

MEN'S HEALTH

- Males require more Omega 3 fats than females 3:1. This is significant because....flax oil
- Growing pains in young men....Iodoral
- Estrogen based food in young men why it should be limited
- Estrogen food in adults can create: Prostate, breasts and other hormonal imbalances....Milk Thistle
- Stopping smoking....Nicotine relief
- How/why to limit alcohol. Does wine really help? Dandelion root/leaf
- Athletes feet, fungus under toe and finger nails. Smelly feet
- Passing gas tells us?
- What about BP. Why do men seem to have it more? Water....stress....?
- How can you keep your hair on top of your head longer?
Thyroid...fats...minerals....protein Thyroid Support
- Tips to avoid heart attacks, water, B vitamins, the liver...Hawthorn Berry
- Let's talk about liver health and men. What about the gall bladder
- Preventing prostate challenges.....avoid fake fats....Libido M
- Craving sweets/minerals.....salty/adrenal....dairy/protein/calcium/fat....
- Sports injuries.....head....neck.....Head slides....lunges.....butt blasters
- Zinc for the prostate....healing....insulin.....memory
- Preventing Erectile dysfunction...Libido M
- Teeth health
- Subluxation prevention YOUR SECRET WEAPON TO A HEALTHY LIFE
- Keeping cholesterol under control....Raising your HDL Cayenne Pepper

Robert DeMaria DC NHD www.druglessdoctor.com. Available to speak!!