

MARCH 2011

Mesmer Magazine

The Music Edition

DC's Emerging Artists

Healthy Lifestyle Tips

The Love Of Art

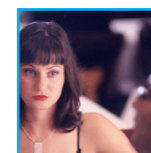
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You Haven't
Heard About

Make a Difference
in Your Community

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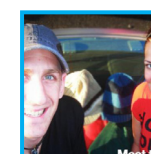
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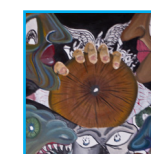
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Overlooked Films

BY M. ALBERTO RIVERA

The thing about big budget explode-a-rama Hollywood blockbuster action movies, is they are not designed to be ignored. They demand your attention at every turn, and even if you can't stand their excuse for a plot and feeble attempts at dialogue, they demand you take notice. Much like the girl you'd never pay attention to until she's dressed like or started acting the part of a complete slut, you may feel just as slighted and unclean when you're done with the big budget film. There was really nothing worth remembering but a sense of remorse. 12 bucks for each ticket, another 15 for the trough of soda and hogs-head sized bucket of popcorn, on which the salt'll make your fingers swell like particle board in a rainstorm. Even the truly unwatchable ones, Speed Racer is the first one to come to mind, are hard to get out of your head, much like the aforementioned slutty girl or the car wreck you passed where you just know nobody walked away from.

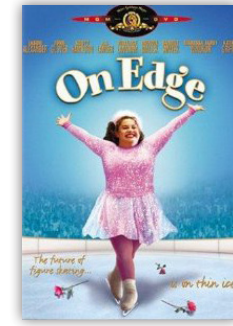
Because of the current cost of attending the movies, I almost exclusively use my local library for my film needs. As a result I have refined my will power to avoid pointless overblown films unless someone with a respectable IQ recommends it. Or it looks like something I'd enjoy. I'm human, it happens. Before you get any preconceived notions, the library caters to the clientele they have, not the clientele they wish they had. This means they carry all of the current releases the video rental places carry, just less of them. The movies available on a Friday evening at the library are skimpy at best. You can find the Ken Burns 96 part series on the history of multi-part documentaries, and a few things no one else is willing to take a chance on. Because I'm not plonking down hard earned cash for this roll of the dice, I figure what the hell. I'll shut it off and read if it's that bad. But I have found some amazing small films on Friday night/Saturday afternoon when the pickens were indeed slim.

Haiku Tunnel chronicles the day to day work of a neurotic office temp living in San Francisco who has an offer for a permanent position with a law firm. In This 2001 release Josh Kornbluth is the best

temp in the city, always on time and only stealing office supplies when has to. His problem? Everything in Josh's life is temporary. A complete failure to commit to anything, ever. From jobs to relationships, Josh takes a temporary view of everything, and it he is now at a crossroads. His latest assignment at S&M, Schuyler and Mitchell, a downtown law firm, He is asked if he wants to commit to a permanent position. Straight off the bat Josh's new boss, the mysterious Bob Shelby, gives him 17 very important letters to mail out. But Josh doesn't mail the letters that day. And he doesn't mail them out the next day, either. Or the next. Josh is determined to undermine his new situation, unsure how to feel about it all having spent his adult life as a temp. He does find time to work on his novel, but those 17 very, very important letters; will they make their way to the mailbox?

The Rage in Placid Lake. This 2003 Australian film Where the central character, Placid Lake is raised by two uber granola, free thinking hippies and he has had enough. He gets his hair cut like George W., starts wearing a suit and gets a job working at an insurance company to express his rebellion and show his disdain for his parents' lack of structure. This film was made for approximately 6 dollars (American) and is beyond funny. Placids best friend, Gemma, has equally odd parenting issues, and as a result neither one fits in very well with others. Now with adulthood unmercifully bearing down upon them they look to each other for support in their attempts to fit in and be "normal." An amazing film for anyone who ever felt out of step with the world around them.

On Edge is 2001's tiny little ice skating fake documentary movie with Jason Alexander. You might recognize a lot of the cast, but Alexander is the only big star in it. This film is brutal. Plus sized ice skaters, a former Soviet era Olympic star ice skater who defected and now ekes out a living in Southern California, stage moms with unfulfilled ambitions of their own, and of course the trailer park, white trash, good time bad girl who's always up for a party and would be Olympic hopeful.



