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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!

Award Winning Aromatic Plants

By James Kilkelly

I recently was involved in the exhibition of a show garden at the 2006 "Garden Heaven" exhibition. I

worked along with Terra Garden Ireland based in Claregalway on the bronze medal winning Malaysian themed garden "Neo Nusantara". The garden combined wood, stone, earth and planting with two unique water features. The design aimed to appease and rejuvenate the five senses. Sight, touch, sound, smell and taste. Beautiful dark woods and running water used in the construction were a delight to the senses of sight, touch and sound. I used carefully selected planting to arouse the sense of smell. Here are two of the plants I used to add scent to the garden. Use them to add scent to your garden as well.

* Sage, for scent and flower

Salvia x sylvestris "Mainacht" commonly known as May night sage is a hardy perennial native to Western Asia and Europe. This sage is a colourful plant with indigo-blue flower spikes throughout June and July. In order to achieve this prolonged flowering you must remove the flower spikes as soon they start to fade. The striking flowers are held above the plants wrinkled and aromatic grey-green leaves. As well as exciting the gardener's sense of smell, this plant will also excite and attract plenty of butterflies and bees. These visitors will add an extra and welcome visual element to your garden. You need not worry that *Salvia x sylvestris* "Mainacht" is going to engulf or overpower you planting areas. It only grows at a moderate pace to height of 60cm (2ft), with a similar spread. Position this reliable perennial in the front or middle of a well-drained border. It does really well in sun or dappled shade where the bright blue flowers will add a colour boost to green leaved plants.

* English lavender for scent and butterflies

The second scented plant is *Lavandula angustifolia* "Hidcote" commonly known as English lavender. This small evergreen shrub (some people say herb) originated in Europe and Asia and grows to a height of 0.6 metres (2ft); with a similar spread. Growing in many gardens throughout the country, its long stalked deep purple flower spikes wave gently above narrow grey-green aromatic leaves. These blooms will last for many weeks to come whilst on the plant, when cut for indoor display these flowers will last up to 10 days. I suggest you cut back the flower stalks after flowering to maintain the plant's

compact shape. Care must be taken not to cut into old wood as this can cause large areas of the plant to die back. The oil of lavender extracted from this frost hardy shrub is used to this day in the production of soaps, scented candles, perfumes and making potpourri. Lavender copes well with free draining or sandy soils and is an ideal container plant in full sun due to its drought resistance. I would recommend this scented plant for edging walkways or simply if you want to attract some butterflies into your garden space. Another great lavender for this purpose is *Lavandula angustifolia* "Munstead"

James Kilkelly is a freelance horticulturalist and garden writer for four Irish regional newspapers. His forum,

<http://www.gardenplansireland.com/forum/>

offers you free access to an incredible wealth of

horticultural information specific to Ireland. He also regularly posts his expert advice to a gardening community at

<http://www.gardenstew.com/>

The Power Of A Reward

By Martin Stoleman

Whether you are a teacher, parent or business owner, you probably know that people require consistent motivation in order to keep moving, growing, and being productive. Your four year old daughter and your thirty year old employee need reasons to do the things you're asking of them. There are many ways to motivate people, but perhaps one of the best ways of motivating people of all ages is to give an award.

An award can be given for a variety of reasons. I know no one that doesn't love to be recognized for the things they have done. Whether a child has successfully begun to potty train or your personal assistant has showed improvement in her typing skills, consider what giving an award could do to the people in your life. People will naturally be more motivated to live and work well when they feel appreciated and valued, and receiving an award will help them to feel these very things.

Think back over the years of your life. Do you remember receiving an award at any time? It could have been for your participation in a sport or a club, or it may have been for a victory in a spelling bee or another kind of competition. I'll bet that regardless of what you received the award for you can remember it. I'll bet you remember the way you felt after you received the award and the way you felt when people praised your accomplishments. Your award probably inspired you to continue to work hard at developing your skills and talents. Receiving an award also probably made you feel very special and valuable to people that you didn't know valued you before. Receiving an award has this unique ability to strengthen relationships and bring us closer to people.

Now consider the people in your life that you have any kind of responsibility toward or authority over, or

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better yet, consider anyone in your life who would appreciate receiving the blessing of an award. Almost anyone in your life would be glad to be noticed and appreciated for the good things they are doing. Get out a piece of paper and start making a list of all the people in your life that could use an award. Begin to brainstorm what kind of award would be appropriate for each person on your list. In some ways, it matters not so much what kind of award a person receives, it matters only that they feel loved by another person.

Be inspired to give an award someone special each day until you have given an award to everyone on your list. Your relationships and friendships will be strengthened in no time because everyone loves an award.

When he is not writing, Martin Stoleman loves giving awards to the special people in his life. Learn more at

<http://www.awardgroup.info>



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