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

**Hull City Guide, Including Hull Hotels**

**By Ms Maria Williams**

Once known for its fishing fleet the city of Hull has in recent years undergone a revitalization that

has made it among the UK's most vibrant cities. First chartered more than 700 years ago by Edward I, Hull combines the best features of a bustling port with the amenities of a cosmopolitan city. In the forefront of British defence during World War II, Hull suffered widespread damage and has since undergone extensive rebuilding. A visitor choosing to holiday here will find museums, nightlife, sport and venues to rival any town.

Travellers new to the area may be surprised by the size and variety of the museums and historical sites Hull has to offer. Many are world class and boast renowned exhibits and respected educational facilities.

The Deep. In little more than four years of existence this superb aquarium has seen in excess of two million visitors. Thousands of schools have logged visits as well. Thirty exhibits examine life in the water from streams to the ocean depths. Hundreds of varieties of sea creatures including fourteen species of shark are on display via the deepest marine viewing bay in Europe. With its metal and glass clad point jutting into the harbour, The Deep is unlikely to be overlooked and impossible to forget. Admission is reasonable with family tickets available.

Ferens Art Gallery. Considered one of the best galleries in the provinces, Ferens houses a large collection of Old Masters in addition to a well regarded overview of contemporary British Art. Families will be interested in its children's gallery. The best of the art world's travelling exhibits make it here as well.

Hands on History Museum. A delight for the family and history buffs of all ages, this museum is a fine introduction to Victorian times with a specific emphasis on the homes and lives of the people of Hull.

Streetlife Museum. One of the four museums which make up the Museum Quarter on High Street. Travel through two centuries of Hull transportation in this museum whose mission is to document the evolution of Hull transport. Realistic climb about exhibits will both entertain and educate. Wilberforce House, birthplace and home to Hull son, slavery opponent and member of Parliament William

Wilberforce, sits adjacent to the Streetlife Museum. Currently undergoing a massive renovation, it will re-open in 2007.

Arctic Corsair. Christened in 1960 and retired in 1987, the Arctic Corsair is the last of a proud tradition of fishing vessels that for centuries were the lifeblood of Hull's economy. Known as a side winder, this proud ship was opened for visitation in 1999 and has logged thousands of eager boarders. Kept as she was when a working fishing trawler, the Arctic Corsair is not suitable for disabled visitors or small children. Contact in advance for a guided tour.

After a day of museum exploration a little shopping, easy going sight seeing and just plain relaxation may be in order.

The Princess Quay. Located in Hull's harbour, this unusual shopping centre has a multitude of shops and entertainment spanning three decks. Dining is also available on the quay proper as well as in

dockside restaurants.

One World Trading. Shopping with a conscience is the idea behind this fair trade market. Its wide eclectic range of imported goods based on the concept of fair trade offers many one-of-a-kind items. The Humber Bridge. At one time the longest single span suspension bridge in the world, The Humber Bridge toll way is travelled by more than 100,000 cars a week.

Hull New Theatre. Home to plays, musicals, ballet and spectacular Christmas entertainment, the Hull New Theatre has served the area since 1939.

East Park, West Park, Queens Garden. Hull boasts a wide array of public gardens throughout the city which offer personal recreation, picnic areas, floral exhibits, animal parks and water sports.

Hull offers a fine mix of traditional and modern pubs and restaurants for both the family oriented and the young, single traveller or couple.

Ye Olde White Hart. This historic pub dating from the sixteenth century sits hidden in an alley at the juncture of Bowlalley Lane and Silver Street. Legendary amongst locals the White Hart has undergone a recent rejuvenation with an eye to preserving its roots. A popular addition is the area billed as the city's first all weather beer garden.

The Minerva Hotel. On the pier overlooking the Humber this traditional British pub and hotel offers Tetley cask, other name brand ales and a rotating menu of discriminating brew. Cribbage, dominoes, and big screen sports television make this a pleasant place to while away a few hours. The well served traditional British food, view of the river and family friendly atmosphere are additional reasons to put The Minerva on a visitor's agenda.

Venn on Scale Lane. The upscale diner will enjoy this well reviewed fish restaurant which is a Michelin Guide favourite. Reservations recommended.

Old Custom House. Delectable food for a wide variety of palates along with a large and very serviceable wine list are served at this family establishment.

Jaz Café Bar. Visit this café in the evening for distinctive food and drink coupled with a revolving schedule of live music from jazz to salsa.

#### Hull Hotels & accommodation

Pub side hotels, self cater establishments, fine lodgings and estate accommodations are abundant in the area. As is increasingly true throughout the island it is best not to arrive without reservations. Students, business people and world travellers gobble up available rooming spaces well in advance.

The Dorchester Quality Hotel Royal Hull Campanile Hotel – Hull Ramada Hull Portland Hotel Best Western Willerby Manor Hotel Kingston Theatre Hotel

Sport fans and music enthusiasts will not be disappointed in Hull. Hull Arena is the home ice of the Hull's ice hockey team the Stingrays and also plays host to a variety of world name music acts. The 25,000 seat Kingston Communications Centre houses both the League 1 Champion Hull City Football Club and the rugby league club Hull FC as well as numerous other sporting and entertainment events.

A second excellent rugby league team, Hull Kingston Rovers, calls Craven Park Home.

True to its history of energy and resilience, Hull has rebounded from the difficult demise of its fishing industry to become a lively port and a thriving centre of commerce and tourism. Take an unusual break from the everyday holiday, visit Hull.

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providers of hotels in Hull.

#### **Flax Hull Lignans**

**By Curtis Rangeloff**

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Newest Breakthrough In Nutrition

Flax Hull Lignans are very beneficial for many health conditions. Studies have shown that SDG or lignan (secoisolariciresinol diglycoside, but for simplicity this substance will be referred to as lignans) Play an important role in preventing cancer development.

The Flax Hull Lignans produced by North Dakota Innovations, Inc. (NDI) have produced many testimonies. Many ladies have stated that tumors in their breast are shrinking within 1 to 3 weeks of being on the product. Many ladies have stated their Hot flashes are leaving altogether too maybe only occurring once in a while, in some cases. To people claiming their immune system boosted. More data is also coming in which men have used the product for their prostate conditions and noticing the difference in urinating less frequently during the night, if at all, "what peace" is what they comment. At this time NDI doesn't even know how good a product they have!! But visiting with the President of the company he stresses that they want to make no claims or credit for what the products has been doing. They give all thanks to the "Lord" above and wish that you would do the same that have been healed by this product.

To learn more about the product go to [www.ndinnovations.com](http://www.ndinnovations.com) or call Curtis at 701-327-2121.

Curtis Rangeloff and Dennis Maw have researched and developed the mechanical process of dehulling flax, after attending the World Flax Conference held in Fargo ND for the last 10 years. Seeing the need for this product Flax Hull Lignans.



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