

Sniffing Habit

I have to confess I have a fresh ground coffee smelling fetish. It's not something I've had for years . Only in the last couple months since I started buying Tobiatic Wild brand, Free Trade plus Organic =Happiness, fresh roasted coffee from [Sissiboo Coffee Roaster](#) and Café in Bear River have I become addicted to sniffing this stuff. It all starts when I open the cupboard door and see the neat brown bag with the wood-cut art and green label. I know I have to get the coffee made but I linger over the open bag and even after I add the coffee to the filter I have to go back and get several more hits. It was probably 40 years ago that I had a similar sniffing issue, but at that time it was the Donair Meat at Tony's Pizza on Robie Street in Halifax. "Eve" here on my right probably knows what I'm talking about.

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"All supplements are not created equal"

This is where the big difference lies and in the end allows for wrong information, false advertising and general confusion about the value of vitamin supplements.

A lot of the misinformation starts off as research carried out with good intentions but since the quality and source of the raw ingredients for the vitamin being tested are not known or the synergy required from another vitamin working along with it is ignored we end up with totally inaccurate results. Sometimes there is even collusion on the part of the research company being paid by vested interests that require a certain result. It doesn't take long for the grapevine to come up with a skewed answer to the question, "Would a vitamin E supplement help my heart?"

A few years back The National Inquirer did a favourable write up on Selenium. For months nobody could keep this supplement on their shelves.

A pharmaceutical grade Vitamin supplement created from high quality ingredients, tested for amounts and how quickly it can be delivered to the cells of the body is not the same as a dollar store supplement. The real research is there, the practical results are there, the testimonies are there and there is a growing number of health care professionals who believe that there are quality products available that can make a difference in our health.

The truth of the matter is that all supplements are not created equal. People are getting results with the ones that work. Sadly, there are a great number that just aren't made properly.

RP Connects



Promotion Ideas That Fit

Not all painted by the same brush

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