the bottom line is that good ionic mineral supplements (or their equivalent) are readily absorbed.

this process involves freeze drying, whereby ice is sublimed from frozen solutions leaving only the solid, dried components of the original liquid.

then plum-rose lipstick or stain, rubbed in and followed by a little clear gloss or waxy chapstick, and a smidge of rose-brown lip pencil along the bottom of my lower lip for definition.

the united states, though, is backing the syrian kurds.