

Are you one of a million walking time bombs?

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**By Nick Webb**

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Let's suppose you have high blood pressure and you have to take medications to treat it ... what can you do? Or you're not on medication, but should be.

Hypertension, the scientific name for constant high blood pressure, is considered a silent killer because most people with hypertension are what is called asymptomatic, meaning without symptoms. Yes, a very large percentage of people with high blood pressure could be considered ticking time bombs.

They can blow at any time. They get on with their daily lives not knowing that tragedy could be lurking just around the corner.

The other side of the coin is that many people taking blood pressure pills DO get symptoms: undesired side effects from their medications. This is the reason why so many people seem to `forget' to take their medicine as prescribed.

If you don't want to take your pills, then I suggest you start getting your life back and taking control of it right now. You can do it, and the decision is yours. If you are successful you may be able to stop taking your blood pressure medication(s). If this isn't possible after your efforts, please don't despair as you will almost certainly be able to reduce the dosage, with subsequent savings of your hard earned dollars.

Most important of all is that you will feel a lot better. You'll have more energy and zest, why you'll even look better, too. You will have got rid of those excess pounds around your waist or hips, your skin will look better and your eyes will be sharper. A new you, or perhaps the you that you were some years back, maybe too many to remember.

We all dedicate time to our work, and other things, but how many of us truthfully dedicate time to ourselves?

**Are You Overweight?**

Being overweight is a risk factor for developing heart disease. Just like hypertension is. The good thing is weight loss has also been found to reduce blood pressure in people who have high blood pressure.

These results are more dramatic in those who are obese, and a reduction of blood pressure can occur with weight loss of as little as 10 pounds (4.5 Kg). However, don't go for one of those fancy new fad diets where they claim you can lose 10 pounds in a week. You might even be able to, but you'll almost certainly get it all back within a matter of weeks! There are no easy shortcuts. Sensible weight control can only be achieved with consistent healthy eating habits AND regular exercise. Most of the

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people I deal with drop 1 to 2 pounds a week without any real effort.

Maintaining these two simple lifestyle changes (exercise and overweight) will offer you the greatest chance of success with getting your blood pressure down. Did you know that a regular exercise routine can:

– Help get your cholesterol levels in good order, – Make you look better to yourself and others, – Lower your blood pressure, – Reduce your risk factor profile for heart disease and stroke, – Reduce the risk of developing certain types of cancer, – Help you conquer type 2 diabetes,

Wow! Those are just some of the benefits that an intelligent, regular exercise routine can do for you. It is important to understand that the effect of exercise occurs whether or not there is weight loss. Of course, weight loss has its own beneficial effect on blood pressure, and the two compliment each other.

So what do we have here that can help you reduce your blood pressure and reduce the amount of

medication you have to take. Or, if you're lucky, allow you to totally discontinue your medication: This will however be for your doctor to decide.

Initially, you should really make every effort to reach your ideal weight and keep to a healthy diet that you like. Remember this is a life long effort on your behalf. Start an exercise routine that may only be brisk walks for at least 30 minutes 3–5 times a week, but do it. The more the better, also diversify this can be fun. Once again, this is for life. You don't just want to become fit and healthy now, but you want to stay that way forever.

What else do we have? Oh yes, reduce the salt and increase potassium in your diet and good luck!

If you follow these simple steps, within 3 months from today you'll look and feel much better than you do now AND your blood pressure will certainly be improved. You really can control your health. It's up to you. So go for it!

Nick Webb: Author of "Getting Your Life Back & Living it to the Full" offers encouragement, tips and advice for beating down your blood pressure, reducing cholesterol, conquering diabetes and living a longer, better life. Check out: <http://www.cureyourheart.com>

## **2much.net Defuses Code Bombs**

**By Sidney Zombay**

### **2much.net Defuses Code Bombs by Sidney Zombay**

2much.net Overcomes Time Bombs

(Montreal) December 2, 2004 - 2much.net has overcome the Time Bombs planted in its operating systems and is back online, a week earlier than anticipated.

The company, recently hit by cyber sabotage and theft of its proprietary live video chat software, thus resuscitated over 35 sites which are using the LiveCamNetwork 1.9 platform, introduced by 2much.net a little over a year ago.

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Since the last week of November, 2much Programmers had been working on writing a temporary replacement of the module affected when the breakthrough occurred, late Monday night.

"It wasn't just time bombs in the software," said Mark Prince, owner of 2much.net. "Our server was being attacked from the outside by logic bombs. We managed to capture a signal and decode it, so now we know the source and our programmers have effectively blocked it."

When the attacks occurred, chat hostesses across thirty–five sites were kicked off, frustrating clients and performers alike. "We were pulling our hair trying to figure it out," said Prince.

Now that the company has blocked the attack, patched the receive codes and gone back online, they fully intend to prosecute, said 2much Media and Communications manager Greg Jones. "This crime affected almost forty companies across the net, hundreds of chat hostesses, over a hundred various employees, it cost us a lot in reputation."

The company's legal counsel noted the resilience of his client's reputation. "This whole incident demonstrates that 2much has the financial and technical resources to withstand attacks of this kind, costly as they may be. Prospective as well as existing clients should feel secure with the knowledge that 2much has the ability to maintain its online business and that of its customers."

"Business first," said Jones. "Many people depend on us. We need to make these next few weeks count, especially before Christmas, and before we launch the new version."

"Marketing campaigns, traffic orders, an on–line magazine, and new chat site projects," said Prince. "There's a two week backlog to take care of, new chat hostesses to sign up, and the business of notifying everyone who couldn't work that their sites and chat rooms are back again."

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Writer for LCN Magazine and iSN News, Sid (real–name: Sideral) chooses to remain anonymous and let his work speak for him.

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