

Food, Nutrition & Weight Loss Article Topics

These are the article topics we want covered from August 1, 2020 to December 2020. Choose one to write about. For articles that have (Magazine) beside them, those articles will be included in an upcoming edition of the premium magazine.

GMOs

- What Are GMOs?
- How Can You Avoid Foods With GMOs?
- Hidden GMO Ingredients To Avoid
- Top Foods With GMOs
- Brands That Do and Don't Have GMOs

Detox

- How To Detox Your Home
- Juicing Detox
- Detox With These Diets
- **Signs of Needing A Detox (Magazine)**
- The Benefits Of A Detox
- Use This Helpful Detox Diet Shopping List
- Detox Different Areas Of Your Body
- Infused Detox Water Recipes
- The No-Sugar Detox Diet
- Try This Bath Detox For Optimal Health
- How To Detox With Food
- What Is a Food Detox?
- Tea Detox Info and Recipes
- Lemon Detox Recipes
- Snacks You Can Use For A Food Detox
- Detox For Weight Loss
- Detox Your Body With These Smoothies
- Healthy Detox Salads For A Healthy Body
- Make One Of These Detox Soups
- Breakfast Bowls That Are Perfect For a Detox Diet
- Beautify Your Hair With These Natural Foods
- How Drinking More Water Can Help Your Skin and Hair
- Why You Should Consider a Bathtub Detox
- How To Detox Your Hair

Keto

- What Is PCOS?
- Symptoms of PCOS
- Contributing Factors To PCOS
- How The Keto Diet Can Help
- Keto-Friendly Foods
- Other Lifestyle Modifications For PCOS

- Setting Up Your Kitchen For Keto Success
- Keto Flu Symptoms
- Understanding Why Keto Flu Occurs
- Managing Your Symptoms
- Moving Beyond the Keto Flu
- Lesser Known Side Effects Of Keto
- Keto Hair Loss: What To Do About It
- Feeling Faint? Try These Keto Friendly Foods
- How To Manage Sugar Withdrawal
- Tips For Getting Better Sleep While On Keto
- Keto Diet Tips: Should You Avoid Artificial Sweeteners?
- Managing Keto Side Effects: Keto Breath
- The Importance Of Meal Prep on Keto
- Tips and Tricks to Avoid Quitting Keto
- Managing Keto Side Effects For Long-Term Success
- What Are Sugar Alcohols?
- How Do You Get More Fat Into Your Keto Diet?
- Can You Do Keto Without Veggies?
- How Do You Do Keto As A Whole Food Diet?
- What Are Some Low-Carb Veggie Options?
- What Is Nutritional Yeast?
- How To Increase Your Protein Doing Keto
- Should You Exercise While On The Ketogenic Diet?
- What Are Some Common Mistakes People Make on Keto?
- What Is Carb Cycling With a Keto Diet?
- What Low-Carb Foods Should You Avoid?
- What Are The Side Effects Of Ketosis?
- How Do You Do Keto As a Vegetarian?
- What Are Some Low-Carb Fruits?
- Are There Flour Alternatives For Baking?
- Why Do You Have To Worry About Electrolytes on Keto?
- Can You Drink Alcohol While On Keto?
- How Do You Increase Your Keto Fibre?
- What Are Fat Bombs?
- What Is Keto Coffee?
- Why You Should Drink Keto Coffee
- How To Make The Perfect Cup of Keto Coffee
- Tips For Choosing Quality Ingredients
- How To Make Iced Keto Coffee

Intermittent Fasting and Keto

- Understanding Intermittent Fasting and Its Benefits
- Intermittent Fasting Protocols for Women
- Is Intermittent Fasting Different For Women?
- Tips For Doing Intermittent Fasting Safely and Effectively
- Starting Your Intermittent Fasting Journey

- How To Choose The Best Intermittent Fasting Protocol
- Signs You Are Ready For Intermittent Fasting
- What To Eat During Your Eating Window
- Best Ways For Women To Do Intermittent Fasting
- Your First Steps to Intermittent Fasting
- What Is Intermittent Fasting?
- What Is the Keto Diet?
- Why Do Keto With Fasting?
- Tips For Combining Keto with Intermittent Fasting
- What You Should Know Before You Start
- What Breaks a Fast?
- What Is the Migrating Motor Complex?
- Does Intermittent Fasting Affect Your Menstrual Cycle?
- The Top 3 Fasting Protocols
- Tips For Easing Into Intermittent Fasting
- Do Calories Matter When You're Doing Intermittent Fasting?
- What Is Autophagy and How Does It Work?
- Deciding Whether To Fast Every Day
- How To Handle Social Occasions When Intermittent Fasting
- Common Misconceptions About Fasting

Fat Burning

- Top Fat Burning Workouts
- Fruits and Veggies That Help To Burn Fat
- Refreshing Fat Burning Drinks
- **Burn More Fat With These Smoothies (Magazine)**
- Add These Herbs and Spices To Your Meals
- Tips For Burning More Fat On A Daily Basis
- Why Everyone Should Be Weight Training
- **Fat Burning Workouts For A Flat Tummy (Magazine)**
- Important Nutrients For Weight Loss
- Fat Burning Breakfast Ideas
- Fill Up On These Fat Burning Lunch Ideas
- Healthy Fat Burning Dinners For Your Family
- Fat Burning Snack Ideas
- Infused Water Recipes For Weight Loss
- Yoga Poses That Burn More Fat
- How To Burn Fat On The Treadmill
- Burn More Fat With Weight Training
- Add These Cardio Workouts
- Try Yoga and Pilates To Burn Fat
- Mix It Up With Circuit Training

Fermented Foods

- Types of Fermented Foods
- Benefits of Eating Fermented Foods

- Beginner Tips for Fermenting
- How To Add More Fermented Foods To Your Diet
- Tips For Encouraging Kids To Eat Fermented Foods
- 4 Fermented Foods For Beginners
- Using Salt In Fermentation
- Ways Fermented Foods Improve Digestion
- Ways Fermented Foods Help With Weight Loss
- Store Bought Fermented Foods
- What To Look For When Buying Fermented Foods
- Benefits of Kombucha
- Supplies for Making Kombucha
- Kombucha Recipes For Beginners
- Basics of Storing Kombucha
- Supplies To Boost Your Fermentation Projects
- Setting Up a Food Fermenting Station
- Benefits of Coffee Kombucha
- How To Make A Fermenting Crock
- Best Cookbooks for Fermentation Recipes

Epigenetics

- What Is Epigenetics?
- Neuroepigenetics vs Traditional Epigenetics
- Epigenetic Marks
- DNA Methylation
- Understanding Histones
- Histone Modification
- Nucleosome Positioning
- RNA-Based Regulation
- Dynamic Chromatin Structure and Hierarchy
- Methods to Investigate Chromatin
- Chromatin and DNA Repair
- RNA Transcripts
- mRNAs and sRNAs
- Prions and Structural Inheritance
- Nutritional Epigenetics in Health and Disease
- Life-Long Susceptibility to Disease
- Nutritional Epigenetics and Cancer
- Cancer Epigenetics