## **HEALTH AND WELL-BEING**

Some four million babies are born in the U-S annually. If you're considering having one this year, you should know that in traditional Chinese medicine, healthy kidneys, liver and blood are important for fertility. Western doctors say healthy pituitary, hypothalamus and ovaries are also vital. To get rid of impurities and hormonal imbalances, many women turn to a dietary supplement called Female Fertility. It's made with herbs, roots and vegetables by Bio-Terra herbal supplements, so it's vegan, gluten-free, non-G-M-O and a hundred percent natural. Learn more at bio-terra-herbs--dot--com.