
Subject: Spooks

Posted by [TCB](#) on Sat, 09 Jun 2007 13:09:41 GMT

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uld give you an extensive list.

>

>Yet another dietary cholesterol reducer is Omega 3 fatty acids, which also
>have a lot of other health benefits. The top three sources for these are
>flaxseeds, salmon, and walnuts. I just buy the bottled fish oil and throw a
>tablespoon into my daily protein/vitamin shake.

>

>I think patchouli's for Lesbians nowadays anyway. You'd probably be better
>off with sandalwood, ya big hippie.

>

>S

>

>

>"DJ" <[animix _ at _ animas _ dot _ net](#)> wrote in message

>news:468fc7b4@linux..