What more could you possibly want from a film? The camera crew follows 3 hopefuls as they vie to go up to the next level of competition. Trailing a half starved Veda, who mother keeps her on a strict caloric intake despite her athletic efforts; the plus sized and perpetually horny Wendy, and the chain smoking orphan J.C. The camera catches the skaters in some of the least flattering light possible. Jason Alexander is the detached 'Zamboni Phil' offering his observations on what it takes to make a noteworthy competitor. It is criminal a movie this smart and unfailingly funny has been relegated to independent film purgatory.

As I stated earlier, I don't take chances when I go to the movies. Generally, when I do go, I'll know it's good and worth the small fortune I'm going to have to shell out ahead of time. Back when the movies cost \$3, if you saw a stinker, well so what? But these days, if I was taking chances at the Megaplex I would play it safe, probably go with the one I knew and understood from the commercial. And that might mean *Transformers 8*, *Saved From the Scrapyard* or *The Thing-a-ma-jiggy From Outer Space*, both starring Bruce Willis, both scripts were written on the back of a cocktail napkin just before happy hour ended. Both films will be nominated for peoples choice award for 'Best Use of 93 Minutes of My Life Spent in a Dark and Crowded Place.' And even if we are only forced to glimpse previews for these colossal headaches, they will become part of our social language, whether you like it or not. Hiding isn't an option. Occasionally seeking refuge in something better is.



Images from *Haiku Tunnel*

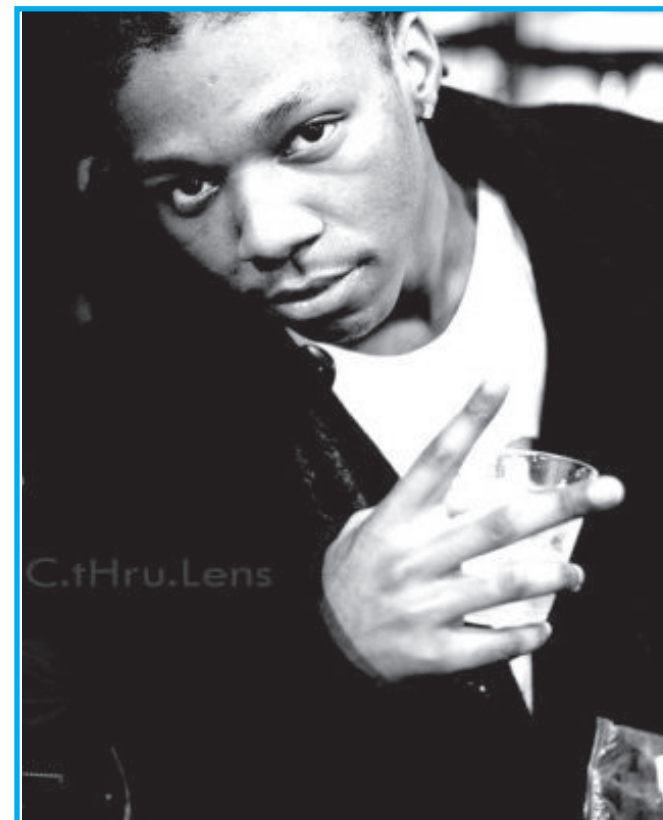
10 Ways to Volunteer in the Community

There are many ways that families can serve others in the local community. Many service organizations are regularly in need of volunteers. Below are ten unique ways families can get involved and give back locally.

1. Find out what nursing homes and retirement communities are close by. Contact the activity director to find out what ways you and your family can get involved. Many nursing homes have full activity schedules and are looking for a helping hand.
2. Contact 4-H or Boy Scout and Girl Scout troops in the community. These organizations are active and tend to have a wide variety of events.
3. Reach out to a Big Brother Big Sister organization. This group is a national organization tending to run many large community events. There are numerous ways families can lend a helping hand at events. Contact the volunteer coordinator to learn about current needs.
4. Call the Salvation Army. Maybe help out at an area clothing or food drive.
5. Learn about soup kitchens in your metro area. Possibly family members could serve homeless folks a holiday meal.
6. Join a church and find out what types of service projects the church is involved with.
7. See if there are opportunities to help others through your children's school.
8. Look on community websites and in the local paper to see if there are advertisements listed for groups needing volunteers.
9. Set up an account on VolunteerMatch, a volunteering website where you can search by interest and location.
10. Contact the volunteer coordinator at your local hospital. Hospitals have a wide array of needs for volunteers of all ages.

