

Title:

How About a ^Natural High~ Instead Of Those Mood Altering Drugs?

Word Count:

468

Summary:

Researchers have found that exercise releases serotonin into the brain and creates a feeling of

Keywords:

natural,mood,exercise,serotonin,,food,recipes,fit,cholesterol,triglycerides,invigorating,health

Article Body:

A few years ago I retired from a very active management position and suddenly found myself spe

A lifesaving friend called one day and said ^Let's visit the senior community center and see w

It turned out that most of the seniors were younger than I. The age was 50+ and everyone seem

Here comes the moral to this story. I had a doctor's appointment about 6 weeks later. I steppe

It's three years later, I'm 75 years old, still taking exercise classes twice a week and teach

My doctor laughs when I tell him I want to form a task force to pull people out of their beds

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