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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

A Daily Dose Can Make A Difference

By Cathy Peterson

We live in an era where people take lots of medications. There are pills for dieting, pills for insomnia, pills for stomachaches, pills for headaches, and for virtually every ailment. If you open the medicine cabinet of the average computer, you would probably find several varieties of medication. What's puzzling is that many people, however, do not purchase vitamins.

A daily dose of a multivitamin is an often overlooked, invaluable addition to your medicine supplies. By taking a daily vitamin, you can be investing in your good health, possibly saving yourself money on other medications and doctor visits. Plus, you will be healthier, with a stronger immune system.

You may be telling yourself, "but I eat well". Maybe you do. Maybe you manage to avoid the fast food restaurants, instead opting for healthier choices. Still, are you consuming all the vitamins and nutrients that your body needs to operate at its best?

Taking a daily vitamin can be a great way to fill in the gaps that your nutritional consumption may leave. For instance, suppose you make a dinner that is accompanied by two side dishes of vegetables. Those green beans and carrots seem like a wonderful, healthy compliment to the also healthy baked chicken. Do you realize though, that unless you've picked the beans and carrots yourself, they've probably been stored or processed? Canned vegetables are a prime example. Slathered with preservatives, they are not fresh or organic. They've lost lots of their nutritional value.

A daily multivitamin should not replace good eating habits. It should actually work in conjunction with your personal nutrition plan to make sure that your body receives all the vitamins and nutrients you need. This is a cheap and easy way to feeling better, staying healthier, and avoiding those pesky colds and illnesses that get in the way of our daily lives.

Many doctors stress that multivitamins are most effective in the liquid form. However, you can still reap the benefits by taking a pill. The good news is that vitamins do not require a prescription, and they are fairly inexpensive and easily accessible at local supermarkets and pharmacies.

Cathy Peterson writes about

<http://www.buyvitaminsmart.com/Categories/Fiber.aspx>

and

<http://www.buyvitaminsmart.com/Categories/Iron.aspx>

Fact Sheet: ASPIRIN® – a Trusted Brand

By News Canada

Fact Sheet: ASPIRIN® – a Trusted Brand

Acetylsalicylic acid, or ASA, the active ingredient in ASPIRIN® was launched on the German market under the trademark ASPIRIN® in 1899.

Today, ASPIRIN® is a registered trademark of Bayer AG in Germany and in more than 80 other countries.

With its history, ASPIRIN® has earned the trust of citizens and medical communities worldwide.

ASPIRIN®'s mechanism of action has been thoroughly documented and described over the years.

Pain Management

ASPIRIN® is indicated for over-the-counter treatment of acute pain. It is recommended for the relief of headache, pain and fever of colds and flu, muscle aches and pains, menstrual pains and toothaches.

ASPIRIN®, as an over-the-counter medication, is indicated for the temporary relief of minor aches and pains of arthritis. ASPIRIN® relieves the burning pain of arthritis inflammation right at the site.

Doctors may recommend ASPIRIN® for other types of pain management. Talk to your doctor to determine if ASPIRIN® is right for you.

Long Term Preventative Therapy

Coated ASPIRIN® Daily Low Dose is doctor recommended for daily therapy.

Coated ASPIRIN® Daily Low Dose contains a special formulation of ASA. Other ingredients such as acetaminophen or ibuprofen that are meant to relieve pain do not have the same action as Coated ASPIRIN® Daily Low Dose.

Doctors say it's okay to take more ASPIRIN® for pain relief if using ASPIRIN® for doctor supervised preventative therapy.*1

* As with any medication, speak to your doctor or pharmacist before using.

1 – Data on file.

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30-Day Low Carb Diet 'Ketosis Plan'

A Daily Dose Can Make A Difference



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