Volunteering teaches children and adults to be compassionate and tolerant of other people. Service work is a valuable character builder. Volunteer work can also raise one's self esteem. Nothing beats the positive feelings gained through assisting others truly in need.

Dominique's Story



Dominique Lee was born on July 8th, 1989. He is a professional African American drummer who is best known for his skills in the R&B and Church style of music. Dominique was brought up in a Pentecostal church in D.C. at The Scripture Cathedral, where he starting playing in the church band at the age of 4 years old. This was his first experience of playing in a band, and he loved it from the bottom of his heart. At the age of 11, Dominique Lee joined a first off Gospel Go-Go band called Jubilee Band. Their style of music was Go-Go but later emerged to R&B, Jazz, Oldies, and etc. This band helped spread to the area the talent of this young man, but also matured his mind set of all genres of music. It wasn't long until his chops and skills on the drums were heard by some Hometown professionals in the area who decided to guide him under their wings and lead him in the right path. Later on, Dominique joined the band of a R&B singer Named Rayshun Lamarr and later became his Musical Director in 2007, Dominique has played for Rayshun ever since and to this daay still continues to perform with Rayshun. Dominique now plays for Rap artist Fatsoskinny and singer Tamika Love Jones they travel very often and have weekly gigs in and outside the D.C. area. He also played with the likes of Craig Hayes, Steve Lawrence, Patrick Lundy, Kevin Carter Trio, Backyard Band, Northeast Groovers, Junkyard Band, Faze 2, Mental Attraction, Earl Muschette & Nu Mobb, Isaiah Thomas & E.O.P., Beverly Crawford, and many more. Dominiques musical influences include Paul "buggy" Edwards, Marcus Johnson, PJ Morgan, Eddie Heyward, Michael Reason, Doobie Powell and Steve McBride. Now at the age of 21 yrs he continues to strive for excellence and remain humble. He is an Percussionist/Musical Director/Drummer. He also endorses Saultone Cymbals.

ANTWAN PIXLEY

Talks About Life, Music and Family



Cover Story

INTERVIEW CONDUCTED BY KIM QUIGLEY

Q. *How would you describe your music to people?*

A. "My music is uplifting, upbeat and versatile. It's hip hop with elements of pop, rock, R&B, jazz and metal. There is a song for everyone's tastes on my mix tape album. What I love most about the mix tape is its subject matter. Every song is so different and every song has meaning behind it."

Q. *Do you write your own songs?*

A. "Yes, I write my own songs. I wrote every song on the mix tape and arranged all the vocals."

Q. *What inspires you?*

A. "Life inspires me, both the good and the bad experiences."

Q. *Who are your musical influences?*

A. "Ludacris has had a big influence on me. He's my favorite rapper because he's unique and very creative. He takes risks with his music. He has a quality about him which makes him distinct. Jay-Z, Drake, Nas, T.I., Brandy, and Mary J. Blige have also influenced me."

Q. *Tell us details about your mix tape.*

A. "NoNegEffect" is about the ups and downs of life. There are anthems on the album about overcoming obstacles, dealing with haters, clubbing, and about being in love. The mix tape is also about dealing with break-ups, being mistreated and working through depression. There is a song on the album that is very personal called "I Cry." It's about my life and my struggles. It describes how I grew up without a father and how it affected me, along with other things."

Q. *What live performance experience have you had?*

A. "I've performed at showcase events and I'm always auditioning which requires me to perform. I will be volunteering my time this year, performing for area youth."

Q. *Tell us about when you first started showing an interest in music.*

A. "My interest in music began at around age 10. I started writing poems and then I moved on to writ-

ing lyrics based off of events in my life. Music has always been my escape and a good way for me to truly express myself."

