kilogram of body weight. The body produces about 2g of Creatine per day. The chief food sources of Creatine are fish and red meat. Half a pound of raw meat provides about 1g of Creatine for the body. Creatine that does not come from food is produced endogenously by the body from amino acids.

There are plenty of benefits of Creatine. Creatine boosts anaerobic energy in the body. It provides instant energy to the body. It improves muscle strength and makes the muscle suitable for high-intensity, short duration exertion like weightlifting or sprinting. It is also found to speed up the recovery of energy. It delays fatigue significantly. It promotes

lean-muscle mass and reduces muscle wasting in post-surgical patients. It is also believed to help heart patients by increasing their exercise capacity, reducing heart spasms and thus increasing heart function. Creatine is generally taken as a supplement by athletes who need heavy bursts of energy. Creatine acts as a catalyst to a special chemical reaction that occurs in the body when a person does high-intensity, short duration work. The body generates enough Creatine to accommodate such kind of a reaction. For additional exertion, Creatine has to be taken additionally through food or through other forms.

Creatine has become very popular among athletes because of its many benefits and very few side effects. The only side effect documented till now is weight gain. However, overdose of Creatine or use of Creatine over a long period of time may have some other side effects also, and tests are still being conducted to determine the effect of using Creatine in the long run. Creatine is available as a supplement like vitamin pills in the form of over-the-counter drugs. Creatine is categorized as a "dietary supplement" and can be purchased even

without a prescription as per the 1994 Dietary Supplement Health and Education Act. Then again, Creatine is not tested by the American FDA (Food and Drug Administration) and certain side effects like vomiting, diarrhea, and deep vein thromboses have been listed under a 1998 FDA report.

There are several Creatine supplement products in the market today. Creatine is available in capsule, chewable and powdered forms. One teaspoon of the powdered form contains 5g of Creatine monohydrate. The recommended dosage is 1-2 teaspoons with 8 ounces of water per day. Nevertheless, the dosage can vary depending on the body exertion. Athletes usually follow a dosage cycle comprising of loading and maintenance phases.

If your serious about adding muscle, you need to understand what is creatine. And how it helps you in the gym.

Article Source:

<http://www.articlebiz.com/article/1051631485-1-what-is-creatine/>



3 Myths about Why People Can't Change

by: **Carla Rieger** (reading – 11.2. - 18.2.)

After years of coaching, surveying thousands of people on change, and studying the art of personal achievement, here are the top 3 reasons I've heard about why people can't change.

#1 – Not enough of something (e.g. money, time, support)

#2 - Lack of clarity (e.g. around goal, or direction, or how to do it)

#3 – I don't have what it takes (e.g. not enough experience, training, courage, etc.)

While these reasons at a surface level might seem true, they miss the underlying issues that may be causing these problems in the first place.

Surface Reason #1: Not enough money, time support

People often say they don't have enough time, money, opportunities or support from key people in their life. Think about an area of life where you feel stuck about how to change, do any of these reasons resonate for you? For example, finding more fulfilling work, losing weight, improving your financial situation, etc.

Actual Reason: While on the surface "not enough of something" may seem true, often the underlying

reason is a perception problem. Your assumptions can be your prison.

Case study: One client said she couldn't achieve life balance because she had no support from her family or boss. However, that turned out to be a false assumption. Her kids and husband told her they actually prefer it when she seemed happy and balanced rather than burned out and resentful. Her boss said the same thing. The real reason she felt burned out was that she was not prioritizing, setting boundaries, and communicating effectively about her needs. Underneath that reason was a belief that she had to sacrifice her well being for other people. Underlying that belief was a fear of disapproval, which plagues many people and stops them from moving forward in life. By removing this core level script about needing other people's approval she was able to then set boundaries, prioritize, and communicate her needs. This allowed her to then effortlessly regain life balance and to finally make it stick.

Surface Reason #2: Lack of clarity

People often say they cannot change their situation because they don't know how to change things or what direction to go in.

Actual Reason: What may actually be happening is that they haven't given themselves permission to explore what's really going on.

Case study: Another client disliked her job but felt an inner conflict because she disliked every job she'd had and couldn't face having to quit and find another one only to face the same situation yet again. By making an appointment with herself and taking time away from distractions to be quiet and to focus on the issue, she was actually able to resolve the inner conflict quite easily. It was the fear of facing the inner conflict rather than the conflict itself that was 80% of the struggle. Upon deeper reflection she discovered that it wasn't what she was doing but how she was doing her job that was causing her grief. She had an unconscious script telling her she had to do everything perfectly. The reality of perfection was impossible to achieve so she was in a perpetual state of angst. Once we removed the

"perfection script" and replaced it with a more realistic expectation of herself, she was able to keep her job and find peace and happiness in her daily life again.

Surface Reason #3: I don't have what it takes

A very common surface reason is some version of "I don't have what it takes". I don't have enough experience, know-how, credibility, guts, skill, confidence, persistence, centredness, belief in myself, etc.

Actual Reason: Underneath all those beliefs is usually one core belief about lack of worthiness. To quote Wayne and Garth from Wayne's World "I'm not worthy!" is the sub-conscious mantra of many people. A sense of unworthiness is at the core of many issues regarding money, health, relationships, career and even spirituality. While a belief like this may seem illogical, many beliefs are programming either as a child before your logical reasoning ability had formed, or was picked up unconsciously from parents, teachers, marketing messages, or society. The truth is, you are still getting programmed every day without even being aware it is happening. The

good news, however, is that you can re-program yourself as often as you need so that you can get more of the results you want.

