

Health and Diet

We all know the health risks of being overweight, smoking, and drinking. This is not a place for lecturing on that. This is a place that offers some encouragement and some tips from a personal perspective. Take a look at some of the simple recipes and feel free to try them or to modify them to make them your own.

[Diets](#) – a few comparisons and something that worked for me

[When the Craving Begins](#) – mine is crunchy carbohydrates; here are some tips

[Rest](#) – we all need it but we don't allow our selves to get it

[Recipes](#) – from soups to desserts; nutritional and filling

[Kitchen Tools](#) – some of the tools that help to make life easier