

Rico's Room

By Rico Connor

WAKE UP, AMERICA!



GIVE YOURSELF THE GIFT OF GOOD HEALTH!

I can't figure out America. So many people in this country don't respect and appreciate the most precious gift they have: their life! It's too bad we all didn't come with an instruction manual—maybe then we wouldn't be in this big mess. Most of us put a lot of effort into excelling in the workplace and advancing in our chosen careers. Yet we hardly put any effort into taking care of our bodies. We have created a terrible imbalance in our lives. How can we, as a country, be so foolish?

You don't know what you've got until it's gone. So many of us take our health for granted. People can't abuse their bodies without eventually paying a price in some way.

Most people are ignorant of the many bad habits and the lack of good habits that put their health and their lives in serious danger. It seems that the only thing people are concerned about is making a buck. A lot of them tend to make it at the expense of others or their own expense! It is good to be successful and to earn a decent living, but not at the cost of your health. People tend to forget they must be around to enjoy their success. You can't enjoy anything in this world when you're six feet under.

I'm sure we've all heard or read about the guy in his mid-forties, married with three kids, with a happy family life and a great job, who appeared to be in good health

and yet suddenly keeled over and died on the spot of a massive heart attack. This is typical of someone who paid the highest price for lifelong bad eating habits, the inability to deal with stress, and a sedentary lifestyle. Too many people die before their time. Many believe that heart problems develop after age thirty-five. Nothing could be further from the truth! Heart disease develops gradually and usually starts at an early age. It is the nation's leading cause of death for both men and women.

You've got two choices—ignoring your health and becoming a statistic, or virtually eliminating the probability of heart disease and cutting the odds of getting cancer in half, so you can live a long, healthy life. Thousands of people slowly kill themselves in America each year because they lack knowledge and motivation. 70% of all deaths are Chronic Diseases:

cancer, cardiovascular, respiratory, diabetes, etc. The amazing thing is that all chronic disease could be virtually eliminated by drinking in moderation, not smoking cigarettes and a lifestyle of daily exercise and good nutrition!!! It blows my mind that when you know facts like this you still choose to put your life in peril.

Most of your life centers around the relationships you have with your loved ones, family, friends, and associates. If you plan on being

around to enjoy these relationships, you need a good relationship with yourself, your mind, heart and body. I'm thinking of changing the name of my book to *WAKE UP, AMERICA!* It's up to each one of you to give yourself the gift of good health. It won't happen on its own. You have to want to do this for yourself. Stop procrastinating and stop ignoring it. Take some time after you read this and really ask yourself some serious questions. Look at your life and your health and ask yourself: "Am I living the way I want to live?" "Am I doing everything I can to lead the highest quality, most fulfilled, happy and healthy life possible?" Most of you already know the answer. Now it's time for you to DO something about it. —Rico Connor **SLV** www.totalhealth4life.net



Is Acne Ruining your Social Life or your Self-Esteem?

Acne can be a major issue in anybody's life—causing self-esteem issues, social anxiety, and sometimes even embarrassment. Acne sufferers often face harassment or discrimination for something that is beyond their control. It is not just teenagers that suffer from acne, adults suffer as well, oftentimes on several parts of their body, such as arms, back and face.

For some people, minor cases of acne can be treated with simple solutions like creams, lotions, pills, sea salts or mud baths. However, the majority of acne sufferers need a treatment that will not only work fast and effectively, but will keep future breakouts from happening. This treatment often requires an expensive visit to the doctor.

Accutane, the final frontier...for Acne For ages, acne sufferers had only a few treatment options available to them, many with less than stellar results. Also, they needed to go through the painstaking task of applying prescription topical medications along with taking oral medications. Even then, the more severe cases would never fully be healed. However, nowadays, for those severe acne sufferers, there is a "miracle" drug that does the job and does it well. This drug is *Accutane*, the Acne Killer.

Accutane is used to treat severe cases of acne which have not been healed through conventional antibiotics and topical creams. It is used to control all of the underlying causes of acne by normalizing your follicles, decreasing sebum production, reducing inflammation and limiting the growth of bacteria. *Accutane* treatment typically lasts from 4 to 6 months. It is also very costly, ranging from \$2000 to \$4000 (depending on frequency of dermatological visits, lab tests, etc.). Other names for *Accutane* include *Amnesteem*, *Claravis*, *Isotretinoin* and *Sotret*. **SLV**

Rx facts

Medical Facts – 5 Acne Treatments to Try



#1 – Zyporex

Zyporex contains 33 of mother nature's best acne fighting

compounds to eliminate acne once and for all. *Zyporex* has a large and loyal fan base, largely because it usually rids 80%-90% of acne within 7 days.



#2 – Acneticin

Acneticin is a powerful internal acne supplement.

Its formula targets acne from the source—far beneath the skin. If you are one of the tens of thousands who have tried every topical acne treatment to no avail, then *Acneticin* is your clear alternative.



#3 – Orovo Acne Kit

The *Orovo Acne Kit* is a 3-step acne prevention system.

1. An acne-fighting scrub that contains 28 all-natural ingredients 2. An acne-fighting gel that you can literally feel working within 5 seconds of applying 3. A whole food "SuperFoods" vitamin called *Orovo*, which contains 10 highly-concentrated extracts.



#4 – Oxycerin

Oxycerin is the world's first acne serum to contain

5% tea tree oil. Tea tree oil has been clinically proven to be just as effective as 5% benzoyl peroxide, (that is used in most cheap acne products), but with nearly no side effects.



#5 – Asso Gold Cleansing Bar

Asso Soap is the world's most expensive bar of soap at \$124 per bar. Why? Because it contains 24k Gold dissolved into the formulation, allowing tiny particles to dissolve more effectively into the skin and allowing the gold to kill acne at the source. **SLV**