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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!**

**A Girlfriends Getaway -- Do's and Dont's**

**By Valerie McDermott**

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Do...keep it small. Too many cooks in the kitchen...too many gals in a hotel room. The simplest task of getting ready to go out could end up taking all night.

Don't...cram into small spaces. We are all older now and enjoy our own beds. Book the right number of hotel rooms or rent a home with enough bedrooms. If going the value route at least make it a king bed if girlfriends are to share.

Do...bring some treats. Healthy or otherwise. Your girlfriends will be sure to thank you

Don't...overindulge. You do not want to spend the whole next day of your much deserved vacation alone in the hotel room with a headache or even a bad sunburn. Take precautions girlfriend!

Do...pack plenty of aspirin and bottled waters. Before diving into that hotel bed take 2 aspirin and drink a bottle of water. You'll thank yourself in the morning.

Do...take careful consideration of everyone's financial situation. A luxurious weekend at a 4 star spa or hotel sounds great but you don't want to contribute to anyone's credit card debt.

Don't...overpack. One tip is to stay with 1 color scheme for the weekend so everything can mix and match. (FYI Black is always in)

Do...bring along a financially savvy person. There is always one in the bunch they can help with tips, negotiating for better hotel rooms, splitting costs, bargain shopping, they will talk you out of that impulse buy, etc. If you do not have a girlfriend like this really make a point of finding one.

Don't...pack new shoes. Whether at a spa or resort hotel you're sure to do a lot of walking. Nothing ruins an evening like sore feet.

Do...make it a point to travel with the special girls in your life annually.

Valerie is mother of 2 and co-founder of <http://www.million-dollar-mama.com> a website devoted to helping mothers rediscover their favorite hobbies like travel, fitness and girls night out.

**Muscle Building Tips and Supplements: Do's and Dont's**

**By Jasdeep**

Packing on Muscle mass involves a lot of dedication and care. At times, trying too hard can have its negative effects too. Right guidance and proper techniques make the perfect recipe to MUSCLE BUILDING. Muscle Building is no joke, but at the same time, very much possible. The bottomline is to workout in the right direction and not to harm your body. Here are some Do's and Dont's for Muscle Building.

#### Muscle Building Tips: Do's and Dont's

- 1) Muscle Building Diet: It occupies a prominent area in MUSCLE BUILDING pie-chart. You should be highly careful related to your muscle building diet. Always ask your trainer to write down a diet schedule for you.
- 2) Give rest to your body between two sets, say for two minutes.
- 3) Not work on more than two muscle groups at a time. Train those muscles in a group which work with each other. This technique has proven to be effective. For eg: Chest and Triceps or biceps and backs.
- 4) The most effective time to do muscle building exercises is in the morning. You have consumed a lot of carbs by evening. So, carbs become the source of energy for you when you do your exercises in evening. But in morning, body depends on its alternative source i.e FAT for energy. Hence fats get burned up more in morning.
- 5) Last but not the least, Dont be biased to any body part. Proper balance is a necessity. Having big upper body and skinny legs is no good. Work out on entire body.

Jasdeep : for

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