I've gone from a reasonably fit 60 yr old (6 yrs ago) to a decrepit oldie after taking Lipitor.

To us that means making choices— for our children and for the environment we live in.

Soon, the macronutrient section will begin and one of the considerations will be the topic of trans fat.

Promotion of appropriate and safe drugs in children is the need of the hour globally.

Yeah, I just have to echo what Suzanne was saying about the "can I train harder" portion and how it seemed ambiguous.