

Frequently asked questions FAQ

What is the best way to avoid Osteoporosis? Taking high bioavailable calcium, magnesium, boron, Vitamin D and achieving alkaline pH is the best way to reverse and prevent Osteopenia & Osteoporosis. What food additives should I avoid? Avoid all Food Additives and all toxins as much as possible. According to a recent study in the journal of Toxicological Sciences, the combination of aspartame, monosodium glutamate (MSG), and the artificial colorings quinoline yellow and brilliant blue causes nerve cell damage. This combination of food additives is what is typically found in your blood after a snack and a drink! What is the best liver Detox? Use one Tablespoon of [Olive Oil + Apple Cider Vinegar + Lemon Juice] + a dash of Cayenne Pepper on your salads daily. Add Lemon to your water daily. How can I stop ringing in the ear? Ringing in the ear known as Tinnitus can range from mildly distracting to completely debilitating. No matter what others may say, it can prevent you from leading a normal life. And even though millions of people have struggled with it for centuries, modern doctors still resort to telling patients, "You just have to live with it." Taking high doses of aspirin, antidepressants, sleeping pills or blood pressure medication may be responsible for this syndrome. Partial hearing loss or ear infection is also the culprit. When you understand how the ear works, it's no surprise that hearing problems are among the hardest to treat. The ear may be small, but it's actually one of the most complex parts of the human body--with thousands of tiny parts that can only be seen through a microscope. I recommend taking a high potency multivitamin/minerals and use a drop of olive oil/tea tree oil in the ear for 15-30 days to resolve this challenge. Biofeedback and acupuncture treatments are also effective.

What is the best Natural Memory Supplements?

Phosphatidylcholine (PC), Phosphatidylserine (PS), DHA, EPA, Acetyl-L-Carnitine (ALC), Vitamin B6, Iron, Magnesium, Zinc, Copper, chromium, Green Tea Extract, DMAE, L- Tyrosine, Herb-of-Grace (Bacopa monnieri), Passion Flower (Passiflora incarnate), DLPhenylalanine, Gatrodine (Gastrodia elata), Bioperine, Ginkgo Biloba, B-Complex, Eluthero (Siberian Ginseng) and Vinpocetine is a derivative of Vincamine, which is extracted from the periwinkle plant (Vinca Minor, Vinca Pervinca).

Vinpocetine works in three remarkable ways:

- It boosts blood circulation in your brain. It zeros in on your brain's tiny blood vessels so they can deliver oxygen more efficiently. It even helps your brain use oxygen better.
- Since it keeps your brain cells charged up with high oxygen levels, it increases the amount of time your brain can go without fresh oxygen. That means it can keep your brain cells from dying.*
- It helps your body preserve its energy for a robust brain and power for healthy living.* It preserves something called "adenosine triphosphate" or ATP—the fuel every cell of your body needs to function.

What is the best natural relief for arthritis & Pain? DMSO is short for dimethyl sulfoxide – an organic, sulfur-rich substance found in the woody part of trees. It was first discovered by a Russian researcher back in 1866. But the real excitement started about 100 years later, when American scientists started uncovering some truly startling properties.

DMSO astonishing powers have been praised by The New York Times, showcased on 60 Minutes... and shown safe and effective in over 1,200 scientific publications?

I recommend DMSO, Glucosamine, MSM, Ginger, Tea Tree Oil and Arnica for my clients with chronic pain with remarkable results along with Biofeedback and acupuncture. I recommend using a natural supplement containing glucosamine hydrochloride, chondroitin, ginger and green tea which helps your body achieve an alkaline pH of 7.3 to reduce inflammation instead of using Cox II inhibitor medications with potential side effects like: Celebrex (celecoxib)/Vioxx (rofecoxib)/Bextra (valdecoxib). I recommend also using: Curcumin. safe, natural COX-2 inhibitor./Thunder God Vine. Extracts of this plant have long been used in traditional Chinese medicine to treat rheumatoid arthritis. Studies have shown that Thunder God Vine also inhibits COX-2 and reduces production of inflammatory proteins./Omega-3 Essential Fatty Acids. omega-3s can not only inhibit COX-2, but also slow the rate of joint degradation that causes arthritic pain./Resveratrol. COX-2 Natural inhibitor/Flavonoids/Phenolics. plant-derived chemicals selectively inhibit COX-2/Hops extract. naturally inhibit COX-2

