While you select the types of food products you are going to consume in your pursuit to enhance your nutritious ingestion, do not forget that unprocessed food might be more beneficial than made or processed goods.

Since that time, I sought Deborah’s expertise for menopausal symptoms like headaches, hot flashes, lack of concentration, dry skin, and irritability.

My mother-in-law thinks I’m nuts...but I know how I felt. It is scary to think that fluorescent lights have been connected to miscarriages and other things such as ADD.