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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 Wake Up Call**

**By Helaine Iris**

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Helaine Iris  
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"Tell me, what is it you plan to do with your one wild and precious life?" Mary Oliver

Last week was one heck of a week! It all started with what I thought was a toothache. After a few days of building pain, I reluctantly went to my dentist to see what was the problem. I was hesitant because I was convinced the outcome was sure to be expensive. I Probably needed a crown or, gasp – a root canal.

My dentist told me there was clearly no problem with my tooth. I was relieved and confused. What was causing the extreme pain I was in? We kicked around possible ideas and I went home to wait and see what would develop.

Within twenty-four hours what developed was a fever and the pain had escalated. This time I went to my doctor and he diagnosed me with an acute sinus infection. It felt great to have an answer and some antibiotics. I went home to bed and collapsed.

Days later I still felt lousy. I was still in pain, unable to eat solid food and, more challengingly, I was getting very frustrated and impatient with how long it was taking to recover. I have a life to live, clients to tend to and a business to run!

My mind was starting to visit places like – what if there's REALLY something wrong with me? What if this becomes a chronic condition that I have to live with forever? These were undoubtedly not thoughts that encourage rest and healing and I certainly knew better than to let myself go down that slippery slope. But down I went.

## A Wake Up Call

As I did my best to negotiate between my fear and my wisdom I became acutely aware of how I take my health for granted. Sure, it sounds cliché - "don't take your health for granted" but I do.

Wow. Unexpectedly I was suddenly thinking about my predicament very differently. It was like a wake up call. What I know about wake up calls (mostly they're not pleasant) is they alert us to something out of balance in our life and inspire us into action.

What gentle nudges are you ignoring in your life that might end up in an unpleasant wake up call?

What I've learned is, you can either wait for upheaval to force you into action or listen to the gentle wake up calls that show up along the way and encourage you to start the ball rolling. You have a choice.

I listened. I slowed down and renewed my commitment to take very good care of myself. I sat in the sunshine by a beautiful clear lake, counted my blessings and then went on with my wonderful life.

It's YOUR life...imagine the possibilities!

Helaine Iris is a certified Life Coach, writer and teacher who loves her life. She works with individuals, and self-employed professionals, who want to thrive in their business while crafting a life that's in absolute alignment with their highest ideals and deepest values. For a solution focused, free initial consultation visit her website <http://www.pathofpurpose.com> or call her 603-357-8546 or email her [helaine@pathofpurpose.com](mailto:helaine@pathofpurpose.com)

## **Wake County, NC - The Bustling Center Of The State**

### **By Gabriel Adams**

Are you planning on moving to Wake County, NC? Well, in that case, you've come to the right place. In this article, you'll find a summary of some important information about Wake County.

#### Wake County Basics

Wake county is the second most densely populated county in the state, with about three quarters of a million residents. The county seat of Wake County is Raleigh, which is also the North Carolina state capital.

#### Wake County Politics

The voters in Wake County are Republican, but only by a very narrow margin. Of the last twelve presidential elections, Wake County voted Republican in nine of them. However, most of the election margins were only a few percent.

#### Business In Wake County

## A Wake Up Call

If you're looking for employment in the Wake County area, you have a large, healthy economy to find a job within. Wake county's largest employers are The State of North Carolina, North Carolina State University, The International Business Machines Corporation (IBM), the Wake County Public School System, Rex Healthcare (The hospital system), SAS Institute, Wake County Government, Progress Energy, and the City of Raleigh.

The median household income for Wake County is \$54,988, and the median family income is \$67,149. Both of those figures are from the 2000 census, so the figures may have changed slightly since then.

### Wake County Real Estate

Real estate in the Wake County area can be expensive, depending on the area. The average value for owner occupied houses in the Raleigh Area was \$113,560. That, of course, includes the luxury neighborhoods as well as the low income neighborhoods.

As with most localities, you can probably find a home in your price range by picking the right area. Wake county boasts everything from city living to more rural options, as you move away from Raleigh. Your Realtor can help you choose the best area of Wake County for you to buy a home in.

Visit the Wake County Real Estate team website for all you need to help you find a home in Wake County:



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