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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!

9 Tips to Control Your Paper at Home

By Barbara Myers

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1. To reduce paper piles at home, walk straight from the mail box to the trash can or recycling bin. Dispose of the junk mail. Opening it wastes time. Just pitch it in.
2. Set up a file or basket for each member of your household. Sort mail, school papers to sign, reading materials and even notes to each other.
3. Allow newspapers to remain in the house only for a specific number of days. At the end of that period (one to six days), dispose of them, read or not.
4. Tear interesting articles out of magazines to read later. Put them in a "to read" file or basket. Dispose of the bulky magazine.
5. Make a home for any piece of paper that doesn't have one. Avoiding piles means making a decision, NOW, on each piece of paper.
6. Set up the simplest filing system possible. Use broad categories and you'll be more likely to file. Buy a portable file box so you can file while watching TV.
7. Post appropriate information where you need it. Hang a stain removal guide in your laundry room. Tape instruction manuals to appliances and electronics.
8. Place mail order catalogs in a reading basket near a cozy chair. Keep only the ones you truly enjoy. Have sticky notes and pen ready for ordering notes.

9. Make a "hold" file for sporting schedules, tickets to future events and department/specialty store coupons you might use. Use this file for anything you will need at a future date. Weed it out monthly.

Barbara Myers is a professional organizer and author. Free tips booklet and e-zine to help you take control of your time by organizing your life. Visit <http://www.ineedmoretime.com>

House Training Dogs Successfully

By Simon Oliver

You could House train your dog easily if you had the time to watch your puppy 24 hours a day. But as you can't watch them around the clock, don't expect to train them all at once. Training can take up to about 6 months. Puppies are growing and developing quickly at this stage. They eat more food and burn up lots of energy and consequently need to `go' more often.

The most important issue in house training dogs should be teaching him to control his bowel. When he is still a puppy, he has not yet developed bladder control.

House training dogs is hard when you are not home. Your puppy needs a lot of attention. You should first confine your puppy in a puppy-proof room with paper spread all over the floor. Put his water bowls and food right next to it. The papers you have set on the floor may be dragged and chewed around his little den, but its important and helpful in teaching your puppy where to eliminate his waste properly. There will be no reason for him to defecate elsewhere. Your puppy will `go' on the paper, and you need to clean it up when you arrive home. This may be an additional job for you, but patience is all it takes. Don't worry because later on, he will move past this stage.

Paper training is very useful and a proven technique in training dogs. In this way, no matter where the dog relieves himself, he will still eliminate on the paper because he has no choice. Little by little, you will see some changes. Gradually reduce the amount paper you have set on the ground. Start to move the paper outside the house. Of course, as your puppy has become used to using the paper he will look for it. Once the paper has been moved to outside the house, your training is near its end. Move the paper about an inch per day.

Occasionally, you may discover that he has had `accidents' inside the house again. Don't be discouraged. This happens. What you need to do is repeat the training. But understand that it will not be as hard as the first time. House training your dog is key for both your dog and your sanity and sanitation.

Simon Oliver has an interest in Recreational Activities & Hobbies. To find out how you can get more information on successfully training your dog please visit this

site.



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