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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!

An Apple A Day....

By Dave Cole

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John Chapman was a man who saw opportunity when everyone else saw garbage.

Chapman had a vision, a tremendous vision for his future and the future of his country. That vision destined him to become an American folk hero.

He developed a business plan for his vision which included learning everything he could about his business, paying attention

to details, asking the local markets about their opinions, and making adjustments along the way.

In the early 1800's, John "Appleseed" Chapman would visit cider mills and spend entire days running his hands through the garbage picking out tiny apple seeds one by one.

It was dirty, dull work. But to Johnny Appleseed, those tiny seeds were as precious as rubies. His idea was to take those seeds, plant them, then sell the apple trees to settlers as they moved westward.

Chapman made himself a student of nature. He learned where the best soil was for planting. He learned his market by becoming friends with the local folks and taking the time to have them develop a trust in him.

At the time the law required each settler to plant 50 apple trees on their plot of ground. As the settlers moved further

West, Appleseed kept ahead of them planting more and more seeds.

His business thrived as settlers were more than happy to pay Johnny for his pre-started seedlings. By the end of his life, Chapman had planted hundreds of orchards on thousands of acres across the American Northwest territory.

In 1949 he was declared an American "culture hero" by the "Journal of American Folklore." In 1966 the US Postal Service issued a commemorative stamp to honor him.

John Appleseed Chapman became a success in his life and in his business because he had a passion for what he did. He was a religious man and saw his work as being an integral part of his faith.

Once Chapman was asked to describe what he would do in Heaven. He said, "I would follow the same occupation as I do here."

Every orchard he planted, Johnny remembered. He cared deeply about his trees, kept track of them and would go back every year to prune and repair them.

Besides his business, he loved his customers. As he became more successful, he realized that serving and caring for his customers was the best way to grow his business.

Even though life on the frontier was often difficult and hard, Appleseed didn't look at the hardships. His words were, "Love what you do and work becomes effortless."

Johnny Appleseed believed his life's mission was to plant apple trees. He never retired, for him tending apple trees was a labor of love.

Dave Cole Editor/Publisher Prosperity: The Choice Is Yours <http://choosetoprosper.com>

Harvest A Wealth Of Apple Ideas

By News Canada

(NC)—The leaves have turned, pumpkins are ripening on the vine and most of Canada's apple

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growers are in the orchards harvesting this year's crop of apples for your enjoyment throughout the winter months. It is well known that apples are nutritious, as are apple-based products like pure apple juice, apple sauce and dried fruit snacks. But now more than ever, as research is showing that apples contain important anti-oxidants, apples and apple products are an important part of your family's diet. Why not take advantage of the season and introduce new, innovative ways for your family to enjoy them everyday.

Here are a few simple ways to increase your apple consumption and boost your anti-oxidant intake:

- Choose juice over pop. Apple juice contains health-promoting phytonutrients - natural antioxidants - and is usually fortified with Vitamin C.
- Liven up a simple salad by topping it with pieces of fruit or strips of Sun-Rype Fruit to Go bars.
- Want to try something new with that jar of Sun-Rype Apple Sauce? Try these suggestions:
- Use apple sauce on top of ice cream and sprinkle with granola for a healthy sundae.
- Swirl into yogurt or cottage cheese for a low fat parfait.
- Warm up crisp fall mornings by topping pancakes or French toast with hot apple sauce and a dollop of sour cream.
- Replace vegetable oil or butter in most recipes with an equal amount of apple sauce. Apple sauce lowers the fat and calories when you bake.

All it takes is a little imagination to increase the number of apples your family gets in their diet. And, of course, apples make it easier for your family members to get the five to ten daily servings of fruit and vegetables recommended by Canada's Food Guide to Healthy Eating. Harvest season is a great time to experiment with apple products to see how they can enhance your meal times, for more creative ideas and recipes visit www.sunrype.com.

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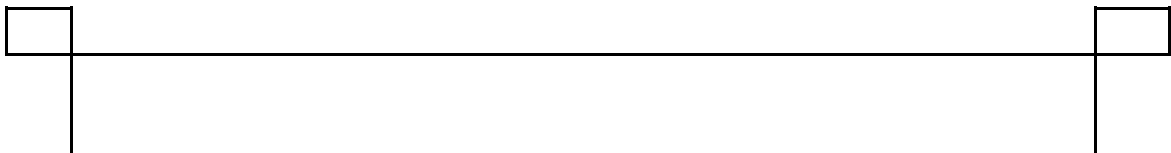
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