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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!**

**Keep The Bugs At Bay**

**By Dr. Brian Aw, M.D., and C.C.F.P. (courtesy of News Canada)**

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(NC)–With approximately 42,000 mosquitoes for every person in Ontario, most of us spend a great deal of our summers swatting away these pesky insects. Protecting yourself against mosquitoes will not only make your summer more enjoyable, it will help prevent you and your family from getting annoying and sometimes dangerous bug bites.

As a family physician, I recommend the following tips for a bug free summer.

**Stay Scent-Free.** Avoid using scented soaps, lotions and shampoos.

**Gear Up.** Cover your skin as completely as possible. This may be challenging by the beach, but when possible wear long sleeves, pants and socks.

**Be Colour Conscious.** Mosquitoes are attracted to blue, so avoid this colour and stick to neutral colours.

**Use Repellent.** Repellents containing DEET are most effective for areas with heavy mosquito or tick infestation.

**Alternative Repellents.** When applied frequently, citronella-based repellents can provide the same bug protection as products containing low concentrations of DEET. I recommend Natrapel®, which contains 10 percent citronella to ward off bugs for up to two hours.

**Meal Time.** Be alert to the time of day when certain insects are most active such as dawn and twilight.

**Check Point.** Upon returning indoors, check your children and yourself for bites.

## Keep The Bugs At Bay

Treatment. Sunburn and bite treatment products should be included in every outdoor adventurer's travel kit.

Dr. Brian Aw is a general practitioner specializing in travel medicine.

For more tips on bug bite prevention and product information visit:

[www.tendercorp.com/canada](http://www.tendercorp.com/canada)

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### **San Diego Harbor Bay Tour**

**By Burt Cotton**

As vast as the San Diego harbor is, a simple walk around it doesn't do it justice! To partake in the beauty that is San Diego Harbor, you need to take a tour of the bay. San Diego Harbor Excursion can help you do that, as they are the most established tour company throughout the bay.

As a guest, they will treat you with as one of them, helping to bring your cruise to life. There are a few parts to the tour, ensuring that you get the most out of your time on the cruise.

## Keep The Bugs At Bay

**Tour of the North Bay** On your tour of the North Bay, you'll see the North Island Naval Air Station, Shelter Islands, and even the Naval Sub Base. If you look closely, you'll also be able see the Cabrillo National Monument as well.

The tour of the North Bay is around 12 miles in length and lasts about an hour. This is a fine tour for anyone interested in the Navy as well. During your tour the guides will explain everything to you as you see it. This way, you'll always know what's going on.

**Tour of the South Bay** Your tour of the South Bay consists of the Star of India, the Naval surface fleet, Coronado Bay Bridge, and the shipyards. This is a very busy and hectic area, which makes a tour excellent to see everything that this area has to offer.

The tour of South Bay is roughly 12 miles in length and also lasts around an hour. The guides will explain things here to you as well, ensuring that you know exactly what you are seeing.

**Tour of the Bay** Those of you who are looking to see it all should go for the deluxe tour of the entire bay. You'll see everything covered in the North and South Bay, along with everything else the bay has to offer. The tour is around 25 miles in length and lasts around 2 hours.

To get started on your tour, all you need to do is contact the Harbor Excursion. The price for the tour is very reasonable, considering everything you'll be seeing.

If you happen to live in San Diego, taking the tour is easier than ever. Those of you who are visiting or on vacation should give the tour a shot as well. This way you'll get to experience everything that San Diego Bay has to offer you without having to walk around. And best of all – tour guides will explain the sights to you – so you'll never miss a second.

Burt Cotton

<http://www.about-san-diego.com>

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