

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

How About A "Natural High" Instead Of Those Mood Altering Drugs?

By Helen Robinson

Researchers have found that exercise releases serotonin into the brain and creates a feeling of

euphoria. If you can achieve a "natural high" a sense of well-being without the Prozac and the other depression drugs and do away with the serious side effects, why not try?

A few years ago I retired from a very active management position and suddenly found myself spending most of my time at home. I sat at the computer, read my email, played ten different kinds of solitaire, read food recipes which made me hungry and I ate a lot. I read, I watched TV and did all the crossword puzzles I could get my hands on. Not only was I bored; I had become boring. I was terribly depressed and was given Paxil, a mood altering drug. I hated the way it made me feel so I stopped taking it.

A lifesaving friend called one day and said "Let's visit the senior community center and see what classes they offer." My response was, "Hang out with old people, are you nuts?" You have to realize what a ridiculous response this was since I was in my 70's. I did remember receiving some mail recently from my HMO. They had a program called "Fit for Life" that would pay for any kind of exercise class so I gave in and visited the center.

It turned out that most of the seniors were younger than I. The age was 50+ and everyone seemed lively, friendly and in great shape. They had low impact aerobic classes at low-cost; it included light weight training and a cool down with lots of stretching. I must admit I had a wonderful time. They talked me into joining the line dance class too. I had forgotten how much I loved to dance; there's something about moving to music that makes you feel so good. The best part is you don't need a partner!

Here comes the moral to this story. I had a doctor's appointment about 6 weeks later. I stepped on the scale and had lost quite a few pounds. He took my blood pressure which was now normal. My cholesterol dropped below 200, triglycerides dropped 70 points and best of all he noticed the difference in my demeanor. He sat back in his chair, looked at me with a big smile and said, "What's going on?" My chart now says `exercising 3 times a week'.

It's three years later, I'm 75 years old, still taking exercise classes twice a week and teaching line dancing to all age groups (not just seniors) three times a week. I get so motivated because there's so

How About A "Natural High" Instead Of Those Mood Altering Drugs?

much energy out there. I need the group setting; I know I would never exercise on my own

My doctor laughs when I tell him I want to form a task force to pull people out of their beds and bring them to these centers. So please, don't give up. Do it for your depression, your boredom, your anxiety and your whole sense of being. It's invigorating!

Helen Robinson is a dance instructor for the Parks & Recreation Dept. Visit her site at

<http://www.healthy-cooking.ideatresury.com>

for food tips, recipes and to claim your free copy of the

special report "Aging Gracefully with the Aid of Various Nutrients"

Coffee Lovers with Heartburn Rejoice!

By Tonya Sage

Coffee Lovers with Heartburn Rejoice! by Tonya Sage

Every month, 60 million Americans experience heartburn and 15 million of those Americans suffer daily. Heartburn, indigestion and upset stomach cause countless Americans to limit their intake of their favorite foods like coffee. Doctors frequently restrict or eliminate coffee to help control the painful churning in their patient's stomachs. Consumption of prescription and OTC medications to relieve heartburn has reached an all time high. Unfortunately, reducing your naturally occurring stomach acid exposes you to several new health concerns. New research suggests that relying on drugs like Nexium and Prilosec may increase your risk of developing pneumonia. Improperly digested food and lower food poisoning protection are just a few other complications associated with lower levels of stomach acid. Routine consumption of stomach acid altering drugs, even antacids, has become a necessity for coffee lovers to continue enjoying their favorite drink.

On a daily basis, coffee drinkers with sensitive stomachs struggle with a painfully difficult decision. Is their cherished "morning coffee" worth the hours of stomach pain or discomfort? Can they endure the pain (so they can have their coffee) or should they consume another round of stomach acid altering drugs? What is a coffee lover with a sensitive stomach supposed to do?

With one out of five coffee drinkers in the US suffering from stomach upset, another alternative has finally become available. A patented, all natural, chemical free, high-pressure steaming process removes over 75% of the acidity and irritants but leaves the coffee's aroma, flavor and caffeine intact. Made from supreme quality, organically grown Arabica coffee beans, low acid coffee can now be tolerated by the most sensitive stomachs. Developed in Europe, this process greatly reduces the acidic chlorogenic substances prior to the roasting process so there's few irritants produced during roasting, resulting in rich flavored, low acid coffee.

How About A “Natural High” Instead Of Those Mood Altering Drugs?

Drinking low acid coffee solves two major problems for coffee lovers with sensitive stomachs. How to enjoy their coffee everyday while preventing the inevitable stomach upset and avoiding acid reducing drugs? It's now possible to enjoy coffee throughout the day, pain free, and disrupting the digestion process. Deprived coffee lovers with sensitive stomachs can enjoy coffee again with high quality, low acid coffee.

Tonya Sage owns <http://www.CoffeeGrand.com> , an authorized distributor of Hevla low acid coffee. CoffeeGrand.com also educates their visitors and customers on various heartburn related diseases and heartburn prevention.



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!