What is the best way for Food Combining? Avoid eating proteins with carbohydrates. Protein foods require an acid medium for digestion whereas most carbohydrates will only digest properly in an alkaline setting. Salads combine very well with proteins or starches. Non starchy vegetables may be combined with proteins or starch. Green, leafy vegetables combine very well with most other foods and should form the major part of one's daily diet. Do not consume starch and sugars together. Eat melons alone. They do not combine with other foods. Avoid desserts. Eaten after meals, desserts simply sit in the stomach and ferment. Bacteria turn them into alcohols, acetic acids and vinegars. Sprouts/Grains: The best way to eat grains is as sprouts. When grains are sprouted, they come alive with enzymes and oxygen. They become a pre-digested food. Other seeds and legumes may be sprouted as well.

What are the alkaLINE Foods [Eat More] Instead of acid foods [Eat Less]?

ALKALIZING FOODS ACIDIFYING FOODS ALKALIZING VEGETABLES

Alfalfa
Barley Grass
Beets
Beet Greens
Broccoli
Cabbage
Carrot
Cauliflower

Celery
Chard Greens
Chlorella
Collard Greens
Cucumber
Dandelions
Dulce
Edible Flowers
Eggplant
Fermented Veggies
Garlic
Green Beans
Green Peas
Kale
Kohlrabi
Lettuce
Mushrooms
Mustard Greens
Nightshade Veggies
Onions
Parsnips (high glycemic)
Peas
Peppers
Pumpkin
Radishes
Rutabaga
Sea Veggies
Spinach, green
Spirulina
Sprouts
Sweet Potatoes
Tomatoes
Watercress
Wheat Grass
Wild Greens
ALKALIZING ORIENTAL VEGETABLES
Maitake
Daikon
Dandelion Root
Shitake
Kombu
Reishi
Nori
Umeboshi
Wakame
ALKALIZING FRUITS
Apple
Apricot
Avocado
Banana (high glycemic)
Berries
Blackberries
Cantaloupe
Cherries, sour
Coconut, fresh
Currants
Dates, dried
Figs, dried
Grapes
Grapefruit*
Honeydew Melon
Lemon*
Lime*
Muskmelons
Nectarine*
Orange*
Peach

Pear
 Pineapple
 Raisins
 Raspberries
 Rhubarb
 Strawberries
 Tangerine*
 Tomato
 Tropical Fruits
 Umeboshi Plums
 Watermelon*Although it might seem that citrus fruits would have an acidifying effect on the body, the citric acid they contain actually has an alkalinizing effect in the system.**ALKALIZING PROTEIN**
 Almonds
 Chestnuts
 Millet
 Tempeh (fermented)
 Tofu (fermented)
 Whey Protein Powder**ALKALIZING SWEETENERS**
 Stevia**ALKALIZING SPICES & SEASONINGS**
 Cinnamon
 Curry
 Ginger
 Mustard
 Chili Pepper
 Sea Salt
 Miso
 Tamari
 All Herbs**ALKALIZING OTHER**
 Apple Cider Vinegar
 Bee Pollen
 Lecithin Granules
 Molasses, blackstrap
 Probiotic Cultures
 Soured Dairy Products
 Green Juices
 Veggie Juices
 Fresh Fruit Juice
 Mineral Water
 Alkaline Antioxidant Water**ALKALIZING MINERALS**
 Cesium: pH 14
 Potassium: pH 14
 Sodium: pH 14
 Calcium: pH 12
 Magnesium: pH 9**ACIDIFYING VEGETABLES**
 Corn
 Lentils
 Olives
 Winter Squash**ACIDIFYING FRUITS**
 Blueberries
 Canned or Glazed Fruits
 Cranberries
 Currants
 Plums**
 Prunes****ACIDIFYING GRAINS, GRAIN PRODUCTS**
 Amaranth
 Barley
 Bran, wheat
 Bran, oat
 Corn
 Cornstarch
 Hemp Seed Flour
 Kamut
 Oats (rolled)
 Oatmeal
 Quinoa

