hi craig on the high protein bit, one thing i do daily is mix a scoop of whey with a serving of fage 0 greek yogurt

such atypical bile salts can influence fat metabolism (for example, at the absorption stage) and may consequently also influence the absorption of fat-soluble vitamins 129.

ask them how they are getting home, and if they have a designated driver

past during the election process so that they don't bring the party into disrepute. if your vessel is not