



# Natural News

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Seven Decades of Appetite



# First Decade of Life

# Between 0 – 10 years

**Important time for Mum's and Dad's as it plays a huge role in shaping a little person's eating habits.**

- Although kids can be picky, you as a parent need to control their eating and expose them to all kind of different flavours. It's your job to help them become accustomed to unfamiliar, yet crucial, food groups.

**This is a time when different stimuli and experiences can teach a child into being more likely to overeat as an adult.**

- Forcing them to clear their plate can cause them to lose the ability to follow their appetite and stop eating when they need to.
- Food-related advertising doesn't help. It can increase their food consumption and lead to obesity.



# Second Decade of Life

# Between 10 – 20 years

Hormones play a huge role during this time and influence many decisions they make about both food and other things.

- During this time they develop preferences that are likely to continue into adulthood.
- For girls and young women, as they go through adolescence, experience many changes that can affect their body's ability to obtain proper nutrition.
- Pregnancy, which is common in teenagers today, means that both the fetus and the young girl's body are both competing over the same nutrients.

A parent needs to help to direct their food choices as much as possible, trying not to be over-bearing. A child taught well in their first decade will be more likely to make wiser choices in their second decade.

**No promises though!**



# Third Decade of Life

# Between 20 – 30 years

Many lifestyle changes can lead to pronounced bodily changes:

- Getting a job
- Finding a partner
- Going off to college or university
- Plus many more variations

All can have a long-term impact on your nutrition and body weight.

**It becomes more difficult to lose weight easily during this age... particularly as you approach 30 years.**



# Fourth Decade of Life

# Between 30 – 40 years

Now enters the decade where many people are focused on their career.

It can be a great time of stress as it becomes the major driving force behind decision making and habits in general.

Many people cope with stress in one of two different ways:

- Over-eating
- Under-eating

Neither of these coping strategies are good!

This is a crucial time for people to carry with them healthy snacks that can help to manage stress in the workplace.



# Fifth Decade of Life

# Between 40 – 50 years

Unfortunately, this period is often marked by a rapid decline in health, owing to making poor choices in the past. This is the time it catches up with you.

*It's so important to go all out in trading old, harmful habits for healthier ones.*

Unfortunately, most symptoms of illness such as blood sugar or cholesterol levels, are invisible and are often felt only when they become very advanced.



# Sixth Decade of Life

# Between 50 – 60 years

Unless you are taking great care to exercise regularly, one way or another, you may begin to experience a rapid decline in muscle mass, which leads to a weaker body.

- Engage in physical activity to maintain muscle tone.
- Make sure you are eating a diet rich in protein and other nutrients to help replace whatever building blocks the body loses.



# Seventh Decade of Life

# Between 60 – 70 years

At this point people are focusing on maintaining a good quality of life.

Most people suffer from a variety of degenerative diseases during this stage.

*This is not inevitable... most of the conditions experienced as people grow older, are from not paying enough attention to the food and drink they have been consuming.*

As people continue to mature, great care should be taken to pay more and more attention to the quality of food eaten, and even more importantly, to continue to drink plenty of water throughout the day. Another cup of coffee will not suffice!

**Good health doesn't just happen... you must work at it!**

**Source:**

Mike Adams – the Health Ranger... Natural News