also diagnosed at a younger age (about 3 years younger on average) and are more likely to have high blood pressure. Barley grass will help with lowering my blood pressure, reduce my bad cholesterol while increasing my good cholesterol, and help me lose weight.

While the United States and its allies spent more than a decade at war, he said, countries like Russia and China have heavily invested in military modernization programs to blunt the U.S. approach.