Remedy's Health Food

...continued from page 19 serious and do something about it!!!

The following natural supplements may help:

• Etherium Black Balances Alpha and Beta brainwaves

• Free Form Amino Acid Complex Aids with withdrawal

• Gaba or 5-htp Calms the body and reduces anxiety Glutathione Protects liver-reduces craving for alcohol

 Pantothenic Acid Aids in detoxification

 B-complex injections (under a doctors supervision)

There are of course many other aspects to overcoming this addiction, but it is worth the effort. See your health care provider, make it a project, and succeed. Supplements can assist with the physical and psychological aspects of recovery. Evidence demonstrates that some diseases that affect those who abuse alcohol can be avoided by a good nutritional program. Seek the help of trained professionals such as ones who work with AA, or other professional groups. So the next time you want

do say "Make it a Double," ask: "Why should I?"

Top 16 Worst Breakup Excuses

- 16. "Ow...I banged my head! That really hurt! Hey...who are YOU?
- 15. "I'm sorry, but there isn't enough room in my life for both you and my Vibrator."
- 14. "I've got this disease.... it's called herpigonasyphalaids. Very contagious.
- 13. "You're too young for me, I mean too old. We're the same age? Well, that doesn't work for me, either."
- 12. "We're so different, you and I. You're an extrovert, I'm an introvert, I like classical, you like heavy metal. And of course I'M not a physically repulsive raving psychopath".
- 11. "You've gone from 'sponge-worthy' to merely 'spongy'."

10. "Dear Christine; by the time you read this I'll be a woman..."

- 9. "I have early onset onanism."
- 8. "You're no longer the wealthy, gullible, and desperately lonely man I fell in love with."
- 7. "My penis, uh, fell off, and I, er, lost it...yeah-- on the subway, I think."
- 6. "Less filling? LESS FILLING??? I don't even know who you are anymore!"
- 5. "My dog is having puppies and I need to take a year off in order to train them to attack your picture."
- 4. "It's not 'you', it's me. Specifically, me would like to sleep with your sister."
- 3. "I had lunch at the Hunan Palace today and according to the place mat, you're a snake and I'm a mongoose."
- 2. "We just don't have anything in common anymore--- you're a morning person, and I want to see your severed head impaled on a steel railroad spike.

And the #1 Worst Breakup Excuse...

1. "I'm holding you back from all the other lives you could be ruining."



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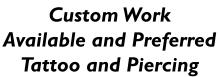
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