Q. *Tell us about your childhood.*

A. "I'm the oldest child so I had the most responsibilities. I developed a solid work ethic at a young age. I have stayed more focused and grounded, as a result of needing to work hard to help out. We struggled a lot and didn't have a lot of my money. My Mom did the best she could to take care of us. She has always been a good mother. I was busy with school and studying growing up. I got involved with a few after school activities to keep me busy. During my free time, I'd go outside with friends and we would play sports, ride bikes, skate, etc. I also spent a lot of time with my grandmother. She is like my second mother and she's always had a big influence on my life. She's the heart of the family and keeps everyone together. All in all, due to my childhood, I learned to value the importance of having a good work ethic. To this day, I work hard on accomplishing things and reaching my personal goals."

Q. *How did you stay away from drugs and alcohol?*

A. "I've grown up seeing how destructive drugs and alcohol can be when people abuse it. I made a commitment to myself early on to steer clear of it. I've just never had an interest in drugs or alcohol. Even during some of my weakest moments, I've never turned to it. I'm my own person. I think for myself. I've never been easily influenced by peer pressure. I make my own decisions which is another reason why I've never done drugs or abused alcohol. I don't need drugs or alcohol to make me feel good, it's not my thing. Music and performing, as well as being creative are my positive outlets. I hope to inspire youth in the community to stay away from drugs and alcohol."

Q. *Talk about your interest in acting and modeling.*

A. "I love acting. Most people don't know this but I actually did a little bit of acting as a child, prior to my start in music. What I like most about it is that I am able to completely transform into a character

that is completely different from me. There's so much I love about acting and I'd like to do more of it in the future. As far as modeling, I have done some modeling as a musician and actor as well. I know that modeling is an important part of my career in music."

Q. *Do you have any recordings on the internet?*

A. "Yes I do I have music on My Space which is www.myspace.com/apexclusive. I am currently building my own website so that my fans can purchase my music. My website will be up and running very soon."

Q. *How have you stayed so motivated?*

A. "My belief in God keeps me motivated. I have a passion for music and acting. Music keeps me going. It provides me with happiness and every day I find something exciting and rewarding about it."

Q. *What projects are you presently working on?*

A. "I'm currently working on developing a script for a feature film and I am also putting together a promo tour in support of my mix tape."

Q. *What are you focusing on in college?*

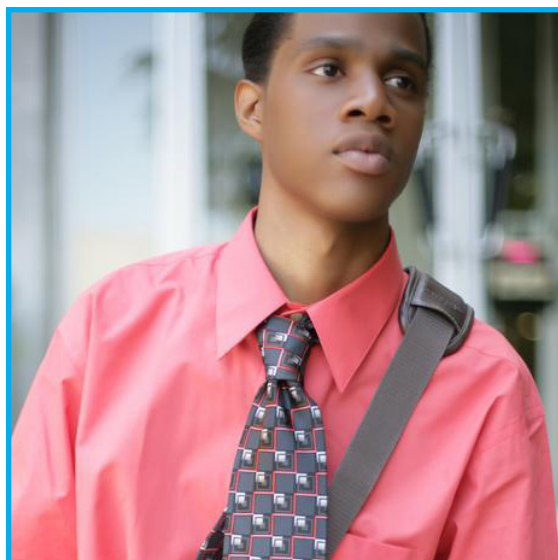
A. "I'm majoring in Business Administration and I hope to open my own business someday."

Q. *What is something most people don't know about you?*

A. "I enjoy cooking and do so in my spare time. Another thing about me is that I tend to be shy by nature. I want to share my music with people so focus on becoming more outgoing."

Q. *What are some of your long term goals?*

A. "I plan to start my own entertainment business in the future. I plan to continue making music and doing more films. I'd also like to get into directing in the future."



Upcoming Movie Captures the Truth Behind a Lie

BY NICK CHRISTOPHERS

There are moments in history that certain individuals have been judged by our respected justice system and found guilty or innocent. We live and breathe by the laws that govern us yet there are times that these very laws are the ones that bury us. One such historical moment in the judicial system did this action actually occur and was allowed to flounder. The saga began in the early 1960's when a brazen bank robbery by a group of drugged up thugs planted the seed to the destruction of one man's life. That one man was John "Sonny" Franzese, a man who carried certain power unknown to the average citizen. He was known as a powerful mobster to many and granted as it may he was not a bank robber. It all unfolded on that fateful day in March of 1967 when he was convicted of orchestrating a string of bank robberies through a group of low-level thugs. He went on to serve 25 years of a 40 years sentence behind bars for a crime it turned out he never committed. Not until now has there ever been any media divulging the truth behind the lies that landed John "Sonny" Franzese in jail.

