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

**Lisbon: Portrait Of Portugal**

**By Steven Cronin**

Lisbon is a relaxed city, full of friendly folk who make the effort to stop and talk. But their city was falling into decay and renovation became a priority.

Recent years has seen Lisbon begin to clean up its act. Hosting the 2004 European Football Championships focused the city and brought about an exiting new era.

For years Lisbon sat awash with building sites and rubble, eager to regain its status as one of the major calling ports of Europe.

Downtown Lisbon was stuck in a time warp. Tight, cobbled streets were a throwback to the 18th century, a million miles from the ultra-modern, cosmopolitan capitals of Europe.

Today, Lisbon is at the dawn of a bright new age and keen to promote itself in a new world of tourism.

The devastating earthquake of 1755 led to new town planning, much of which exists to this day. Urgent reconstruction was necessary to keep Portugal's capital up and running. A new infrastructure heralded the start of a new era.

The Praca do Comercio sits at the edge of the waterfront. The pretty square attracts the pigeons en masse and looks up to a magnificent archway. The perimeter is laced with retail stores; busy shoppers dart from one to the other, seeking their bargains.

The square provides a focal point for much of the local community. The folk gather and exchange conversation whilst children dance and play, adding to the general din.

The delightful smell of cooking emanates from the surrounding restaurants and drifts enticingly across the square, inducing your hunger.

Opened in 1901, the Elevador de Santa Justa is an outdoor cast-iron lift. Catering exclusively for those with a head for heights, the elevator provides unparalleled views of the streets beneath. The tiny

people below scurry around the busy backstreets, all with somewhere to go.

East of the city, Alfama is a legacy of Moorish times, retaining much of the old architecture. Following Christian victory in the religious wars, the Romanesque cathedral was built on the site of a mosque in 1147.

Steven Cronin owns the City Breaks website featuring city break special offers from luxury hotels to budget accommodations. For more information please visit

<http://www.sargas.co.uk>

## **Travelling Beyond The Algarve Reveals The Real Portugal**

**By Mr Hanna**

The Algarve is atypical sun and sand holiday destination attracting tens of thousands of Europeans every summer. Although the region has much to offer both the package holiday maker, independent traveller and, of course, golfer, many visitors to Portugal fail to get beyond the trappings of the holiday resorts and sample the real Portugal.

Outside of the Algarve, Portugal has a long and illustrious history. An independent nation since 1143, Portugal is one of the oldest nations in Europe and its location on the Atlantic coast of the Iberian Peninsula dictates a long history of sea faring and discovery. A vast monumental and cultural legacy has been left for modern visitors to enjoy. The tourist information site gives an interesting and informative overview of the cultural and historic attractions of the country as well as useful guides to the regions and cities of Portugal (

<http://www.portugal.org/tourism/index.html>

).

The capital city, Lisbon, is an ideal location for a short break and is rapidly gaining a reputation as such. A thriving and bustling mix of the old and new, Lisbon retains a respect for its historic past whilst offering the visitor the attractions and amenities that could be expected of a main European city. The city is dominated by the old port area - the departure point for explorers such as Magellan - and recent regeneration of the area is sympathetic and impressive. Lisbon comes to life at night as the locals descend on the pavement restaurants and bars creating a relaxed, sociable and informal atmosphere.

Further North and the impressive, World Heritage status city of Porto can be found. The city, of course, lends its' name to the world famous variety of wine but the city's baroque and Romanesque architecture leave a lasting and perhaps not as regrettable impression. Although the Algarve signs to mind when you mention beaches and Portugal, the coastal region of Minho, to the north of Porto have perhaps the most stunning beaches in the country. The area has some resorts, but these are quieter and smaller in scale to their southern counterparts and offer a quieter, perhaps more relaxed beach holiday than the Algarve.

## Lisbon: Portrait Of Portugal

Travelling to Portugal via, Lisbon, Porto or Faro is relatively easy from the UK with most operators offering direct flights from a range of UK airports. Internal flights are relatively inexpensive and the rail system is cheap and efficient. Portugal is a relatively small country and is negotiable by road for those looking to traverse wide areas. Car rental in Portugal is abundant - especially in Lisbon and Porto and most of the major car hire firms offer one way or return car hire in Portugal (

<http://www.easycar.com/car-hire/destination/Portugal.aspx/EN>

).

The Algarve is an ideal family holiday destination and has many charms but Portugal as a country has much more to offer for those willing to explore a little further.

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