

Discover This Fascinating Wellspring of Health and Energy

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Discover This Fascinating Wellspring of Health and Energy

By David Snape

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by: **David Snape**

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Dave Snape is a health, wellness and fitness enthusiast. His website is

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The Energy Quiz

By Kathy Thompson

"The Energy Quiz!"

Here are 15 visual clues to who has the most energy.

1. A Short chin uses up energy quickly.
2. A wide chin is a sign of energy.

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3. A narrow chin shows sporadic energy; excitable
4. A receding chin is vulnerable.
5. A long, wide, muscular neck is strong and energetic.
6. A long skinny neck shows general fragility, but often adventurous.
7. A long, skinny neck with a prominent "Adam's Apple" (men) are tense, nervy, and irritable.
8. A short neck is strong, but sometimes clumsy.
9. A short, thick, powerful neck has great strength, reserves of energy, and can be brutal.
10. A fleshy, circular area in mid chin shows strength, vitality, and a healthy sex drive.
11. A pointed chin has lots of nervous energy, but unreliable.
12. A plump hook nose has great strength, energy, and vitality.
13. A straight or deep jaw has great energy and recuperative powers.
14. A muscular jaw denotes great strength and vital forces.
15. A wide nose bridge has great reserves of strength and can easily tire their sexual partners.

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