Rice (all)
Rice Cakes
Rye
Spelt
Wheat
Wheat Germ
Noodles
Macaroni
Spaghetti
Bread
Crackers, soda
Flour, white
Flour, wheat
ACIDIFYING BEANS & LEGUMES
Black Beans
Chick Peas
Green Peas
Kidney Beans
Lentils
Pinto Beans
Red Beans
Soy Beans
Soy Milk
White Beans
Rice Milk
Almond Milk
ACIDIFYING DAIRY
Butter
Cheese
Cheese, Processed
Ice Cream
Ice Milk
ACIDIFYING NUTS & BUTTERS
Cashews
Legumes
Peanuts
Peanut Butter
Pecans
Tahini
Walnuts
ACIDIFYING ANIMAL PROTEIN
Bacon
Beef
Carp
Clams
Cod
Corned Beef
Fish
Haddock
Lamb
Lobster
Mussels
Organ Meats
Oyster
Pike
Pork
Rabbit
Salmon
Sardines
Sausage
Scallops
Shrimp
Scallops
Shellfish
Tuna
Turkey
Veal
Venison
ACIDIFYING FATS & OILS
Avacado Oil

Butter
 Canola Oil
 Corn Oil
 Hemp Seed Oil
 Flax Oil
 Lard
 Olive Oil
 Safflower Oil
 Sesame Oil
 Sunflower Oil
ACIDIFYING SWEETENERS
 Carob
 Sugar
 Corn Syrup
ACIDIFYING ALCOHOL
 Beer
 Spirits
 Hard Liquor
 Wine
ACIDIFYING OTHER FOODS
 Catsup
 Cocoa
 Coffee
 Vinegar
 Mustard
 Pepper
 Soft Drinks
ACIDIFYING DRUGS & CHEMICALS
 Aspirin
 Chemicals
 Drugs, Medicinal
 Drugs, Psychedelic
 Pesticides
 Herbicides
 Tobacco
ACIDIFYING JUNK FOOD
 Coca-Cola: pH 2
 Beer: pH 2.5
 Coffee: pH 4

Do I stop my medications while taking supplements? NO. Take your supplements along with your medications until your doctor reduce your dose in 4-9 months depending on your progress & situation. How can I survive a heart attack when I am alone? Without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let up until help arrives, or until the heart is felt to be beating normally again. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital. Do you recommend reducing or stopping soft drinks? Yes I recommend stopping all soft drinks including diet sodas. Sugar, caffeine, aspartame and phosphates can cause imbalance and lead to illness instead of wellness. What are the Adverse Drug Side Effects [ADR]? According to a survey published in the Journal of American Pharmacists' Association in 2001, the cost of detected drug-related morbidity and mortality in the United States exceeded US\$177 billion in 2000, with hospital admissions accounting for about 70% of total costs. Since 1995, the costs associated with drug related problems have been more than doubled. What is the connection between magnesium and Brain Health? Studies have confirmed that better magnesium levels help protect brain tissue from the damage that can be caused by any head trauma. Magnesium acts as a natural calcium channel blocker, which makes it a principle nutrient for helping to control blood pressure. In the Dietary Approaches to Stop Hypertension (DASH) study, researchers found that people who took in enough magnesium while on a calorie-controlled diet were able to lower their blood pressure. And this same calcium channel blocking effect plays a role in protecting the brain. The brain operates on a balance between "excitatory" and "inhibitory" activity. A neurotransmitter called glutamate is the primary trigger for the excitatory activity. When brain cells are activated by glutamate, calcium ions rush in. This is fine as long as the excitation is kept under reasonable control. But too much calcium entering the cells can be deadly to brain tissue. That's where the calcium channel blocking effect of magnesium comes in. What is the best way to build muscle with Potassium? Food Source Serving size Potassium (IN MG) Swiss chard, boiled 1 cup 961 Lima beans, cooked 1 cup 955 Yams, cooked 1 cup 911 Acorn squash, baked 1 cup 896 Spinach, boiled 1 cup 839 Papaya 1 whole 781 Pinto beans, boiled 1 cup 746 Crimini mushrooms, raw 5 oz. 636 Cod, baked or broiled 4 oz. 586 Beets, boiled 1 cup 518 Broccoli, boiled 1 cup 457 Brussels sprouts, boiled 1 cup 450 Cantaloupe 1 cup 427 Tomato, raw 1 cup 427 Banana 1 whole 422 Do I need to take the Flu Shot? No. Neurosurgeon Russell Blaylock, M.D. wrote a new, more horrifying event is soon to take place that will potentially kill thousands and cripple tens of millions more. He says a new vaccine has been created using an immune adjuvant called squaline, that has been shown to produce devastating neurological injuries in animals and has been strongly linked to the Gulf War

