

January 2000

## AS WE SEE IT

Healthy Living has a Huge Payoff

## COVER STORY

Hormonal Rejuvenation for Men:  
How men can safely use testosterone to restore libido



Replenish Testosterone Naturally: Plant extracts favorably alter hormone metabolism and improve sexual desire in men

## REPORT

Garlic the Bountiful Bulb

## IN THE NEWS

Goodbye Drugs-Hello Sleep

## PRODUCTS

Skin Aging Update

## PROFILE

A Prescription for Health Diet, supplements  
and a positive attitude- singing and whistling included

## Q & A

I3C and Trout The Truth about the Oregon State University Studies

## MEDICAL UPDATES

January 2000 Medical Updates

## ABSTRACTS

January 2000 Abstracts

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