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May 29th 2013: Two Inconvenient Truths of Modern Life Living: Stress and Toxins

Have you ever wonder if indeed we are supposed to live well under everyday stress and unrelenting environmental pollutions? Are you concerned about your changing hormones and neuroendocrine system? Maybe in our brain, there is a slowdown mechanism inherited during these turbulent times, yet we cannot slowdown in reality. Then what happens when we silently go our daily ways without ever thinking of this physical wonder machine might have very few days left to run at optimal level? Will it drive forever? At age 42, Dr. Lu was doing it all: three jobs as a busy medical doctor, an avid cyclist

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