Director/ Producer Chris Selletti has decided to tackle this sensational case through a film he entitled "Framed". Chris has been in the film business for many years using his knowledge to develop music videos with artists like Sly & The Family Stone and others. Yet currently he has focused on this amazing story of how the "ends justified the means". He had connected with Tina Franzese the wife of John "Sonny" Franzese for permission to expose the truth through this project. Tina was more than all for it and devoted her time and knowledge to guiding Chris through the torturous years she dealt with on the case. Chris first began his career in music videos with friend and partner Ken Kutshner. They worked on music videos like "Got A Man" by Eve and with groups like Wu-Tang. Following the music videos Chris changed careers and went into the medical business. But his heart was tugging at him to return to what he loved doing most, entertaining people. When he was involved in music videos he had the opportunity to incorporate certain film techniques to improve the quality of the videos. He admits that the video experience was very helpful to him espe-



cially when he collaborated with many other artists. "I like the creative end of filmmaking I enjoy the editing process." On the recent film which is due to bring a lot of controversy, "Framed", Chris not only was the director but also was in charge of the casting. They currently have shot twenty hours worth of film around the story and completed an eight minute trailer. The trailer recently premiered at Tribeca Theatre in Manhattan to a packed house. The premiere not only attracted "mob buffs" but award winning writers Jerry Capeci and Tom Robbins. The film chronicles the bank robberies that took place in 1965 and the trial of John "Sonny" Franzese. Chris was friends with John and Tina for quite some time. He felt that the case shed some light on the injustice that sometimes takes place in American courtrooms.

It was a case that needed to be investigated and what better way than through one of America's major pastimes, the movies. For Chris he has had first hand experience with dealing with the justice system and how it has backfired on him. Since that being the case he was very drawn into putting his heart into exposing the truth in this film. He acquired court records from the 1965 case and testimonies of many people and published articles that indicate that Sonny was truly framed. Chris even went on to quote Sonny as saying; "If you're going to be a judge be a good judge. If you're going to be a prosecutor be a good one. Don't be a hypocrite."

Upcoming Movie Captures the Truth Behind a Lie (continued)

If I did a crime then prosecute me for that crime not for one I did not do." He did a lot of research to cast the film searching to find the correct individuals to play these pivotal roles. They ran three days of casting. The most important role was the one of John Franzese. He found Ken Stafford an actor that not only shares a resemblance to Sonny but has the talent to pull it off. Ken was offered the role due to his appearance and his experience as an actor. Ken found the role to be a real challenge and a role worth taking it on. Through his prior knowledge and research on Sonny he was able to portray him in his truest form. "When I am on the set I become that character I leave Ken Stafford on the side. I learned a lot about the trial. I found it interesting that such a thing can occur in America." He is a graduate from St. Francis College where he studied film-making, film productions and behind the scenes techniques. Ken has worked with some of the best networks like NBC and CBS. Ken is not a stranger to TV he has appeared on "Survivor" in 2002 & 2003, VH-1 Goes Inside, Disorder in the Court #3, The Smoking Gun: World's Dumbest, Reality Obsessed and is in post production with two films (When The Devil Comes & Happy Ending). His track record is impressive and continues to grow. Ken has currently focused more on production than acting. One of Ken's inspirations is Christopher Walken.

His favorite type of acting would be stage acting. It always offers him a type of adversity he likes to tackle. At the present time Chris along with Ken are planning on shooting for a mini-series around the project since the story has so much to say. It would need at least four to five episodes to complete the total story. The film was made to depict the corruptive parties at that time that ruined an innocent man's life for their own selfish gain. "It is unethical that this individual must spend more time in jail for a crime he did not commit. He is now serving time for a crime he did commit so they should reverse it and give him back the years he lost. He is 93 years old, in a wheelchair, can hardly see and needs assistance. It is sad that he has to suffer this way and not be awarded the time he has lost. It is a story that must be told." Ken was very taken by the role and how it has affected Sonny's family. One key individual who was affected by it the most was Tina Franzese. Tina

