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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!

5 Simple Tips on Using Your Senses

By Janice Hoffmann

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All sensuality is one, though it takes many forms; It is the same whether a man eat, or drink, or cohabit, or sleep sensually. They are but one appetite. --Henry David Thoreau

1. Breakfast in Bed.

Imagine a lavish breakfast arrives brimming over with sweet cream pancakes, an assortment of berries and raspberry syrup, complete with a steaming mug of latte and a tender handwritten note of gratitude. You can TASTE it already. For sure, 'It is an elegant breed of person who treats breakfast in bed as a lifestyle.' says Mr. Breakfast, in his definitive guide to enjoying this most important meal.
www.mrbreakfast.com

2. Give Your Face a Break.

When you smile it says that you are friendly. And smiling uses about 16 muscles, while frowning about 40. Yoga facials at www.yogasite.com provides easy to do massage techniques to improve circulation while diminishing stress, as well as helping you to look & feel more relaxed.

3. Ode to Joy

Classical music is calming and good for the brain. Beethoven broke all the rules as his greatest outpouring of compositions occurred when he began experiencing deafness. Beethoven's Symphony #9 –Ode To Joy– sounds plush and his intrepid story is sure to rouse your senses.

4. Smell 101

Roses smell better than cabbage and bread is even better. Studies at Duke University have shown that 'pleasant odors significantly improve tension, depression, and confusion.' For an intoxicating berry scent, try VOTIVO'S Red Currant scented candle. snff...It's sensational!

5. Color me Red.

Peggy Ashcroft an Empowerment Workshop Leader suggests that color can be used 'to create wellness and contentment, to incite passion or anger, to express frivolity and seriousness.' Good and bad, The color red is both memorable and impressive. As is the gift of a single red rose.

5 Simple Tips on Using Your Senses

Janice Hoffmann is Ceo and founder of Success Is Sweetest (www.successissweetest.com) a New York City Based Career and Lifestyle Coaching Boutique.

General overview about Trout Senses

By Brett Fogle

When fly fishing for trout, it is of crucial importance to understand their senses. Trout are fish, after all, and make different use of their senses than we do. Understanding these senses can greatly increase the prospects of a successful fly fishing trip. Many anglers make the common mistake of thinking trout are not very smart. As far as hatchery born fish are concerned, this is mostly correct.

However, in Montana and many other prime rivers in the world, most of the rivers are not stocked with hatchery born fish. Instead, the trout found will generally be wild trout. And wild trout, whether they be rainbows, browns or brookies, are always smarter than their hatchery born counterparts.

Additionally, even if you are fly fishing primarily for hatchery born fish, it is still good to know how a trout uses their senses. Why? Quite simply, by knowing how a trout uses their senses, your approach and presentation will be better, leading to less spooked fish and thus better results in the stream. While hatchery born fish are rather stupid, they aren't so stupid as to sit right on top of an anglers foot, patiently waiting for that fake fly to float right by.

It's also worth remembering that compared to other fish, trout tend to be smarter than most, especially the cunning Brown Trout. Because of this, when fly fishing for trout, don't go about it like you would go about bluegill fishing. If an angler goes about fishing for trout on the basis that they are stupid, the angler is likely to be disappointed. A trout that can survive the rigors of a trout stream, especially a Brown Trout, is a very cunning animal indeed.

To read the full article, click here:

Brett Fogle is the publisher of Fly Fishing Secrets, an insiders guide to flyfishing tips and techniques of the pros. To sign up for free flyfishing tips and other articles, please visit

General overview about Trout Senses

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