

# 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 to 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 herpigonasyphalaidis. 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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