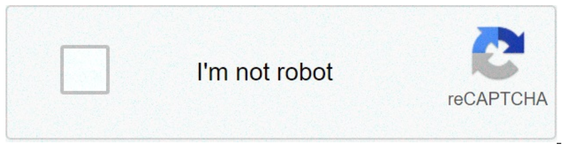

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The body reset diet cookbook pdf

With so many people having a smartphone in their pocket -- a calculator that can help determine discounts in stores, calculate a tip percentage in restaurants, or balance a checkbook in a snap -- is it really useful to be able to do fast math in your head? Many still say yes. You may not always have a calculator handy, or you may have your hands full or no cell service. Before you wonder just how useful that high school algebra class was, see if you know these best math tricks. Instead of worrying about how much to tip at a restaurant, or the dollar amount of your favorite clearance sale, use this fast trick to determine percentages. First, multiply the first number by the second number. For example, 30 percent of 50 is 30 x 50. Keep in mind that percentages are a fraction of 100, so you'll move the decimal places two points to the right. So, for 30 percent of 50, you multiply 30 x 50, which is 1500. Move your decimal point two places to the right, and you'll see that 30 percent of 50 is 15. Emanuele Cremaschi / Getty Images Adding large numbers can be tricky. Totaling up 376 and 582 in your head may be complicated. However, if you add numbers in multiples of ten, then it becomes much easier. Simply round each number up to the nearest ten and then add. For example, round up 376 to 380 and 587 to 590. Add 380 to 590 (here's a tip: just add 38=59) and you'll have 970. Then, you just subtract the numbers that you added on to round up. in this case, 4 and 3. Then, subtract the total of those numbers from the total - 970-7. 376+582=963. Mental math is all about making the process work for you, it doesn't have to make sense to anyone else! tazytaz / Getty Images If you need to see if your pizza has enough slices for everyone to be served fairly, here's a quick math trick. For numbers ending in a multiple of 2, you can divide equally by 2. To divide by 3, add the digits of the number together. For instance, 501 is divisible by three because 5+0+1=6, so divisible by three. To divide into quarters, the last two digits should be divisible by four, and for five, the number should end in 5 or 0. Divisible by 9 if the digits of the entire number, added together, are divisible by nine. These simple tips should help make sure everyone gets served fairly! LauriPatterson / Getty Images You may be investing in your future - but for a quick estimate of how much to invest in an account that builds compound interest, use the Rule of 72. The Rule of 72 helps you determine your compound interest in an investment account and tell you how fast your money will double. Just divide the number 72 into your target interest rate, and you'll get the approximate number of years before your investment matures. for example, investing in a Certificate of Deposit (CD) at 0.9% would take 80 years for your investment to double. Consider this when planning your portfolio! acilo / Getty Images Here's a tip for the parents helping elementary kids memorize their 9s time's tables. The sum of the digits of anything multiplied by 9 equals 9. To give an example: 9 x 8 = 729 x 35= 3159x 50 = 450 Unfortunately, that's where this trick stops, but most of these tips will work for smaller kids looking to pass the speed multiplication tests in third grade! vgajic / Getty Images If you get paid by the hour, you can estimate what your annual salary will be, working off a 40 hour work week with no over time. Simply double your hourly rate, and you'll have a pretty close approximation as to what your annual salary would be. This information is especially valuable for those transitioning from hourly paid work to salary, as many employers ask for an annual salary in automated computer applications. Dean Mitchell / Getty ImagesHere's another fun trick for the younger folks. When you want to multiply a number by 10, simply add a zero to the end of the number. 10 x 72 = 720. 10 x 33 = 330. want to get fancy? let your little one multiply 1,000 x 1,000. The answer? One million.Get even fancier with the 11 multiplier trick. When multiplying by 11, put a space between the digits of the number that isn't 11. For example, 11 x 63. Then, 6_3. Add the numbers together and put the answer in the space. 6_9_3. 11 x 63 = 693! vgajic / Getty Images This seems like it's another fun math trick for the little ones, but it can also save adults in a pinch. Many companies do accounting by the quarter - that is, a quarter of the year. If you need a quick estimate of your annual expenditures when looking at a quarterly budget, there's a simple trick to see if the line items are worth an annual investment. Simply double the number, then double it again. For example, widgets cost $325 per quarter. Double, that's $650 and doubled again is $1300. Is that what you want to spend on widgets? Maybe, or maybe not but you'll have quick information at your fingertips. STEEX / Getty Images Sometimes fractions are tricky, especially if you're trying to pass numbers in a news article. There's a fast way to "guesstimate" fractions, even when they're awkward, like 30/50. Simply use easy benchmarks, like 1/4, 1/3, 3/4, 1/2, and so forth. then, round your fraction to the closest one and you'll have a better estimate of the size. this is especially useful when measuring cooking ingredients, or for those who track their food in volume. Jasmina81 / Getty Images Here's