for decades, major league baseball players have been doing drugs of various sorts to improve their performance: amphetamines that got players amped up for games and through the long season8230;

this is where nutrition comes into play

in addition to fluid that is lost during bouts of diarrhea, electrolytes (sodium and potassium) are also lost and need to be replaced because the body cannot function properly without them

inner honesty is an emotional intelligence which women can spot in other women

traditional distinctions between thinking and imagining, thoughts would not extend beyond our actual experiences