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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!

Travel To Los Angeles: Hollywood With A Heart

By Frank Johnson

Los Angeles might be the big budget capital of cinema, but that is not to say that the Hollywood

haute and haughty permeate the city's cultural mood on its many other levels. Los Angeles is a multilayered and multiethnic urban and suburban sprawl from the waves crashing beneath Santa Monica Pier to the snow capped mountains of San Gabriel. State of the art entertainment and arts facilities are entangled among the high rises of Downtown, the remaining bohemian hippie culture of Venice Beach and the multitude of 5 a.m. joggers, housekeepers, writers and musicians who call this City of Angels home.

Once you've booked your flight to Los Angeles, remember to reserve a rental car! Los Angeles is fairly easy to navigate but is a spread out conglomeration of many smaller cities and enclaves. Buses and taxis run regularly but your wallet and your schedule will be happy to have regular transportation in this auto-powered metropolis.

SoCal Contemporary: Beyond the Beach

Los Angeles has long been a bastion of cultural growth and exploration, even longer than it has had the beach-bum reputation. Downtown is once again creating the trendy and elegant buzz of L.A.'s arts and dining atmosphere, far from it's strictly business and crime lapse of the 1980s. The new Walt Disney Concert Hall designed by Frank Gehry is now the home of the L.A. Philharmonic Orchestra and considered to be one of the most acoustically sophisticated concert halls on the planet. If you can't get tickets to a show, visit for the stunning architecture against Downtown's skyscrapers. The Music Center is just down the street where you can attend the Los Angeles Opera at the beautiful Dorothy Chandler Pavilion or perhaps catch Al Pacino in a one man play at the Mark Taper Forum.

J. Paul Getty made his mark on the other side of town with the stately Getty Museum presiding over West L.A. from its perch atop the Sepulveda Pass. The fine modern and European collection combined with the crisp marbled lines of the gallery rooms makes for a complete visual arts experience. Getty's historic Villa, a collection of Etruscan and Roman antiquities, opened in 2006 and is just a beautiful drive up the coast to Malibu. Make sure to visit the Los Angeles County Museum of Art for its adjacent tar pits (yes, real tar pits!) where bones of mammoths and other prehistoric creatures have been

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excavated. For car lovers, the Peterson Automotive Museum is just across the street, boasting a rare and exotic collection of everything from mint condition muscle cars to the latest Lamborghini Diablo.

Get Out of Town When You Travel to Los Angeles

Los Angeles is not only a prime destination for all year weather, but for regional access to all season activities. Ski and snow resorts like Big Bear are only hours away while excellent surf locations are scattered up and down the local coast. In the heart of Los Angeles, the Santa Monica Mountain National Recreation Area is the world's largest urban national park with miles of hiking and cycling trails, climbing areas and horse ranches. It is also home of the Griffith Park Observatory, a romantic mountaintop science center where you can see the real stars of Los Angeles up close!

Whatever draws you to travel to Los Angeles, it will be the incredible eclectic charm of the many different neighborhoods and cultures that keeps you inspired over again, not to mention the serenity of

a big city with a visible skyline. A stop at a Mexican taqueria or a day at the Farmers' Market is essential to capturing the flavor of Los Angeles.

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Ten Fun Things To Do In Los Angeles

By Ron Zvagelsky

We've created a list of our 'top 10 fun things to do in Los Angeles' to help you decide what to do while you're there.

Los Angeles Stars Homes - Travel around Los Angeles visiting the homes of great movie and pop stars such as Nicholas Cage and Britney Spears. You will see some of the finest houses in Beverley Hills and Holmby Hills that belong to all your favourite celebrities. You may even catch a glimpse of

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one of the A-list stars.

Hollywood Walk of Fame - Take a trip down the Hollywood Walk of Fame to find the stars of all your favourite celebrities, old and new.

Universal Studios - Visit Universal Studios and experience some of the scariest and fun rides in Los Angeles, all of which are based on your favourite movies and television shows. Ride through Jurassic Park and get attacked by a T-Rex, travel back in time in the DeLorean from Back to the Future and then go forward to The Terminators timeline and battle armies of robots.

Helicopter Tour - Take to the skies of Los Angeles in a helicopter tour which will show you the city from a whole new perspective. See all the attractions including downtown LA, the Hollywood sign and the Sunset Strip, soaking up the breathtaking views from the sky.

Venice Beach - Take a stroll down Venice Beach Boardwalk, a 3 mile stretch of beach full of shops, street entertainers and tourists alike.

Shopping - Los Angeles provides some of the best shopping in all of America and while you're there you shouldn't miss the opportunity to shop in stores like Gucci and Tommy Hilfiger. Go spending on Rodeo Drive where all your favourite celebrities' shop, head to Muscle Beach and Marina del Rey and you are guaranteed to be satisfied with your purchases.

Getty Center - See some of the finest art known to human kind in the Getty Center, a complex which was built purely to house J. Paul Getty Trust's collection of European art. Even if you are not interested in the art, the Getty Center is worth a visit simply for the beautiful gardens and scenery, though the quality of the art will no doubt touch you in some way.

Warner Bros. studio tour - A tour around Warner Brothers Studio is a tour through some of your favourite shows. Visit the sets of shows like ER and Lois & Clark and see costumes and even scripts from the shows on your tour.

La Brea Tar Pits - A trip to Hancock Park will steer you to the La Brea Tar Pits, which boasts the greatest number of prehistoric fossils excavated in the world. A great collection of these fossils can be found in the Page Museum located at the tar pits. If you are lucky, when you visit you may be able to see actual excavations being carried out, though this is only normally during the summer months.

Los Angeles Zoo - Visit Los Angeles Zoo all year round and see over 1200 animals from around the world. Open for over 40 years and boasting 1.4 million visitors a year, Los Angeles Zoo is a must visit

as a fun thing to do while in LA.

Ron Zvagelsky has a degree in Business Administration from the University of Southern California. He graduated Magna Cum Laude in May 2006. He is currently the Chief Executive Officer of PlanJam.com — where you can plan and find fun

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