

Today, Living Well Means Making Healthy Choices

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

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**By News Canada**

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by: **News Canada**

Here are some tips to help:

- o Eat for health as well as for pleasure.
- o Read food labels carefully – know what you eat.
- o Follow your body weight, blood pressure and blood values.
- o Quit smoking – there is a lot of help available once you make the decision.
- o Make time to exercise regularly at a level appropriate for you.
- o Explore ways to reduce stress such as meditation or other relaxation techniques.

You'll not only feel better – you'll improve your chances of living a longer, healthier life.

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