syndrome and the 200% increase in the fatal disease ALS in soldiers receiving the anthrax vaccine. Do I need a mammogram every year? NO. It's Time to Question the Value of Mammography. New studies have cast doubt on whether these unpleasant procedures save lives. Mammography is big business these days. Countless advertisements and physicians are telling women to have mammograms. But the value of this procedure is far from clear. We all know mammograms have a high risk of false positive and false negative findings. The test procedure is unpleasant and radiation is potentially harmful. Mammography is claimed to lower the risk of dying from breast cancer. Proponents argue that mammography can detect breast tumors a year or so earlier than simple palpation. This "early" detection, so the argument goes, leads to earlier treatment and a lower risk of breast cancer mortality. Statistics, it is claimed, have validated this argument. Is it safe to take a mega dose of Vit. C? Although Vit. C is water soluble and reasonably safe to take, I do not recommend exceeding 2000mg daily. Usually 1000mg/day is an ideal dose. Excess dosage may cause stool softening and if you eat shrimp excess vit. C may increase arsenic level found naturally in sea foods. What causes Vaginal Dryness? A woman's vagina naturally produces a clear, relatively odorless vaginal lubrication. How much lubricant is produced is influenced by a number of different factors and varies from woman to woman. Factors that may influence vaginal dryness are:

Intercourse/Diaphragms/Antidepressants/Antihistamines/decongestants/Antibiotics/Chemotherapy/Radiation/Allergens such as dyes and fragrances in toilet paper and laundry detergent/Drying soaps/Douches/Tampons/Condoms/Low estrogen/progesterone/Menopause, Perimenopause and postmenopause [Hormone Fluctuation]/extreme stress, fatigue and emotional disturbance. Is there a connection between Autism and vaccination? Yes. During last ten years the incidence of autism has skyrocketed to 1 in 300 to 1 in 600 children. Many in the healthcare field believe that vaccinations may be the culprit that conventional medicine is fearful to scrutinize. Are vaccinations worth the risk of a child becoming autistic for the rest of their life? Why sex is essential for men and women? Men who have sex at least twice a week can almost halve their risk of heart disease, according to new research. It shows men who indulge in regular lovemaking are up to 45 percent less likely to develop life-threatening heart conditions. The study, of over 1,000 men, did not examine whether women benefit too. The researchers who carried out the investigation are calling for doctors to screen men for sexual activity when assessing their risk of heart disease.

American Journal of Cardiology January 15, 2010, Volume 105, Issue 2, Pages 192-197 Do I need "One Blood Pressure medication"? NO. The Polycap was intended for use with individuals independent of the presence or absence of hypertension or hypercholesterolemia. In the latest issue of the Popular prescription drugs can rob your body of many essential nutrients, doing you more harm than good. Scores of popularly prescribed drugs for all kinds of health problems have been proven to leach important vitamins, minerals, and key enzymes out of your body or prevent it from being able to absorb them. They can also affect metabolism and even make it impossible for your body to use certain nutrients. Look for These Common Thieves in Your Medicine Cabinet Some of the most commonly used drugs in America today can cause any one of the problems on this list: Aspirin

You may be surprised to learn that aspirin makes it harder for your body to absorb vitamin C. It can also decrease levels of iron and folic acid, leading to anemia, susceptibility to cold and flu, and a host of additional ailments. Oral Contraceptives

Oral contraceptives have been shown to drain your body of vitamin B6, B12, zinc, and blood magnesium levels. This can set a cascade of unwanted side effects in motion, including sleeplessness, mood swings, diarrhea, poor immune resistance, insomnia, depression — even anorexia. Acid Blockers

If you're taking drugs to relieve heartburn or acid reflux, chances are you're shortchanging your body of zinc and iron. You need zinc in abundance for its power to help your body recover from wounds and injury and fight off infectious diseases. It's also one of the keys to prostate health, virility, and sexual performance. In fact, for men, the prostate gland is where most of the body's zinc is concentrated. Acid blockers' also effect iron levels — particularly in women. We all need iron to enable our blood to deliver oxygen to every cell in our bodies. Without enough of it, a host of problems set in, including anemia, fatigue, and greater vulnerability to illness. Corticosteroids

