Life in our world today is very stressful and chaotic at times. Trying to find time to balance and take care of ourselves can be overwhelming to say the least.

We believe that choosing to live a healthy lifestyle is key to improving our quality of life; both physically and mentally. Use of vitamins and dietary supplements grown on certified organic farms are among the best ways in the world to return our minds and bodies back to harmony with nature. We also have excellent skin care products, including time defiance to target wrinkles and frown lines to maintain our physical youth.

These include:

Vitamins & Supplements, Sports Nutrition, Weight Management, and Energy products, Skin Care Systems and Time Defiance products.

As your Health & Wellness consultants, we invite you to contact us for a complimentary Assessment to determine your Nutritional or Skin Care needs; we will be delighted to speak with you.

We would be happy to set a mutually convenient time for your no obligation assessment.

Please E-mail us at: bdcohenint@earthlink.net or call us.

Barry Cohen- 917-704-4797

Beth Ann Cohen- 718-304-3482

We are proud distributors of these number one best selling products all of which come with a 180 day, 100% customer satisfaction guarantee. Please consider taking some time out for yourself and start building a healthier lifestyle today.