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**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Functional Foods Are Becoming More Popular**

**By D. S. Epperson**

**Functional Foods Are Becoming More Popular**

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Increased interest in maintaining better health.

Increased information available regarding the link between diet and health.

Recent changes in food laws that affect label and product claims.

A growing number of people who are aging and interested in a more healthy lifestyle.

<http://www.sugarblend.com>

**Functional Foods: What They Are And How They Work**

**By D. S. Epperson**

About 2500 years ago, Hippocrates said, "Let food be thy medicine and medicine be thy food."

The following would be other examples of how functional foods are working:

Tomato and Tomato products may reduce the risk of chronic diseases.

Garlic may reduce Cancer risk. (Dorant et al., 1993)

Cranberries aid in treatment of Urinary Tract Infection. (Schmidt and Sobota, 1988)

Dairy products aid in the prevention of Osteoporosis and Colon Cancer. (Fuller, 1994)

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