Prednisone and hydrocortisone are some of the top drugs used to treat lupus, Crohn's disease, and other autoimmune or inflammatory conditions. Unfortunately, they also leach calcium from your body and increase its elimination, putting you at greater risk of bone fracture and osteoporosis. Some studies have shown these drugs can also lower levels of key trace elements, including magnesium, selenium, zinc, copper, and potassium. You should be taking supplements to offset the loss of so many important nutrients. Hormone Replacement Drugs

The term "hormone replacement" is totally misleading: the drugs doctors are prescribing to millions every year to offset declining hormone levels aren't "replacing" anything. That's because drug makers derive them from animal hormones that are utterly foreign to your body. Studies show that these drugs deplete a long list of critical nutrients, including: Vitamin B2/(riboflavin)/Folic acid/Vitamin B12 (cobalamin)/Vitamin C/Zinc/Magnesium/Anti-Diabetic Drugs

Metformin, one of the most widely used medications to treat the symptoms of diabetes, robs your body of vitamin B12 and folic acid. It can attack heart health over time, partly because it also lowers CoQ10 levels. Every cell in your body needs it for metabolism, and it's especially crucial for the proper function of your vital organs, including the brain, heart, and liver. As you age, your body makes less and less of it. Statin Drugs

Lipitor, Zocor, Mevacor, and the like are great at driving your LDL cholesterol levels through the floor; unfortunately, they do the same thing to CoQ10 levels. Here are just a few of the risks you face if you're taking statins:

- Inability to concentrate
- Depression
- Confusion
- Impotence
- Amnesia

- Lowered sex drive
- Disorientation
- Weakened immune system
- Shortness of breath
- Liver damage
- Fatigue
- Kidney failure
- Nerve pain
- Muscle weakness
- Rhabdomyolysis (painful bursting of muscle cells)
- Death

Sixty-five million Americans have high blood pressure according to the American Heart Association. If all of them were to take some of the most common drugs to treat hypertension, they'd also be deficient in vitamin B6 and CoQ10. Diuretics There are two kinds of diuretics: thiazides and loop diuretics. They're great at lowering blood pressure. Doctors also prescribe them for diseases of the kidney and liver, as well as for heart health. While they help to fight these health conditions, they can also cause serious health problems. Hydrochlorothiazide (Microzide, Hydrodiuril) lowers levels of zinc, magnesium, and potassium. Loop diuretics like furosemide (Lasix), and bumetanide (Bumex) also deplete calcium, and vitamins B6 and C. **Halt These Health Problems in Their Tracks . . . Now** Here's a list I've put together of signs to watch out for. They may mean you're missing an important nutrient: **Medical Malnourishment:**

Nutrients and Signs to Watch For
B1 (Thiamin) Depression, memory loss, weight loss, fatigue, numbness
B2 (Riboflavin) Dermatitis, lesions at the corners of the mouth, swollen tongue, vision loss
B3 (Niacin) Skin lesions, insomnia, depression, aggression, swelling, diarrhea, weakness, "brain fog," balding
B5 (Pantothenic Acid) Fatigue, numbness, foot pain
B6 (Pyridoxine) Depression, fatigue, dermatitis, anemia, glucose intolerance
B7 (Biotin) Balding, depression, dermatitis, nausea, anorexia
B9 (Folate) Anemia, fatigue, cervical dysplasia, diarrhea, gingivitis, depression, irritability, insomnia
B12 (Cobalamin) Anemia, fatigue, poor nerve function, diarrhea, loss of memory
Vitamin C Liver spots, bleeding at the gums, fatigue
Calcium Weakened bones and fractures, muscle spasms
Magnesium Fatigue, irritability, weakness, muscle cramps, insomnia, anorexia
Potassium Fatigue, irregular heartbeat, irritability, confusion, reduced nerve function
Iron Anemia, weakness, fatigue, poor immune function
Zinc Slow recovery from wounds, decreased immunity, loss of taste and smell, balding, skin disorders, sexual dysfunction
Selenium Poor immune function, heart

disease
CoQ10 Hypertension, fatigue, cardiovascular disease
Carnitine Muscle weakness, inability to digest fat, stunted growth in children, poor athletic performance
MIXING A STATIN AND AN ANTI-ARRHYTHMIC DRUG MAY BE DANGEROUS On August 8, 2008, the FDA issued an alert about the increased risk of a statin related serious and potentially fatal muscle disorder (rhabdomyolysis) for patients taking more than 20 mg./day of simvastatin (Zocor) along with the anti-arrhythmic drug amiodarone. The problem appears to be that amiodarone inhibits one of the cytochrome P450 enzymes that is involved in the metabolism of the statin, thus providing for increased levels to persist and therefore increasing the risk of side effects.