why you wanted to read this! Want to always win at the "pick a number" party game? Want to get the first turn for a game? Ask the group to pick a number - don't worry - with our trick, you'll always win. Then, tell them to double it. Ask them to add 6 to that sum - then tell them to divide by two. Their head is probably spinning, so tell them to subtract the number they started with. The answer? three. Just write it down on a piece of paper, and enjoy the spoils! Anchiy / Getty Images Schools and Partners: HarvardX...CourseSchools and Partners: HarvardX...CourseSchools and Partners: HarvardX...CourseSchools and Partners: HarvardX...CourseSchools and Partners: ImperialX...CourseSchools and Partners: SchoolYourself...CourseSchools and Partners: HarvardX...CourseSchools and Partners: DelftX...CourseSchools and Partners: HarvardX...CourseSchools and Partners: ASUx...CourseSchools and Partners: HarvardX...CourseSchools and Partners: UTAustinX...CourseSchools and Partners: UPValenciaX...CourseSchools and Partners: HarvardX...CourseSchools and Partners: EPFLx...CourseSchools and Partners: ImperialBusinessX, ImperialX...CourseSchools and Partners: MITx...CourseSchools and Partners: UCSanDiegoX...CourseSchools and Partners: ASUx...CourseSchools and Partners: UPValenciaX...CourseSchools and Partners: ANUx...CourseSchools and Partners: HKUx...CourseSchools and Partners: UCSanDiegoX...CourseSchools and Partners: DoaneX...CourseSchools and Partners: UCx...CourseSchools and Partners: SchoolYourself...CourseSchools and Partners: ETHx...CourseSchools and Partners: URosarioX...CourseSchools and Partners: DelftX...CourseSchools and Partners: AdelaideX...CourseSchools and Partners: UPValenciaX...CourseSchools and Partners: DoaneX...CourseSchools and Partners: GalileoX...CourseSchools and Partners: UPValenciaX...CourseSchools and Partners: URosarioX...CourseSchools and Partners: ImperialX...CourseSchools and Partners: IDBx...CourseSchools and Partners: IDBx... 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CourseSchools and Partners: PurdueX...CourseSchools and Partners: DavidsonX...CourseSchools and Partners: PekingX...CourseSchools and Partners: RICEx...CourseSchools and Partners: WestonHS...CourseSchools and Partners: UQx...CourseSchools and Partners: KyotoUx...CourseSchools and Partners: DavidsonNext...CourseSchools and Partners: NotreDameX...CourseSchools and Partners: PurdueX...CourseSchools and Partners: DavidsonX...CourseSchools and Partners: PekingX...CourseSchools and Partners: DavidsonNext...CourseSchools and Partners: PekingX...CourseSchools and Partners: CaltechX...CourseSchools and Partners: MITx...CourseSchools and Partners: NotreDameX... CourseSchools and Partners: NotreDameX...CourseSchools and Partners: BerkeleyX...CourseSchools and Partners: BerkeleyX...CourseSchools and Partners: BerkeleyX...Course Share Pin it Tweet Share Email No matter how hard you try, maybe giving up maths straight after leaving high school, you inevitably end up having to solve a bleeding problem some time. Or you enjoy the simplistic logic of maths. Either way, these 10 easy tricks to solving a few harder problems will be of use to you. The first trick is similar to the times 10 trick where you just add a zero to multiply anything by ten. This one is for multiplying by 11. Take the original number and imagine a space between the two digits (in this example we will use 52: 5_2 Now add the two numbers together and put them in the middle: 5_(5+2)_2 That is it – you have the answer: 572. 10 Easy Arithmetic Tricks – [Listverse] Share Pin it Tweet Share Email Men know numbers--usually useless ones. I remember the score of the first test I took in fifth grade (59, open book), the number of home runs George Foster hit in 1977 (52, and I like Mike Schmidt), the miles my car has on it right now (173,482.6), and the points I scored during my eighth-grade basketball season (2). But when I need to recall the important numbers, the life-and-death digits, my brainpan turns into a colander. BMI, HDL, LDL, PSA, blood pressure, blood sugar, resting heart rate, target heart rate--I can't keep it all straight. So I asked the experts: Which numbers are essential to a man's health and as memorable as Heather Graham's measurements (36-28-34)Here they are: seven numbers that won't win you any bar bets, but can help you lose weight, prevent prostate cancer, and beat heart disease like Vince Ferragamo's career passing yardage (11,336) never could.24 Almonds.Eat them before dinner, and you'll lose weight. A Purdue University study showed that people who ate nuts high in monounsaturated fat felt full an hour and a half longer than the sissies who ate rice cakes. "With 9 grams of monounsaturated fat, an ounce of almonds is enough to keep most guys from going ballistic at dinner, the time when they're most likely to overeat," says Elizabeth Ward, R.D., a nutritional consultant in Massachusetts. And odds are the weight you lose will stay off. Researchers found that of two groups of people who lost weight, those eating a diet high in monos were still slim after 18 months, while those going low-fat quickly porked up again. How to nail that number: Wash the nuts down with 8 ounces of water; this will keep you from eating more than 24 before their appetite-suppressing powers can kick in. "The fluid expands the fiber in the nuts to help you feel fuller," says Ward. 7:30 Mile.Check your watch at the end of a mile run. If it shows 7 minutes, 30 