Case study: Another client had a dream about starting his own business. He wanted to help people deal with the sudden death of a loved one—with the practical, financial and emotional issues. He worked at a bank and had a long list of reasons why he couldn't get started, but in the end we discovered that he just didn't believe in himself. No one in his family had ever done anything like that. Who was he to think he could realize his dream? He didn't trust that he had the courage or persistence to pull it off. The irony is that you actually have to manufacture trust at the beginning to take action which then leads to success which then builds trust in yourself. So, together we manufactured enough trust and belief in himself to take a few small steps towards his dream. These steps then snowballed into larger and more on-going actions. I'm happy to say that now he has a full time business in this area. He has realized his dream.

To learn more about how to manifest a goal or a

dream that you've always wanted, go to:
<http://www.carlarieger.com/need-a-coach/>

About The Author

Carla Rieger Carla Rieger activates leaders to influence positive change in those they serve. She helps them form habits of mind that allow them to lead more successful lives and to create presentations that change lives for the better.

Article Source:

<http://www.articlebiz.com/article/1051624204-1-3-myths-about-why-people-cant-change/>

*They Keep Their Minds
On What They Want*

*They Keep Looking
For Ways To Get It*

*They Are Clear
About Their Goals*

*They Are Confident They
Will Accomplish Them*





Why avoid eating before bedtime?

by: **Dorian Foreman**

(reading – 18.3. - 24.3.)

It is late, you are sleepy, but, you still want to eat something before bed. Sounds familiar? Probably yes and there is nothing wrong with that, but if you get used to treat yourself with some evening meals, must be very careful and not eat just anything.

Chocolate

Yes, it is tempting. Although very tempting, regardless any time of the day, but night is the most uninspired choice you can make. Chocolate will cause insomnia and you will have a restless night. The next day morning, you will be tired like after a night of party. Perhaps half a square will have very strong effects, but this is the version that you can consider in case you really desire it.

Cheese

Cheese can fall hard on the stomach and really bad problems occur when you are lactose intolerant. Avoid cheeses night before bed and leave them for

the next morning.

Spicy Food

If only passed more than two hours after dinner, and you try to taste a food spicy, no doubt it will cause stomach pain that will not let you sleep. Avoid spicy foods, even in a minor way.

Cookies, cake or ice cream

You have a cake of ice cream in the freezer, and you only think about it? You know you will not be limited to a small spoon and you'll be tempted to eat more, more and more until you feel your stomach hurts. Avoid sweets evening, especially if you know you can not take just about a mouthful. This will cause your stomach pain and you will have insomnia.

Hamburger

Yes, delicious, we know, you have not eaten hamburger for some time, and fast food is 5 minutes from you, but the burger is the most uninspired

choice culinary normal and much less at night. It is full of fatties, which will be submitted to your body quickly, especially at night. Remember that fatties are deposited on blood vein and block blood flow and oxygenation efficiency of the brain.

About The Author

Although if you want to try cooking recipes, or just try other in different games, please visit our website dedicated to cooking games at

www.cookinggamesclub.com

Article Source:

<http://www.articlebiz.com/article/1051587799-1-why-avoid-eating-before-bedtime/>





Fake News

by: **Linda Hancock** (reading – 25.3. - 31.3.)

There is a fairly new term that has been floating around for the past few weeks: Fake News. The implication is that journalists and media are making up lies in order to promote their political persuasion.

I remember how different things were when I grew up. The radio played music or aired comedy shows for the better part of each hour leaving only a few minutes to broadcast the news, sports and weather. We had a weekly community newspaper and one daily paper from the nearby city. The test pattern started and ended the television day which was filled mostly with live programs and commercials. Often we didn't even know about events that occurred in another geographic area for several days.

Now we have twenty-four hour television with an almost unlimited number of channels that offer breaking news for crimes and events that are occurring live throughout the entire world. Global newspapers can be found quickly through simple

internet clicks. We have become accustomed to having instant access to any information we want or need.

In psychology we learn that opinions are merely thoughts and it is therefore easy to find differing opinions on any topic. Both thoughts and opinions can change quickly, especially if new information is available.

I think that it must be difficult for media sources today considering all the expectations for them to provide interesting twenty-four hour programming. If a channel's mandate is to focus on politics, it must come up with guests and topics that will attract the viewer no matter how little news is generated by politicians that day or week. As a result, the anchors and guests have to take what they have, repeat it and "spin" it so that people will continue to tune in.

Think about what might happen if you and your friends were sitting together for hours at a time talking about politics. After the most recent current event is recounted, there might be some "What if..." statements or speculation about why that occurred or

even what might happen next. It wouldn't take long until "perhaps" is quoted as fact.

Because the internet is not regulated, anyone can post anything they want. Thoughts, opinions and not necessarily truth.

Here's some advice that might help you to sort things out:

1. Don't assume that everything you read, hear or see is accurate.

2. Keep in mind the fact that demand for news and continuous broadcasting has created a vacuum that needs to be filled by the media.

3. Let go! Most of what is discussed or written is not in your sphere of control. You don't have to listen to or read everything that is available and you sure don't have to fix things.

4. Remember to make healthy choices and balance your life instead of focusing only on the news reports.

About The Author

And now I would like to invite you to claim your Free Instant Access to a complimentary list of 10 Steps to Making Your Life an Adventure when you visit <http://lindahancock.com>

From Dr. Linda Hancock, Registered Psychologist and Registered Social Worker

Article Source:

http://EzineArticles.com/expert/Linda_Hancock/152728

