

This Free E-Book is brought to you by Natural-Aging.com.

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

5 essentials for life

By Tony Wilden

5 essentials for life by Tony Wilden

5 ESSENTIALS FOR LIFE

When mind/body/spirit are out of balance we become ill ... dis-eased. How can we rebalance our energy and live life to the full ? The ability to really relax is of utmost importance in our quest for health as when we are calm and relaxed we are free from stress. It then becomes much easier to concentrate, focus and achieve our goals.

If we liberate our natural talents and go with the flow, we will have unlimited energy. A simple path to health must be found and the 5 essentials for life will give YOU the tools necessary to completely change your life for the better.

AIR

The moment we cease to breathe, the physical body begins to decay. Breathing PURE air is therefore the basic root of existence, and as such must have prime consideration in any problem of health. Through the air we breathe we gain vital life force to promote healing. It is surprising we don't give more attention to the QUALITY of the air we breathe.

WATER

Most of the planet is covered with water and the human body is 75% water, so it is easy to see how vital pure water is for life. Every living cell requires water, air and nutrients. Water acts as a solvent in the body and the purer it is, free from pollutants and chemicals, the more toxins can be let into it for removal. How pure is your water ?

NUTRITION

Today after a brief detour into science and inorganic medicines, humankind is once again being directed to the proper use of Nature's products to restore to abundant health a dis-ease ridden world. What we eat is directly related to how we think, feel and act. We ARE what we eat ! One of the secrets to recharge your energy to gradually introduce raw organic fruit and vegetables to your diet.

EXERCISE

Everyone should take some exercise on a daily basis as part of a healthy lifestyle. Exercise is a process by which the cells of the body are placed under controlled stress. This stimulates metabolic efficiency as well as to increase vigour, strength and vitality. Research at NASA states that rebounding is THE complete exercise.

SLEEP AND RELAXATION

Most of us counteract the benefits of sleep and relaxation, soft mattresses, television, eating before retiring etc. If we are using energy for digestion or processing thoughts, we are not using it to repair and recharge our vital life force. Rest and relaxation CAN be gained by lying immobile without sleeping, we sleep apparently to dream.

AUTHOR

Tony Wilden has a deep interest in spiritual matters, health and environmental issues and the creation of harmony between people and nature. YOU can use master strategies to achieve your success. For more information on his work visit : <http://www.aikido-health.com>

Tony Wilden has a deep interest in spiritual matters, health and environmental issues and the creation of harmony between people and nature. YOU can use master strategies to achieve your success. For more information on his work visit : <http://www.aikido-health.com>

Golf Essentials

By James Anderson

Without question, golf clubs are the most essential pieces of golf equipment. They are your keys to greatness and your weapons of battle. Without the proper set of clubs, you might as well be playing croquet, because you're not going to make a game winning long drive, or a precision putt.

>From rookie to pro, the right clubs are undisputed golf essentials. According to the official rules of golf, a player can have no more than 14 clubs in his or her bag. One of those clubs is your putter, leaving you with 13 tools that will make or break your game.

To properly arm yourself with the golf essentials, it's important to be honest with yourself about your skill level, the quality of your swing, and exactly what kind of player you are. This will help in making your choice of woods and irons to match your game, and it can save you a bundle of money. If you

fess up to the fact that you are indeed a beginner golfer, you can save hundreds of dollars on an inexpensive starter set of clubs.

To match your skill level with your golf equipment, you need to know your handicap. There are low-handicap, mid-handicap, and high-handicap golfers. The term 'handicap' measures how well you will compare with an average golfer in shooting an 18-hole golf course. Golf experts classify low-level golfers as those who will shoot an average of 82 or less on a typical course. This equals 9 or fewer strokes over par, or a single digit handicap. If you have been designated a low level handicap, you'll want to pack your bag with high performance golf essentials. Choose the best clubs and maximize your abilities.

Golf essentials include clubs to get you through, or around, any situation. Be sure to pack a driver and at least one other wood, such as the 3-wood. Low irons, such as the 3- or 4-iron, are also necessary. Low-level handicap players can make more accurate shots, and these essential clubs can help you hit the green from 200 or more yards. Your pitching wedge and high trajectory irons, like the 8 and 9, will benefit your mid-range approach shots.

Anyone can hit a ball with any golf club, but the right clubs for you are definite golf essentials. Choose your weapons wisely, and be sure to bring the right ones along. Oh, don't forget your sand wedge. Life's a beach after all, and you could find yourself right in the middle of it.

James Anderson contributes articles to several online magazines, including

and



This Free E-Book has been brought to you by Natural-Aging.com.

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