Deceptive "Protein" Toxin is Becoming More Widely Spread in Your Food
 First baby milk formula, then dairy-based products from yogurt to chocolate, and now chicken eggs have been contaminated with melamine. An admission that the industrial chemical is regularly added to animal feed in China has fueled fears that the problem could be more widespread, affecting fish, meat and possibly many other foods. Melamine is rich in nitrogen, which means that it gives low-quality food and feed artificially high protein readings. But extremely high levels of melamine can cause kidney stones, and in some cases can bring on life-threatening kidney failure. However, there have been no tests on melamine's precise effects in humans. Until the contaminated baby formula became public in a few months ago, there was never any reason to. The situation has left consumers worldwide, particularly parents, worried about food products from China, and even those made elsewhere with ingredients imported from Chinese companies. Introduction to liver blood test nitial step in detecting liver damage is a simple blood test to determine the presence of certain liver enzymes in the blood. Under normal circumstances, these enzymes reside within the cells of the liver. But when the liver is injured for any reason, these enzymes are spilled into the blood stream. Enzymes are proteins that are present throughout the body, each with a unique function. Enzymes help to speed up (catalyze) routine and necessary chemical reactions in the body. Among the most sensitive and widely used of these liver enzymes are the aminotransferases. They include aspartate aminotransferase (AST or SGOT) and alanine aminotransferase (ALT or SGPT). These enzymes are normally contained within liver cells. If the liver is injured, the liver cells spill the enzymes into blood, raising the enzyme levels in the blood and signaling the liver damage. We've helped literally thousands of patients using a series of breakthrough treatments based in the revolutionary new science of achieving optimal health by balancing human metabolism. And few things in your body chemistry are as closely linked to your metabolism as your hormones – especially testosterone. We do a complete evaluation of all hormone levels – not just testosterone but also stress hormones, thyroid hormones, growth hormone, DHEA, and others – all of which are interlocked in a delicate, easily imbalanced metabolic cycle within your body: **6 Key Hormones You Need in Optimal Levels for Optimal Health** I rarely see a patient with low testosterone levels who does not also have a serious imbalance in some or all of the other major hormones regulating metabolism, body chemistry, and disease progression. Here are 6 of the key hormones your doctor should test for . . . and the importance of maintaining optimal levels of each: **Testosterone** – as we age, our testosterone levels decline, causing us to become moody, unhappy, forgetful, and disinterested in sex. Other symptoms of low testosterone range from loss of muscle mass and physical strength to accumulation of excessive belly fat. **Cortisol** – too much stress causes cortisol to rise to dangerous levels. Result: elevated blood sugar, weight gain, weakened immune system, loss of bone density, sleeping problems, and compromised immune system. **Thyroid hormone** – an important controller for your metabolism, the thyroid performs a myriad of critical functions – from keeping body temperature normal

and efficiently burning fat for energy, to regulating blood glucose and enabling neurotransmitters to work. DHEA – your body depends on adequate DHEA levels to create the hormones that manage cholesterol ... reduce formation of fatty deposits ... promote bone growth ... maintain ideal body weight ... regulate blood sugar levels ... and improve cognitive thinking. Growth hormone – human growth hormone is required for mineralization of bone, tissue rejuvenation, protein synthesis, insulin regulation, and other essential biological functions in both children and adults. Estradiol/Estrone – though estradiol and estrone are primary female sex hormones, men need small amounts of them too, because estradiol aids the absorption of calcium, magnesium, and zinc — minerals important for bones, teeth, and our immune system. But too much estrone or estradiol can have a deleterious effect on prostate health. Optimizing levels of these key hormones could help you add up to 7 to 10 years to your life. What is your sign?

