

"The Biggest Boost for Overall Health and Wellbeing ... Ever!"

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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!**

"The Biggest Boost for Overall Health and Wellbeing ... Ever!"

By Warren Matthews

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This article is going to tell you how you can...

- \* Improve the quality of your life.
- \* Increase your energy levels.
- \* Protect yourself against viruses, flu's and colds.
- \* Reduce the likelihood of getting cancer.
- \* Reduce the possibility of a heart attack or stroke!
- \* Slow down your aging.

There are three positive steps that you must take to achieve these things. One is to examine your lifestyle, another is your diet and the third is to implement a professional supplementation regime. I won't address lifestyle and diet at the moment as I have already touched on this in our special report on weight loss.

I would suggest you read it even if you are not overweight. You can get it for free from the special reports page on our website at ...  
<http://www.InstantEnergyBoost.com>.

What I will do is examine the issue of supplementation! This is a much more important subject than most people realize. If you do not supplement, then you can almost guarantee that your body is deficient in certain nutrients. The only people who are exempt from this statement are those who may be living in an area with pure air, grow their own organic vegetables and fruit in good quality soil uncontaminated by pesticides and herbicides, raise their own livestock on grass, get plenty of sleep and are free from stress! (Not many people around in this position)

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You can get all your nutrients from fruit and vegetables ... nonsense!

OK, I know that

some 'authorities' say that you can get

all your essential nutrients from 5 or 6 servings a day of fruit and vegetables. This is nonsense, because this is not possible for most people even if they do eat that many servings. The so called 'fresh' foods that you buy at the supermarket today only contain a fraction of the nutrients they once did.

This is due to mass production farming practices, storage protocols, picking before being ripe and so on. Read the newsletter I wrote back on the 21st August 2001. The facts will shock you! You can find this article by going to the newsletter page on the website and looking under the archives. A free

subscription to our newsletter, Xtend-Your-Life, is available at ... <http://www.InstantEnergyBoost.com>.

You may ask yourself, why do the 'authorities' suggest that you can get all the nutrients that you need from the food that you eat if this is not true? I certainly ask myself this question! I keep coming back to the same answer... many of the 'sources' from where some of these 'authorities' draw their information have a vested interest in the 'health care business' which is a misnomer for the 'sick' business!

Did you know that there are more people employed in the cancer industry than those who actually have cancer? Pretty sad, given that the greatest majority of cancer is avoidable!

Why are there more sick people today?

If these 'authorities' assertions were correct then how come there are more sick people in the 'civilized' world today than there was a 100 years ago? Oh, you may answer, this is because people live longer! True... and false... because they don't live much longer even though the statistics say so. But, these statistics are a gross distortion.

They are distorted because they are based on averages and the average life expectancy many decades ago was artificially low due to high infant mortality rates that don't apply any more. I devoted an issue on this subject back on the 2nd April of last year. Have a look at it and you will see what I mean.

Just reflect on this for a moment! Ask your parents or your grandparents what age their parents, grandparents and great grandparents died? You may be surprised that they lived longer than what you may have thought, and they did so without the help of pharmaceutical drugs, without hospitals and suffered less from 'elderly' diseases such as Alzheimer's that are so common today.

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This is because they were not subject to the environmental hazards that we are all faced with today and further, their food was wholesome and didn't come out of a packet full of empty calories.

Because of modern living we have no choice, whether we like it or not but to supplement if we seriously wish to avoid the diseases that are rampant in our community and are projected to get a lot worse. Therefore, if you are like the majority of people and consider supplementation as a desirable but low priority I sincerely believe that you should reconsider your priorities.

The reason why most people do not supplement is either they don't believe in it (in which case they are deluding themselves) or, they have more 'important' things on which to spend their money. But... are they saving money when they apply money which they could allocate to their supplementation program to perhaps a bigger house mortgage or a new car?

Ironically no, because if you ignore your biggest asset... YOU... and your subsequent earning ability is affected through ill health then what you would have spent in quality

supplementation pales in significance. Quality supplementation is the cheapest self insurance program you can implement.

Hopefully, I have made my point on the principles behind supplementation.

I urge you to consider a professional health supplement that uses only the best ingredients ... and in the correct ratios and quantities.

Mr. Matthews is the Chairman of Xtend Life Natural Products, manufacturer of Total Balance, an anti aging supplement containing 85 ingredients and designed to be the foundation of your supplement regimen. Total Balance is manufactured using the guidelines outlined in this article and features a unique enteric coating. This coating allows your body to absorb virtually 100% of its 85 ingredients. Total Balance can be found at... <http://www.InstantEnergyBoost.com>

### **The Health Risks Associated With The Use Of Anabolic Steroids**

**By Rick Mitchell**

#### **The Health Risks Associated With The Use Of Anabolic Steroids by Rick Mitchell**

Anabolic steroids are classed as illegal drugs and are banned by most legitimate sports organizations. There can be no disputing the fact that testosterone boosts the development of muscle mass and aids sporting performance. Equally there is no doubt that its use can adversely affect the health and

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wellbeing of users.

The androgenic properties of testosterone can affect the body in many ways but often users see these as inconveniences that can be treated by using other drugs. The most common side effects of testosterone supplementation include the following:

1. Testicle shrinkage – the body responds to testosterone overload by reducing its own production of the hormone. This causes the testicles to shrink due to lack of use. When steroid usage stops, the testicles will grow again but they could take at least six months to return to normal size.
2. Addiction – despite some users trying to convince themselves otherwise, the use of steroids can result in physical and psychological addiction. Withdrawal symptoms can be severe with muscle shrinkage, weakness and loss of libido.
3. Growth of breast tissue – this affects roughly one third of male steroid users. It is caused by the conversion of some excess testosterone into the female hormone estrogen. The breasts usually disappear when use of steroids ceases but in some cases they are permanent and may require surgical removal.
4. Baldness and skin conditions – excess testosterone can be converted into DHT, a hair unfriendly by-product that is responsible for male pattern baldness and oily skin.
5. Pain, bruising, infection and scarring may result from careless or incompetent injecting.

Some people have died as a result of steroid abuse and even those who adopt a careful, pragmatic approach have to accept that these health risks are unavoidable. My advice is, follow the natural route and use nutritional supplements to boost the anabolic process.

Rick Mitchell is the creator of the [bodybuildingadvisor.com](http://bodybuildingadvisor.com) website that provides guidance and information to athletes at all levels of bodybuilding experience. Go to

to learn

more about the issues covered in this article.

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