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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!**

**Buffalo Grove: Pride Of Northwest Illinois**

**By Santo Del Monico**

The Village of Buffalo Grove is located about 35 miles northwest of Downtown Chicago Illinois. The

City overlaps both Cook and Lake Counties. Its closest neighbors in Cook County include The Village of Arlington Heights and The Village of Wheeling. In Lake County, the adjacent communities of Long Grove, Vernon Hills, Lincolnshire, and Riverwoods are closest to Buffalo Grove.

Since it's founding in 1958, Buffalo Grove real estate has always been in high demand and has, through the years, continued to rise in value. Lately, the appreciated values have been fueled by the Village's infrastructure and its reputation of living standards which feature award winning schools, beautiful parks, wonderful recreational facilities that are designed for every age and life style. There are two public golf courses, totaling over 240 acres, owned and operated by the Village. Additionally, there are indoor and outdoor swimming facilities, and many other recreational activities and courses offered through its well staffed Parks Department.

It's proximity to modern transportation systems, including a modern commuter rail system and highways make it an ideal place to live for everyone; singles, new or growing families and retirees and continue to be one of the prime factors in attracting new residents. Buffalo Grove has retained all of the characteristics, which attracted its earliest residents. Today, it remains a community of landscaped-tree lined streets, well maintained homes, with manicured lawns, all located in wonderful 'pride of ownership neighborhoods. Housing development over the past 15 years have produced a mix of single family homes, townhouses, condominiums, apartments, and duplexes. Buffalo Grove provides all of the amenities of living within a country atmosphere with convenient access to the arts, cultural theatre and entertainment, and all of the convenience of having close-by business centers in Chicago.

Property values in Buffalo Grove have continued to rise, with sales evening off somewhat since mid 2005, however, the real estate market here is hot and continues to contribute heavily to the local booming economy. Overall real estate sales are positive with most real estate bringing in at least 97% of the original asking price.

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## **Buffalo Steak - Try Something New**

**By George Royal**

When looking for something altogether new and unusual to put on the grill, buffalo steak has a familiar flavor that is just unusual enough to make itself memorable. Very similar to beef it has a comforting familiarity. However, it also has a certain something that people notice and will look forward to having again. Which explains why buffalo steak is becoming a popular alternative to beef.

Buffalo steak is usually described as having a sweeter flavor than beef, giving it an enjoyably distinctive taste. It is flavorful without being gamey, it is tender without being greasy, and it can be prepared just like steak. In fact, because buffalos and cows have essentially the same muscle groups, the cuts of meat are the same as you would find with beef. So, when you select a buffalo steak, you will know exactly what to expect from your meal.

However, the flavor is not the only reason to try buffalo steak. In fact, one of the best reasons to try buffalo steak is the fact that it is actually very good for you. Because buffalo is much lower in fat than beef or pork, buffalo steak is much easier on your body than other forms of red meat. Buffalo is remarkably lean for red meat, allowing people to feel much better about their selection of meat. So even the healthy crowd can feel good about choosing buffalo.

In fact, buffalo is so lean that you have to be careful with it when you cook it. Because fat is an insulator, it makes beef cook slowly. But, since buffalo is a very lean animal, the meat is very low in fat and, therefore, much healthier. Which also means that you need to be careful cooking a buffalo steak, since it will cook much faster than beef. So you should always be careful with buffalo on the grill or in the oven.

While the low fat and low cholesterol of buffalo steak is attractive, modern concerns about meat make buffalo even more attractive. Because buffalo graze on the free range, they are not as susceptible to mad cow disease as, let's say, cows. This is because buffalo are allowed to go out onto the prairies and eat grass like normal herbivores, rather than eat cow renderings, such as regular cattle. And buffalo do not defecate in the streams and ponds where they drink, making them that much more sanitary. And, even more, they don't require the steroids and antibiotics that cattle require, since buffalo tend to grow much larger than cows and are much more resistant to disease. Thus, buffalo are permitted to grow on their own and don't require as many chemicals to stay healthy. Which means that buffalo steak is not as filled with chemicals as beef, making it a meat that is almost untainted by modern science.

Admittedly, buffalo steak is not the least expensive meat available. But, when you consider the fact that buffalo is a very healthy, very tasty alternative to beef, it is clearly an alternative worth exploring. So, if you are in the mood to stretch out and try something new, exciting, and well worth the effort, give a buffalo steak a try and see what a difference it can make.

<http://steaki.com/>

Everything about steaks from cooking steaks, ordering them by mail, preparing steaks and much more including favorite recipes.

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