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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

10 Health & Beauty Tips for Net Marketers

By Linda Cox

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One of the defining features of cyberspace is the lack of boundaries, so it's not too surprising that some of us net marketers don't know when to shut off the machine enjoy the lifestyles we work so hard to create.

Family and fitness suffer the most, so here are a few tips so you don't wake up fifteen years from now with the uneasy feeling that something important slipped away while you weren't looking. Namely, your life.

1. The chair-bathroom-refrigerator-chair circuit does not constitute a lap. Take a real walk, outside perhaps, with the light and the air and all that nature stuff.

2. Those little people running around shrieking like demons aren't subversive agents. They're your children, fruit of your flaccid loins. Go introduce yourself. (TIP: Convert some photos to flash cards and memorize their names first. Hey, it's the little things....)

3. Around eighty-three percent of what you do as an internet marketer is a total waste of time resulting in absolutely no benefit whatsoever. Remember that the next time you schedule FFA ahead of PTA.

4. That new Abs-O-Matic machine and those "Diamond-Cutter Buns" videos were a great idea. Now all you need are some soiled baby clothes and a box of eight-tracks and you can have a garage sale. (Silly me... Ebay!)

5. That distracting light that makes your screen difficult to read is actually the sun, giver of life. It's okay if some of it gets on you.

6. Human warmth cannot be transmitted via ASCII text, and fondling your mouse does not replace physical contact. Have you hugged

your pizza delivery guy today?

7. That sack of potatoes you call a butt once had muscles in it. The next time you're surfing the procreation-related websites, try some comparative analysis.

8. Tape a picture of yourself as a teenager to your monitor. Remember skin tone? Remember your waistline? Remember when you could tie your shoes without grunting?

9. Living on a diet of Hotpockets and Pepsi is the nutritional equivalent of watching a three day Baywatch marathon. Try eating something that was grown in soil, not Pyrex.

10. Crank up the Elvis and SHAKE IT!

A thing of beauty is a joy forever! And that can be You!

By Mike Yeager

It is said that a thing of beauty is a joy forever. That probably explains why possessing beauty and being beautiful is one of the foremost preoccupations of human beings. Over the years, consumerism has transformed such preoccupations into frank obsession. Inner beauty is no longer in - skin-deep beauty certainly is! But what is wrong with that? Cosmetology and the beauty industry have come of age, aided steadily by advances in cosmetic surgery. Daily workouts, gym sessions, visits to beauty parlors and keeping in sync with beauty and fashion tips has certainly become trendy.

Enhancing your beauty.

Beauty is in the eye of its beholder. Perfect beauty is but an illusion, but if you can feel good about yourself by enhancing your looks, you may find more joy in your life. And it is not too difficult to achieve. The media is full of beauty tips and beauty products. Beauty supplies are always at hand - be it at the Shopping Mall or on the Net. However, it is beautiful to be simple and yet simple to be beautiful. One can surely start from ones home itself. Maintain a regulated lifestyle. Six to eight hours of sleep with fixed times for fixed quantity meals, avoidance of "junk" food and high calorie stuff, lots of fluid intake, high priority for vitamin-rich fruits and a rigid regime of self-discipline, would certainly make a good start in ones quest for beauty.

Mike Yeager
Publisher

A thing of beauty is a joy forever! And that can be You!
A Beauty Salon Will Help You Look Your Best!
The right Beauty Supplies Will make you look Great!
We Can Help You Lose up to 7 kg by 28th of May
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