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# [iPhone Applications for the Health Conscious](#)

The Apple iPhone is now one of the most popular devices today. Ever since it was introduced in the market, people started going crazy about them and up until today, people still want one for their own. Besides, with the iPhone, you will be able to combine a multimedia player with a mobile phone. With it, you will not only be able to communicate with your family and friends, but you will also be able to keep yourself entertained by listen to your favorite music, watching your favorite videos or movies, as well as play with your favorite games.

These are only the beginning of the many things that you will be able to do with your iPhone. In fact, you can even personalize your iPhone to your preferences by adding some of the cool applications available for iPhone. All you need to do is download it from the internet and install it in your iPhone. You can download the applications from iTunes or you can search for what you want in other iPhone application download websites.

If you are concerned about your health, you will see that there are quite a lot of applications that you can install and use in your iPhone. With these applications, you will be able to monitor your health and even your weight if you are on a diet or you are working out.

One type of application that will be able to let you know about your health is called the PointsCalc. This application will be able to allow you to estimate nutritional value. All you need to do is enter the calories, fat, fiber and other nutritional value of a particular food and it will tell you about its nutritional value. The great thing about it is that you don't have to go online to find out about the nutritional value of a food.

Another great application is called 2Fat. This application will allow you to estimate body fat as well as your body mass index. All you need to do is put in your weight, gender and waist measurement and the application will be able to calculate and estimate the amount of body fat you have in your body as well as your body mass.

So far, we've uncovered some interesting facts about Iphone. You may decide that the following information is even more interesting.

Epocrates Rx is another interesting application that you can install in your iPhone. This particular application will allow you to get information about 300 different types of medication and also its dosing, its pharmacology, as well as its adverse reaction. You can even look up its price. With this application, you will be able to identify any medication that you may have forgotten about as it will have pictures of the medication in order for you to further identify it. This is very useful in order for you or your family members to avoid dangerous combination of different drugs.

The Weight Tracker is another iPhone application for the health conscious. This particular application does what it's named. It will allow you to keep track of your weight and can serve as a tool for motivation for you to lose weight. This application will also allow you to send the information to a website in order for you to see your progress in the gym as well as your dieting.

Another iPhone application that will help you with your dieting is the Restaurant Nutrition. The results may scare you but you will be better informed about what you are eating especially if you eat fast food.

These are some of the applications that you can install and use in your iPhone. With these applications, you can be sure that you will be able to keep track of your health and make sure that you are living and eating healthy. There are a lot more applications that you can download and use in your iPhone.

Whatever it is you are looking for, you can be sure that you will be able to find it.

If you've picked some pointers about Iphone that you can put into action, then by all means, do so. You won't really be able to gain any benefits from your new knowledge if you don't use it.

About the Author

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