has endured most of the pain and stress that comes with the imprisonment of her husband. Yet to experience the corruption that resulted in his incarceration is more than any wife could endure. She has made every effort to uncover the truth and make it clear that she will not stand idle while this injustice has ruined her life for the past 30 plus years. "I have seen the court papers and have heard every lie that has caused this catastrophic experience for most of my life. I admit that John is no altar boy but to set him up and persecute him for something he did not do is totally un-American. I have suffered a lot from this ordeal. I am happy that Chris has taken on this project and it needs to be revealed, the truth behind all these lies that have ruined an entire family." Tina even brings up the fact that during the bank robberies her husband was under surveillance by four different federal agencies. The surveillance tapes surely indicate that Sonny was nowhere near the scene of the robberies.

These tapes Tina admits have yet to materialize a mystery that Chris and Tina plan to uncover since they are public domain. Chris is currently shopping the trailer to see who decides to take it on and develop it into a feature film. The other option is to raise funds to finish the project and when that is completed he would move on to sell it to a major network. They are looking towards making it into a mini-series for TV. Even Sonny's born-again son Michael Franzese appears on the trailer adding his support for this father's unethical incarceration. Chris was on set when Michael was filming his indie film "Knights of the City" in Florida. "The film in a nut shell is a project of awareness that this kind of tragedy can happen to anyone. It is not to highlight Sonny Franzese the person, but the case in question." The projects projected release is sometime at the end of 2011. But Chris is also preparing to shot a 30 minute short of "Framed" in January of 2011. In the meantime, he is going to be releasing another film which is in the editing stages entitled "When The Devil Comes" a movie that highlights Exorcisms'.

Chris Selletti is a multi-talented individual who is about to make a mark in the industry and carry that success to another level.

Into Airwaves Interview



TURNING BITS INTO BEATS

By Tyler Verkade

Some define an artist as a person who, when stumbling across the right inspiration, is able to take an idea, and craft a masterpiece from nothingness. Others argue that in order to be a true artist, one must create works of art through the combination of several different items. While there is definitely merit to each of the aforementioned arguments, neither of them explain or define one who can perform both of those tasks with equal proficiency. In my experience, at last as far as the realm of electronic music is concerned, the name for an artist of that caliber, is Into Airwaves.

Crafted from the imagination and artistic visions of both Chase Coy and Lee Eisenbarth, Into Airwaves released its first original single, "Stars" in the summer of 2010. Balancing the right amount of bright highs with a strong beat and unbeatable lyrics, the orbital sensation that you experience while listening to Stars is unmatched by any yet to enter the realm of music. Of course, beyond their single, they have since released several different up-beat remixes that splice several ear pleasing songs into one track, using a unique beat and altered music genetics.

In an interview, Mr. Eisenbarth reported that they "plan on having a record drop in the next six months, and possibly take the band on the road. I have high hopes." Indeed the hopes of Into Airwaves may be up in the stars, though the exponential expansion of his fan base that is occurring as a result of reaching out to his fans, and the phenomenal music produced, indicates that the sky is in fact beneath the limit of their success.



Into Airwaves, Into Perspective



Q: What challenges have you faced so far as a musician?

A: "The music industry is not an easy thing to get pushed into, every day is an obstacle. Nothing in the industry is for sure."

Q: Which one of the movies in the "Back To The Future" trilogy is your favorite?

A: "That's really hard. Haha I like them all, I'll just say all of them."

Q: What advice do you have for some of your fans that may be interested in music creation?

A: Read books, engage in tutorials, and take classes. I grew up taking music theory and classes, which seemed tedious at the time, but in the end they're really beneficial. Try new programs, and constantly attempt to be more creative.

MISSION: INCREDIBLE MISSIONS

Music For More Than Just The Ears

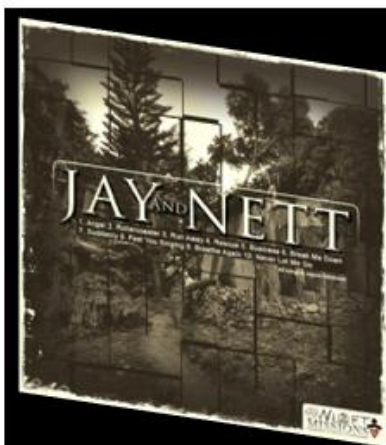
By Tyler Verkade

For Michiganders Jayson and Annette Simonson, the songs they create are merely fractions of their overall cause as touring musicians. Engaging in a partnership with Willet Missions, "Jay and Nett" work to reach out to those not only with their music, but also with generous contributions to global mission funds in an effort to dull the sharpened blade of world poverty.

