

# Download Eat A Little Better Great Flavor Good Health Better World

Gardening gets you out in the fresh air and sunshine -- and it also gets your blood moving; Gardeners eat more fruits and vegetables than their peers Spinach is a potent source of magnesium, which helps dilate blood vessels, according to Japanese researchers. Better blood flow to the genitals creates greater arousal for men and women.<sup>2</sup> 11 Signs It's More Serious Than the Common Cold Doctors explain how to tell if you have the common cold or something more. An inspiration [ THIS IS A HEALTH.IT ... NOT A DIET ] GAIN BETTER HEALTH "Arthritis is a symptom, not a disease" "Cholesterol is a symptom, not a disease"