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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 Fountain of Youth Within

By Mark Dayley

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Each of us yearns to maintain our youthful appearance, energy and good health free from disease and sickness. We look for help from the 'discoveries of science' and 'breakthrough drugs' and while significant progress in our understanding of the human body and of life has been made, still we find that the vital health and youthfulness we are looking for is elusive. What we ultimately come to recognize is that the 'Fountain of Youth' lies 'naturally' within each of us.

Looking at nature and the lifestyles of cultures throughout history, we see what has proven to work over time. Diets including natural whole-foods, exercise, and clean environments are key to good health and longevity.

Dr. John R. Christopher, H.H., N.D. has said, "Well over 90% of all disease comes from unclean bodies ..." Symptoms such as Pain, Arthritis, Excess Weight, Allergies, Lack of Energy and so on can indicate a body overloaded with toxins from a stressful lifestyle and polluted environment.

Here are a few suggestions to help rejuvenate the body with new health and energy:

- Start today to migrate your diet from processed and refined devitalized 'foods' to whole, raw, organic foods that are full of nutrition and are easily digested.
- Increase physical activity and enjoy nature with regular outdoor activities or integrate an enjoyable exercise program.
- Take time outdoors each day to breath deeply clean, fresh air.
- Periodically participate in a good fasting program.
- Utilize effective herbal remedies.
- Be happy, smile often, and laugh daily. Sounds too easy, but eliminating stress is proven to improve health.

Upcoming articles from Mark Dayley will address each of these health improvement issues in greater depth.

Nature has everything to offer if you are willing to indulge. Start today to make these suggestions a

part of your new lifestyle. Enjoy good health and long life and find the true Fountain of Youth Within!

About the author: Mark Dayley has studied numerous health and nutrition topics, written articles for health related newsletters and magazines, registered many nutritional products internationally and consulted for various health and nutrition companies for several years.

Distilled water – The fountain of youth

By Raymond

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Distillation is a process by heating the water to produce steam. Which goes through ozonation, a filtering process then is re condensed and bottled.

So given the quick explanation of what is done to produce distilled water let's explain why water is good for the body.

As you should know the human body can survive without food for about four weeks.

But it can only survive 5 days without water. So it is important to drink the right type of water to maintain fitness.

That being mentioned Distilled water is the right water for the job of trying to keep fit.

The reason is because it contains no bacteria or biological contaminants because when the water goes through the distillation process it eliminates the contaminants which are harmful to your health including unnecessary contaminants like salts.

The list below will show what the fountain of youth or Distilled water has the ability to do.

Here is a list of what distilled water does for you

- 1.Helps cleanse liver and kidneys
- 2.It is good for good skin tone
- 3.It helps turn fat into energy
- 4.Good for keeping muscle tone

5.It will help you lose weight

You might ask if there are any down sides to drinking this sort of water and skeptic thoughts are quite normal.

But the reality is this water has nothing more than effective results.

But the old saying too much of good thing can be bad well only if it where bad to begin with.

So in the result this water is the preferred form of purification for creating the closest thing to the fountain of youth.

Webmaster of Boeafitness.com



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