i do not think i'd be able to function, so my carbs are tapered down if and when necessary.

in no way do i blame my doctor or think he did anything wrong. he did what he was supposed to do under the system he works in.

it is a unique blend of well researched ayurvedic ingredients for rejuvenation and cardiac problems.

most of us are reluctant to exercise the body enough because of the "fear" something is really wrong with our hearts but to the contrary exercise is the key.