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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!**

**Health and Medical Advice on the Internet: Use It Wisely**

**By Jesse S. Somer**

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Health and medical advice on the Internet: Use it wisely to overcome illness and find more happiness in your life.

I've got a bit of a problem with depression and anxiety. I've been tackling these problems for several years without the use of modern medicine. Tai Chi, meditation, martial arts (exercise), and positive interaction with other people seem to keep a lid on my illnesses most of the time. I don't like the idea of medication's side effects, and I don't believe the answers in life are often found in the easy path (E.G. taking a pill), but rather on the hard path of effort and determination. This is not to say that I don't feel medicine is not effective, not at all, I just feel all the options should be looked at before making big decisions to do with one's health.

Health of body and mind has always been one of the most important issues in life for us humans. Seeing a doctor is usually the best option when one comes down with an illness or ailment, but people have always tried alternative routes to recovery: E. G. the 'home doctor' books of old. Maybe you don't like sitting in a room waiting with a bunch of other sick people—you might catch something there! You could be housebound, or maybe you feel like hearing several opinions as you've found past experiences with some doctors have been tainted by poor judgments. Well, the Internet is here with a multitude of options to help you get better.

Medical advice and data abounds on this household tool in the form of self-help sites, searchable medical encyclopedias, support groups, live chats with doctors, and you can even have professional consultations on-line (for a fee). My advice is to just be wary of the type of language that the site is expressing. Many sites will have extensive lists telling you of all the symptoms in the Universe: everybody on Earth could be construed as being ill in some way! This can cause people with a propensity for hypochondria to start diagnosing themselves with all sorts of diseases. In my case, reading about all the symptoms of depression actually made me feel more depressed as it made me focus on my weaknesses (without too many optimistic perspectives or treatments expressed on some

sites).

Look for sites that look at things in a positive light. Maybe search out some alternative therapies as well so you can get all the possible different approaches that can be taken to tackle your illness. Some websites can be very helpful with interactive features like "Ask the doctor", on-line questionnaires, and question and answer archives that give you an idea of what others have asked and the solutions they were presented with. There is heaps of information on both prescription and over-the-counter medicines so you can make your choices in an informed manner. You can often find information specific to groups, like children, the elderly, men and women.

Just remember your body is your temple and you must be wary of many variables not often foretold in literature. Beware of medicines from other countries as they may be different or have different names. Keep in mind only you know your personal history, all people are different, and always get several opinions. Watch out for sites with grandiose claims as miracles come from higher powers and not from

companies who might just want to get rich quick!

I do acknowledge the fitness and diet sites as being very useful as well. You can devise your own fitness plan derived from lifestyle information, and forums and newsgroups give you many opinions on which road to take. You can have your diet analyzed by on-line trainers, some of which send free newsletters and even send you emails of encouragement to help you towards your goal.

So, there's a whole new world of on-line health advice and information for humanity to access right from home. Get all your options and remember your attitude is often the first real step to overcoming physical, mental, and spiritual adversity!

Jesse S. Somer

Jesse S. Somer is a simple human hoping to show others like him about the positive vibe the Internet is creating in people all over the world.

## **Finding the Medical Supplies you need!**

**By Mike Yeager**

It's now possible to locate and purchase a wide variety of Medical Supplies on the internet. Whether you're looking for Medical Supplies for your medical practice or your looking for home health care needs, just about anything can be found through searching online. You can find wheelchairs, canes, stethoscopes and lab coats, to name just a few. Increasingly, the person living at home needs an ever widening choice of medical supplies because of their choice to live and manage their own health needs.

If you work in the health care field you'll need medical supplies to help you with your work. Quality products that you know you can depend on will give you greater confidence during stressful situations.

Quality Medical Supplies are now available to anyone with a computer who is willing to spend a little time searching. Some suggestions to consider when purchasing medical supplies are to buy from a company that offers a wide variety of products. This will insure that the products you buy are of the highest quality and come with a guarantee.

Mike Yeager  
Publisher

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