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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!

Avenue Q Is Broadway's Sesame Street For Adults

By Al Terry

A fictional tale of people and puppets living together in the harsh environment of New York City

streets, telling the story of all the generations of young hopeful adults who come to the big city to chase their dreams and find their identity as they become adults.

The show opened on July 10, 2003 at the Golden Theatre in the theater district of New York's famed Broadway. The production is an original musical which has won praise from critics, bringing a breathe of fresh air to Broadway. The musical score includes great songs, mixed in with puppets and people dealing with the different problems, such as an internet addict and a sexual identity crisis. The storyline goes very deep into adult problems, as the idea of reading about puppets, you make think this is more of a light hearted event, however some dark issues are dealt with, all the while bringing you closer to the character, whether it be a human or a puppet.

Avenue Q made its official debut off Broadway at the Vineyard Theater, once critics and viewers began applauding it's work, it was moved onto Broadway to the John Golden Theatre where the production continues to gain a fan base and sell out shows. Most who see the show feel it is the best production on broadway right now, and i would have to agree.

Avenue Q took home 4 Tony awards in 2003 including, including Best Musical, Best Original Score and Best Book. Avenue Q Broadway show tickets are currently on sale at an average price of sixty-four dollars per seat.

Al is the owner of

Avenue Q Broadway Show Tickets

A New York entertainment site with news, history

reviews and Avenue Q Broadway show tickets information

How Sesame and Sunflower Seeds Can Relieve Constipation

By Rudy Silva

Sesame seeds for constipation

Using sesame and sunflower seeds for constipation make a lot of sense. If you like to eat seeds then this is once way you can add more fiber, vitamins and minerals to your diet and at the same time reduce your constipation.

Maoshing Ni, Ph.D., C.A. and Cathy McNease, B.S., M.H. in their book, *The TAO of Nutrition*, 1987, recommends using black sesame seeds for chronic constipation. Here's what he says,

"Grind black sesame seeds into a meal by using a small coffee grinder.
Mix with dark honey into a small ball.
Eat one three time a day dipped in rice wine."

Black sesame seeds also provide nutrition and action on the liver, intestines, kidney, and blood.

You can also prepare a sesame seeds soup with brown rice.
Soak 10 parts of sesame seeds with 1 part brown rice in distilled water
After they are soft, about an hour, pour out the water grind them in a small food grinder to produce liquid. Strain the remaining liquid to remove coarse particles.

- * Dilute liquid with distilled water and add some honey.
- * Cook on low heat until liquid becomes syrupy
- * Drink around two cups to relieve constipation with in hour or so.

And also, peas and brown sesame seeds – help to lubricate the intestinal walls. This makes it easier for fecal matter to move through your colon.

Sunflower seeds for constipation

Sunflower seeds promote regularity. Use them raw shelled and unsalted every day. They contain omega-6 fatty acid just like olive oil. You can use them grounded and add them to your morning smoothie, 1-2 teaspoons, or to your homemade salad dressing

- * Add them to your salad
- * Add them to your morning cereal

Here's a sunflower drink you can make.

Take 1-2 tablespoons of sunflower seeds. Grind them in a coffee grinder. Add them to a cup of boiling water. Sweeten this mixture with honey, maple syrup, or blackstrap molasses. Drink this combination morning and night to help you with you constipation.

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When you use grounded sunflower seed to add to your salad dressing your can also use sesame seeds at the same time. Use both of these seeds and experiment and find out how you like preparing

them and eating them.

Rudy Silva has a degree in Physics and is a Natural Nutritionist. He is the author of Constipation, Acne, Hemorrhoid, and Fatty Acid e-books. He writes a newsletter called natural-remedies-thatwork.com and his information on other topics can be seen at

<http://www.stop-constipation.com>

or at

<http://www.constipation-remedies.for--you.info>



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