While many artists find it easy to travel, knowing that they have a stable home to return to once the tour is over, this couple decided to sell their possessions in an attempt to become more mobile, and travel the United States in hopes of reaching more fans and gathering support to increase the inertia of their cause.

"Our involvement with the Hunger Strike has given us the opportunity to help the poorest of the poor by providing financial support," Jayson reported, in an enthusiastic account of the progress they have made thus far in their endeavors.

Though the sights of Jay and Nett are set squarely on the diminishing food supplies in struggling nations around the world, their passion for the creation of unique and powerful music still shines brightly. In fact, Jay and Nett are scheduled to appear in Encounter 2011, the annual Encounter Festival held in Knoxville, MD. While they have had several songs played on radio stations in some of the areas that they have reached in their tour, your best bet in hearing their music is to catch them live.



Their first full album, entitled "Jay And Nett", is available in the iTunes store or online at JayAndNett.com



Q&A With Jayson

Q: What made you first decide to start producing music?

A: It is a tossup between the desire to write music and the need to write music. Overall, it wasn't that I wanted to start writing music; it was that I had to. I had to get it out otherwise my soul felt like it would explode.

Q: What has been the most challenging part of the road behind you so far?

A: Another toss-up. I would have to say that it's tied between driving 8 hours to play for 5 people and the process of booking. When you book shows nationally, you typically can look forward to a 99% failure rate (even with 2 songs on radio). Building a base of contacts has been a process of 5 years of emails and cold-calls.

Q: If you were one of the characters from "Ocean's 11", who would you be and why?

A: Brad Pitt, because he was eating in every scene and I love food or "The Amazing Yen" so I could go on Ninja Warrior and win 1 million yen.

Foods That Speed Up Your Metabolism

There are many foods that help to jump start your metabolism. Find out which foods can assist you in your weight loss efforts. Of course, it is essential to track calories and to also get 40 minutes of exercise daily. Making some changes to the types of foods you are eating is an important key to successful weight loss.

Milk, Whole-Grain Cereal, and Oatmeal

Key Ingredients: Complex Carbohydrates, and Fiber

Complex carbohydrates and fiber increase your metabolism by keeping insulin levels low after you eat. Oatmeal is high in fiber and takes time to digest, leaving you feeling fuller longer. Adding some cinnamon to your oatmeal and cereal helps to keep your blood sugar levels stabilized for a longer period of time. There are many cereals available with a wealth of both vitamins and minerals.

Green Tea and Coffee

Key Ingredients: Caffeine and EGCG

Caffeine speeds up your heart rate. The more quickly your heart beats, the more calories you burn. EGCG is a compound found in green tea linked to an increase in metabolic rate. Check with your doctor about the amount of caffeine you can safely consume daily. Green tea also comes in decaffeinated varieties.

Jalapeno, Habanero, and Cayenne Peppers

Key Ingredients: Capsaicin

Many research studies have found that eating spicy foods increases metabolism. If tolerable, add some hot peppers to salads or stir in with beans as a snack.

Beef, Pork, Chicken, Beans and Tofu

Key Ingredient: Protein

Protein takes time to break down in the stomach. It takes longer to digest, as a result, assisting metabolic rate as the body works harder to break down proteins. Foods high in protein leave people feeling fuller longer.

Salmon, Tuna, and Sardines

Key Ingredients: Omega-3 Fatty Acids

There is a hormone in people's bodies known as leptin. Leptin levels directly impact the metabolism. Eating fish helps control leptin levels in the body. Low leptin levels help your body to efficiently break down food and store fats properly. Mayo Clinic researchers studied the diets of two African tribes. One of the tribes ate fish regularly and one of the tribes did not. The tribe that frequently consumed fish had leptin levels nearly five times lower than the levels found in tribes that primarily ate vegetables. Fish oil vitamin tablets are also beneficial in supporting your metabolism and leptin hormone levels.

Joseph Young's Love of Art

