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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!**

**Acupressure's Sweet Spot – How To Get A Rush Without The Sugar**

**By Ananga Sivyer**

Are you a sugar user? More and more people are resorting to high sugar drinks and snacks for a quick jolt of energy. But the trouble with using sugar for an energy boost, is that it sets up a roller-coaster effect that can soon become addictive and lead to health problems down the line. Recent research has revealed an acupressure point that boosts energy and alertness naturally and with no come down.

The Highs & Lows of using Sugar for Energy Soon after a sugar fix you start buzzing with energy, but it's a short lived boost that soon swings sharply the other way with an energy slump. If you address that slump by eating or drinking something else high in sugar, you'll get that energy rush again, followed by another slump.

Using sugar for energy gives sporadic results at best, but there are health dangers too. Diabetes II is an ever increasing risk in a world where we're rushing to get more done and fighting daily battles with stress and fatigue. Sugar increases insulin levels and raises blood triglycerides which increases the risk of developing late onset Diabetes.

Acupressure Energy Boost Acupuncture and Acupressure share a network of vital energy points situated along meridian channels throughout the body. For thousands of years these points have been used to influence qi (chi), the body's subtle energy force, for a wide variety of physical and emotional benefits.

The University of Michigan recently finished an intensive study that set out to prove that acupressure can provide an effective natural energy boost. Lead researcher, Dr Richard Harris, explains "it [acupressure] seems to stimulate the nerves that moderate attention and alertness".

Tapping the Sweet Spot Students in the trial experimented with massaging five acupressure points for three minutes each. The most effective and stimulating point was the Si Shen Chong point, known to acupuncturists as one of the extraordinary acupoints (HN1), and found right in the centre of the top of the head.

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Participants in the trial found the most effective way to get a sugar-free energy boost, was to tap this point lightly with the fingertips for two or three minutes.

The point used in this trial is one of the extra energy points sometimes used in the EFT meridian points tapping sequence. The beauty of EFT (Emotional Freedom Techniques) is that it uses a series of potent acupuncture and acupressure points that not only give the body a natural energy boost, but can also be used to control addictive cravings for sugar and popular stimulants like caffeine.

EFT uses a set sequence of 12 acupuncture points known to give relief from a wide range of emotional and physical symptoms. As found in the University of Michigan study, results are easily and reliably achieved by tapping lightly on the acupuncture points with the fingertips.

Ananga Sivyer is a health writer for LifeScape magazine and the author of the EFT workbook: *The Art & Science of Emotional Freedom*. Find out more about EFT on her website at:

<http://www.emotionalfreedomforyou.com>

### **Best Recipes: Classic Vanilla Milkshake**

**By Donna Monday**

Sometimes plain vanilla is best.

A lot of people will skip over the plain vanilla ice cream or the plain vanilla milkshake in favor of the fancier versions because vanilla just seems so, well . . . plain.

But plain is just fine if you're in the mood for a simple dessert milkshake that hits the right spot. Just think, with plain vanilla you don't have to think about adding anything else except the basic ingredients that everyone has in the cupboard.

Vanilla tastes and smells so good that you can find its sweet scent used in many perfumes and candles. There's also something comforting about vanilla. Vanilla is like an old friend - you always know it'll be around.

So take a break from those fancier recipes and delight in the simple pleasures of an ice cold, old fashioned vanilla milkshake. It's pure, sweet satisfaction.

**Classic Vanilla Milkshake** 3 scoops vanilla ice cream 1-1/2 cups milk 1 tablespoon vanilla extract 2 teaspoons sugar

**Directions**

In a blender combine ice cream, milk, vanilla and sugar.

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Blend until smooth.

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Donna Monday

Easy to make - fun to drink

<http://www.1st-milkshake-n-smoothie-recipes.com>

Best Recipes: Classic Vanilla Milkshake

All The Sweetness, Without Sugar!

The Sweet Side Of Science

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