



Hi there, want a hot tip? Spicy foods can actually burn calories. Here's a cold tip.

The safest, most effective nasal spray for adults may be the kind intended for children. And there are a lot more tips to share in our monthly meet-up sessions ... How about tips for a lasting marriage? How about tips on raising healthy and happy children?

There will be tips on how to grow a healing garden of plants as disease-fighters. Everyday tips on how to get along with your kids, your co-workers, your relatives and your dog and to get every aspect of your life in tip-top shape. There will be topics on understanding childhood allergies.

That's what Health Snippet is all about: providing you with the best, most varied collection of health tips ever gathered in one place. Log in here and you will get into more of these short profitable visits any time. So enjoy and we wish you all be in the pink of health.