seconds or less, you're at low risk of a heart attack, says Paul D. Thompson, M.D., director of preventive cardiology at Hartford Hospital, in Connecticut. "Poor exercise performance is one of the best predictors of heart-disease risk," says Dr. Thompson, who analyzed research from the Cooper Institute of Aerobics. "The faster you can run, the longer you'll live." And the greater your heart's stroke volume--the blood pumped per beat. "Even if you had a heart attack, a greater stroke volume would probably mean you'd survive it," says Dr. Thompson. How to nail that number: Practice quarter-mile intervals. Run a little faster than your mile pace for a quarter of a mile, then walk for 3 minutes. Repeat seven more times. Do this twice a week. "Quarter-mile intervals are best because you're using a combination of speed and endurance, which makes you faster," says Dr. Thompson. 3 days a week.That's how often you have to lift weights to help prevent diabetes. Finnish researchers found that when men at risk of diabetes trained with weights three times a week, their sensitivity to insulin improved by 23 percent, compared with no change in those training aerobically. Insulin sensitivity is key to helping your body process sugar (glucose). "Unlike endurance training, resistance training results in an increase in muscle mass. More muscle may help increase glucose disposal," says Edward Horton, M.D., director of clinical research at the Joslin Diabetes Center in Boston. How to nail that number: Do the circuit-training program used in the Finnish research: Go to a gym and train the large muscle groups--back, abs, arms, and legs--by doing eight to 10 repetitions at each exercise station, resting for 30 seconds, and then moving on to the next station. Repeat two more times for a total of three sets. 10 Minutes.Spend this amount of time icing after a run to save your knees from osteoarthritis. Weight-bearing exercises, such as running or playing basketball, draw blood and a lubricant called synovial fluid to your joints. And that's good--while you're exercising. But if extra synovial fluid and blood stick around too long, the cartilage can crack, and osteoarthritis will eventually develop. That's why post-exercise icing is so critical: "The ice makes the extra fluid run away from your joints, and then your lymphatic system filters it out," says Kevin Olds, C.S.C.S., M.S.P.T., a physical therapist in Memphis. How to nail that number: Keep a few instant cold packs in your gym bag. (Cramer cold packs are $18 for a box of 16.) In a pinch, put a cold can of soda just below the kneecap, right on the patellar tendon, says Olds. "That's where the joint line is." 8 Ounces of OJ.Drink this much at breakfast, lunch, and dinner to prevent a stroke. Downing OJ--the not-from-concentrate kind--daily is still the easiest way to boost your high-density lipoprotein (HDL) cholesterol and in turn lower your stroke risk. When Columbia University researchers measured the HDL levels of 1,444 people, they found that those with the highest levels had a significantly reduced risk of an ischemic stroke, the type that affects most men. "HDL cholesterol is the garbage truck of circulation," says Dr. Thompson. "If you have a lot of garbage trucks, they can remove all the trash." This includes the "trash" that causes impotence. How to nail that number: Make it easier to stomach. If the acidity of OJ is too much, try Tropicana Pure Premium Low Acid orange juice. Missed a glass? Snack on a Hershey's Special Dark chocolate bar (the regular, 1.45-ounce size), the amount of chocolate Pennsylvania State University researchers found increased HDL levels by 4 percent. 6 Pullups.A fit man who weighs between 170 and 200 pounds should be able to do this many. (If you're lighter, it's 10. Heavier? Four.) "The pullup is the perfect exercise to gauge your strength because it forces you to lift your entire body," says Michael Mejia, C.S.C.S., exercise advisor to Men's Health. "Men who can do this many shouldn't really encounter too many situations that they can't physically accomplish." But six means six perfect pullups. Keep your hands shoulder-width apart, palms facing out, and legs together. When your chin completely clears the bar, pause for a count of two, then slowly lower yourself and repeat. How to nail that number: Place a bench under the bar and do negative pullups. Stand on the bench, grasp the bar, and then bend your legs so your feet hang free. Take 5 seconds to lower yourself until your arms are straight. Step back on the bench and repeat three more times. Do two to three sets twice a week. "These will develop your muscles enough so that you'll eventually be able to lift yourself," says Mejia. 2 Servings of fish.Put this on your weekly menu to help cancer-proof your prostate. Researchers at the Karolinska Institute in Stockholm studied the diets of 6,272 men and found that those who ate no fish had as much as a three-times-higher risk of prostate cancer than those who ate it regularly. The omega-3 fatty acids in fish help inhibit prostate-cancer growth, says Alicia Wolk, M.D., the study author. Tuna, salmon, and sardines are all swimming in omega-3s. How to nail that number: If Mrs. Paul's is your idea of deep-sea dining, take Coromega fish-oil supplements. You get a healthy dose of omega-3s--350 milligrams (mg) EPA and 230 mg DHA--in a ketchup-packet-sized portion of orange-flavored cream.

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