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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 New Family History**

**By Caron Goode**

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Have you ever felt trapped by your family history?

Many of us were raised by loving, well-meaning parents, many of whom had very bad health habits. Perhaps our parents smoked cigarettes, followed unhealthy diets, lived with too much stress or one of a hundred other things that we know today will rob us of the quality of our lives.

This thought leads us to the next logical idea ... what type of family history are we creating for OUR children?

The good news is this. No matter what type of home you were raised in or what habits you have formed up to now, you can start a new family history beginning today! And the Internet will help.

To begin with, it's fair to say that everyone wants to live in good health. Given a choice of being well or being ill, what would you choose?

Let's look together at three powerful ways to begin a new family history today and how the Internet can help us reach that goal.

1. Vitamins and supplements. For over 25 years the idea of a "one time per day" multi vitamin had been thought to be good enough. Now we know that, while this is a good starting point, it's just not enough for today's busy lifestyle.

The good news is that there are web sites a plenty that can help you find the right balance of vitamins for you. Look for sites that offer lists of "symptoms" (like 'sleepy all the time' or 'hard to get out of bed in the morning') and then go on to offer specific information about how to overcome those challenges.

2. Exercise. Another multi-billion dollar industry that excels in selling products. Look for sites that offer information specific to your life. A great first step is to write down your current situation. Are you over

50? Under 20? In great shape now? Can't make a flight of stairs without stopping?

The good news here is that there are lots of web sites that offer very practical advice no matter your current condition. From simple things you can do while sitting down to how to train for your next marathon, the information is available and free to all with a dial up connection.

3. Foods. Food used to be just food. Now there are super-foods and foods that help you accomplish specific goals. You can find a wealth of great information online about foods that help in specific ways.

Did you know there are chocolates that actually help you lose weight? How about foods that help your brain function and improve memory too? All of this and more is not only possible but is happening now.

The bottom line is this. Your health matters. How you choose to live today will be reflected in the lives of your children. In 2003 we are blessed with an abundance of free information to help us create a healthy, happy family history for our children and improve our everyday lives as well.

With great health comes the freedom to make more money, enjoy the rich relationships we all cherish, try new and exciting activities and more. The tools are all at your disposal.

Make 2003 your best year yet. Take time to evaluate where

you stand now, where you want to be, and how to cross that divide. Dare to dream and your dreams will come true!

\*\*\*\*\*Dr. Caron Goode, a psychologist and author of parenting and health books, manages [www.inspiredparenting.net](http://www.inspiredparenting.net) Visit [www.inspiredparenting.net](http://www.inspiredparenting.net) now and get a FREE SAMPLE of Ross Chocolates. Incredible tasting, sugar-free, low-carb Belgian chocolates. Now chocolate can be good for you! While at Inspired Parenting check out the books, music and resources that empower you.

## **Scrapbooking For Generations**

### **By Vera Raposo**

Generation scrapbooking is a wonderful way for different generations of your family to bond and share your family history. Spend some time to get everyone in the family involved in creating scrapbooks. Not only will you share pictures and stories, it will be a wonderful bonding experience as well.

#### **Scrapbook For Your Child**

Start a scrapbook for your child and get him or her involved in creating the pages. You can create a new book each year together with your child. Include artwork, homework as well as current pictures of your child and friends. Ask your child to help in creating layouts, choosing embellishments and adding descriptive titles and text. Depending on your child's age, you may even want to let her do most of the scrapbooking and writing with a little assistance from yours of course. You'll be surprised how much you will learn about your child's life outside of your home. The two of you will get to spend some quality time together and create a memento to remember it for years to come.

#### **Scrapbook Your Family History**

Record your family history in a scrapbook. Put your family's story on paper for future generations. Create a special generation scrapbook that tells the story of your own childhood, teenage years, or how you and your spouse met. When your children are grown, they will appreciate being able to get a glimpse of what your life was like back then. Keep adding to the scrapbook over the years and get everyone in the family involved in deciding what should be added. You will create a book that everyone in the family will cherish and pass on for years, maybe even generations to come.

#### **Share Old Photo Albums**

Go through old photo albums that have been in your family for decades. Spend some time with older family members to look through these albums. You will gain an appreciation for your family history and the life your family members lived long before you were born. You may also want to discuss options to preserve these old pictures.

If you would like to incorporate some of these pictures in your current scrapbooks, have copies made,

or scan the pictures in your computer, edit them and then print. You can correct faded color and even some small tears and nicks with modern photo editing software. Plus you will have a digital version of the picture that will last long after the original photo deteriorates.

Grab that fabulous scrapbook that you bought months ago and saved for a special occasion and start generation scrapbooking today about yourself and your family. You will enjoy the process of creating that special book just as much as being able to share it with family members once it is finished.

Vera Raposo has been scrapbooking since her oldest child was 5. With tons of scrapbooking tips and ideas, Vera is now sharing some of her best scrapbooking ideas on her radio show at



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