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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!

Great Body By Mary

By Mary Lefferman

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As of May 13, 2002 the website <http://bodybymary.netfirms.com> was put up with the sole purpose of letting people know how easy, plain, and simple it is to have great health a nicer body without additional cost.

It actually costs you a lot more to eat incorrectly. In addition, eating incorrectly will cause you illness. I combined the proven knowledge of antioxidants, nutrition, and my own experiences in these four booklets .

1- The "CALORIES" "YOU'RE WHAT YOU EAT" "COOKIN' LITE" and "7DAYS/7DIETS" booklets lets you look at the caloric values of many foods and gives you several ideas on how to improve your health and longevity. You can reduce calories without becoming hungry by cooking recipes, isometrics, blood type diet, simple weight training and breathing exercises. Articles on how to have a smaller waist, the importance of hormonal balance, longevity and wrinkles. A FREE booklet is offered with the purchase of CELLFOOD antioxidants. You will love the great results of these findings. Make sure you visit my website. <http://bodybymary.netfirms.com>

Since my childhood I have been interested in people's physical shapes and their illnesses. I realized I would be able to understand it better through nutrition, exercise, for a balanced and successful life. In my 4 Booklets edited in English and Spanish I give quick and sample information on how to discover and achieve this exciting state.

Best Genes

By Jim Thio

Most females in most species want 3 things.

Women want the best genes.

What are the best genes?

Great Body By Mary

Well. It's kind of complicated.

We can intuitively define best genes as genes that give us better potential to succeed.

While it's true, it's also true that all of us have huge potential to succeed. All of us are under achievers.

But let's postpone the discussion for latter. Genes do matter. Different genes do give different capability. Some traits, among species, are so important it become common nowadays.

While your success on anything, including getting laid, depends on your choices rather than your genes, your genes still decide how you best achieve success.

Say Mary and Jane lived in the past. Say they were females Cheetah. Mary picks Bob the Slow. Jane picks John the Fastest.

Mary's son will of course be slow. Slow Cheetah's died. So Mary's went extinct. Jane's son will be fast. Fast Cheetah survives. So Jane's genes proliferate.

After a while, all females Cheetah's will be like Jane. Got it?

The same way works if Mary and Jane were human. If Mary pick Bob the poor and Jane pick John the rich. Mary's son will not be good at making money. Jane's son will be.

So Mary's son will have few descendants. Jane's son will have plenty. After a while, all women will be materialistic like Jane. That while, has come a thousands of years ago.

So, considering that factor alone, a male that want to mate with many females do not need to worry about how to attract females. Women want the best genes and will automagically pick males with the most potential to survive. That's just one factor though.

Peacock's elaborate tails do not help his survival. If anything, it reduces it by making the peacocks' easier target for predators. But peahens like peacocks with long tails. Why?

That's where the second factor is. That's the factor of advertising. In advertising, appearance is sometimes more important than real quality. Hence, it is often worthy to sacrifice some real quality for better appearances of it.

After all, some genetic traits like beauty, has no other use besides signaling good genes.

Jim Thio is a silver medalist in International Physics Olympiad. He's learning evolution theory to understand humans' nature. He freely helps humans to be happier. He visions a better world where the productive make more kids and the parasites get more cash. His website is at



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