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

**How To Protect Yourself Against Foodborne Illness**

**By News Canada**

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by: **News Canada**

CLEAN: Wash hands and surfaces often

SEPARATE: Don't cross-contaminate

Do not allow ready-to-eat foods such as lettuce to come into contact with raw meat or raw meat juice.

COOK: Cook to proper temperature

CHILL: Refrigerate promptly

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### **Foodborne Illness: Did You Know?**

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