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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!

NEWS & TIPS FOR BETTER HEALTH, THE NATURAL WAY.

By Alfred Jones

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BROCCOLI

Good Healthy Food, for Natural Healing, Good Health and Antiaging.

We all know that Broccoli is a plant that is used at the Dinner Table as a vegetable with the main dish, it is very high in Antioxidants and very healthy for everyone.

Did you also know that Broccoli can give you 30 times more antioxidants, all you have to do is eat Broccoli seedling sprouts in your salad meals or sandwiches. Just like you would with Alfalfa or any other sprouts.

A half cup of Broccoli seedling sprouts, is equivalent to 15 cups of Broccoli.

TUMERIC

The yellow spice that can usually be found in your kitchen, is a powerful Antioxidant and anti inflammatory. Excellent when you would normally take a pain killer, Strains and Sprains, Bursitis Tendinitis, you can add the spice to food, or purchase capsules.

BREAST CANCER

In news just released, Breast Cancer has increased to its highest levels yet, with one in eleven ladies likely to develop symptoms. There is Good News though, More than ever before, the survival rate has increased, mainly due to dedicated Doctors and more advanced detection and treatment available.

Read my article titled "Breast Cancer and Antiperspirants" here in the Health Directory at "Go Articles".

HIGH BLOOD PRESSURE (Hypertension)

One way of reducing Hypertension, is to increase your intake of water, the answer can quite often be that simple, I do mean Pure Water, not the stuff supplied by the Public Utilities as that contains all sorts of chemicals that are NOT necessarily good for your health.

APPLE CIDER VINEGAR AND HONEY

Apple Cider Vinegar and Honey has been used for centuries to fight off numerous medical complaints, including High Blood Pressure, Arthritis and many other conditions.

The secret is that Apple Cider Vinegar and Honey, between them contain almost 100, Minerals and Vitamins.

The Vinegar should not be distilled, it should have sediment in the bottom of the bottle and have web like structures floating in the liquid, which is called the Mother. It is this sediment and Mother that contains all the ingredients that are good for you.

Good quality Honey should be used and the best method of taking this is : One Teaspoon of Honey mixed in a glass of warm pure water and One Teaspoon of Apple Cider Vinegar, taken at least once or twice a day.

TOMATO, What it can do for you.

The humble Tomato is proving to have a number of medicinal properties previously not known, it has been said to help in the prevention of Prostate problems and that it is more beneficial if it has been cooked before using, as in Tomato Paste, Tomato Sauce or Ketchup, Tomato Juice, or even a Pizza with a Tomato topping.

Apparently the cooking process enhances the Lycopine in the Tomato, which has proven so beneficial. It has now shown to be useful for cardiovascular problems, it decreases platelet activity, thereby reducing the level of blood clotting.

When the blood vessels of people with cardiovascular disease are damaged, platelet activity sometimes fails to switch off and clogs the vessels.

A glass of Tomato Juice a day can keep blood clots away, so it can help in preventing Stroke, Heart Attack and Deep Vein Thrombosis, as well as helping to ward off Prostate problems.

THE AUSTRALIAN BUSH PLUM, Super food.

The Australian Bush Plum is the latest food to improve health. With the highest levels of Vitamin C of any food, the plum is now the key ingredient that is used the Eight Essential Sugars (Glyconutrients) it is the newest and most powerful Antioxidant currently available.

Vitamin C is crucial for controlling free radicals which cause disease and aging. Used for thousands of years by the aboriginal people of Australia, to treat Skin Diseases, Arthritis, colds and Flu, the plums power together with Glyconutrients is now harnessed in a capsule.

ASTRAGALUS

This ancient herb has been used in Chinese Medicine for over 2000 years, it helps to modulate the Immune System and it may repair cells damaged by Cancer or Radiation and Chemotherapy. It certainly beats Echinacea, when it comes to fighting colds and Flu.

Astragalus is used to provide one of the Essential Sugars that constitutes Glyconutrients.

If you wish to try Astragalus, you will find that it is normally sold as Capsules and quite expensive. I would suggest that you do a search for a supplier of Astragalus Powder this is a much more economic method.

Just mix half a teaspoon in Juice, milk or water and take twice a day.

Please read my Article about Astragalus in the Health Directory at:Go Articles.

If anyone would like me to continue writing these little snippets of information, Please contact me

through our Web Sites, or if you want more information, Please ask.

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Natural solutions for Acne are always the best

By Martha Fitzharris

If you are one of the many sufferers from Acne in the world, you might be also searching an effective product that heals this problematic skin affection.

But there are good news for you... acne is curable with time and dedication; with the help of an effective product your acne problem may disappear and its upsetting blemishes may improve.

There is also good news for your health, because it's proved that there are more natural options, so you don't have to use aggressive treatment and medicines that may have side effects on you. Natural health remedies are usually the best way to go. All you have to do is to know your skin type. This is to help prevent you from buying products that will not help you in any way.

With natural health remedies, you will be able to remove your acne through natural methods. And with the limited side effects that natural health remedies cause, you will be pleased to know that you will not break out in any allergies. There's a huge variety of these products in the market, all you have to do is search for the best one.

Natural health remedies are there to give you the best of nature with their natural components that will work to feed and nourish your skin while, at the same time, provide you with the painless treatment you need. There are some products that even trigger the self healing qualities of your skin!

We all know that having acne can erode an acne sufferer's confidence; and with the help of natural skin care remedies, that affected one can regain his or her self esteem as well as his/her beautiful skin.

For improving Acne condition it's very important that you have a daily cleaning routine. Always look the ingredients after choosing your products. Some products that you need to purchase are face wash and facial scrub; cleanser; toner and day and night cream. And in order for these natural health remedies to work, you need to use them every day.

As we said, having a daily routine with natural products will give your skin the best treatment available

and will help you to improve your skin from Acne breakouts.

Look for natural products they will surely help you restoring your skin and will return enhance that youthful skin that you had after that annoying Acne.

Martha Fitzharris is a free lance journalist for

a website offering a

new biological natural skin care product that activates skin renewal for a healthy skin.



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