- AQUARIUS - The Sweetheart (Jan 20 – Feb 18) Optimistic and honest. Sweet personality. Very independent. Inventive and intelligent. Friendly and loyal. Can seem unemotional. Can be a bit rebellious. Very stubborn, but original and unique. Attractive on the inside and out. Eccentric personality.

- PISCES - The Dreamer (Feb 19 – Mar 20) Generous, kind, and thoughtful. Very creative and imaginative. May become secretive and vague. Sensitive. Don't like details. Dreamy and unrealistic. Sympathetic and loving. Kind. Unselfish. Good kisser.

- ARIES - The Daredevil (Mar 21 – April 19)

Energetic. Adventurous and spontaneous. Confident and enthusiastic. Fun. Loves a challenge. EXTREMELY impatient. Sometimes selfish. Short fuse. (Easily angered.) Lively, passionate, and sharp wit. Outgoing. Lose interest quickly – easily bored. Egotistical. Courageous and assertive. Tends to be physical and athletic.

- TAURUS - The Enduring One (April 20 – May 20) Charming but aggressive. Can come off as boring, but they are not. Hard workers. Warm-hearted. Strong, has endurance. Solid beings that are stable and secure in their ways. Not looking for shortcuts. Take pride in their beauty. Patient and reliable. Make great friends and give good advice. Loving and kind. Loves hard – passionate. Express themselves emotionally... Prone to ferocious temper-tantrums. Determined. Indulge themselves often. Very generous.

- GEMINI - The Chatterbox (May 21 – June 20) Smart and witty. Outgoing, very chatty. Lively, energetic.

Adaptable but needs to express them selves. Argumentative and outspoken. Like change. Versatile. Busy, sometimes nervous and tense. Gossips. May seem superficial or inconsistent. Beautiful physically and mentally.

- CANCER - The Protector (June 21 – July 22)

Moody, emotional. May be shy. Very loving and caring. Pretty /handsome. Excellent partners for life. Protective. Inventive and imaginative. Cautious. Touchy-feely kind of person. Needs love from others. Easily hurt, but sympathetic.

- LEO - The Boss (July 23 – Aug 22)

Very organized. Need order in their lives – like being in control. Like boundaries. Tend to take over everything. Bossy. Like to help Others. Social and outgoing. Extroverted. Generous, warm-hearted. Sensitive. Creative energy. Full of themselves. Loving. Doing the right thing is important to Leos. Attractive.

- VIRGO - The Perfectionist (Aug 23 – Sept 22)

Dominant In relationships. Conservative. Always wants the last word. Argumentative. Worries. Very smart. Dislikes noise and chaos. Eager. Hardworking. Loyal. Beautiful. Easy to talk to. Hard to please. Harsh. Practical and very fussy. Often shy. Pessimistic.

- LIBRA - The Harmonizer (Sept 23 – Oct 22)

Nice to everyone they meet. Can't make up their mind. Have own unique appeal. Creative, energetic, and very social. Hates to be alone. Peaceful, generous. Very loving and beautiful. Flirtatious. Give in too easily. Procrastinators. Very gullible.

- SCORPIO - The Intense One (Oct 23 – Nov 21)

Very energetic. Intelligent. Can be jealous and/or possessive. Hardworking. Great kisser. Can become obsessive or secretive. Holds grudges. Attractive. Determined. Loves being in long relationships. Talkative. Romantic. Can be self-centered at times. Passionate and Emotional.

- SAGITTARIUS - The Happy-Go-Lucky One (Nov 22 – Dec 21)

Good-natured optimist. Doesn't want to grow up (Peter Pan Syndrome). Indulges self. Boastful. Likes luxuries and gambling.. Social and outgoing. Doesn't like responsibilities. Often fantasizes. Impatient. Fun to be around. Having lots of friends. Flirtatious. Doesn't like rules. Sometimes hypocritical.. Dislikes being confined – tight spaces or even tight clothes. Doesn't like being doubted. Beautiful inside and out

- CAPRICORN - The Go-Getter (Dec 22 – Jan 19) Patient and wise. Practical and rigid. Ambitious. Tends to be Good-looking. Humorous and funny. Can be a bit shy and reserved. Often pessimistic. Capricorns tend to act before they think and can be Unfriendly at times. Hold grudges. Like competition. Get what they want.

Newsletter

Name *

Email *