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**Beware of Radical Mint Enthusiasts**

**By David Leonhardt**

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Some things are as boring as the dust that clings to your TV screen.

Take toothpaste, for example. If you happen to be a radical mint enthusiast, brushing your teeth might be the highlight of your day. You might have the shiniest teeth in town. You might not want to interrupt your brushing for dinner... unless the menu includes mint jelly pâté.

I remember one of my favorite comic strips, when Adam was trying so hard to diet. Of course, my memory is fading faster than my jeans, but here is roughly how it went:

FRAME ONE: Adam is sneaking back into bed, when his wife asks if he had been snacking.

FRAME TWO: She gives him a passionate kiss... or at least as passionate as a two-dimensional, black and white cartoon character can give.

FRAME THREE: No. All "fresh and minty", she concludes.

FRAME FOUR: Adam thinks to himself: "Should be. I ate three tubes of toothpaste."

For those of us who use toothpaste for brushing, it is at best bearable. There is obviously collusion at the highest levels of the mint flavor industry to squash our democratic right to a full range of toothpaste flavors.

But what if the Big Mint stranglehold could be broken? What if brushing our teeth could become a custom-designed exhilaration? What if toothpaste came in as many flavors as, say, jelly beans?

We recently tried some new jelly bean flavors on our wedding anniversary. (Oh, come on. What could be more romantic than a romp through the jelly bean dispensers?)

## Beware of Radical Mint Enthusiasts

The strawberry daiquiri jelly beans tasted delicious. So did the strawberry cheesecake ones. The buttered popcorn ones were so—so, but the caramel popcorn jelly beans were oh—so yummy.

We tried the chocolate fudge flavor and the chocolate pudding flavor, but we passed over the chocolate covered grasshopper flavor.

They had three kinds of melon, four flavors of apple and three different toffee flavored jelly beans. But toothpaste comes in just mint. Do I hear you say, "Conspiracy theory"?

Even Little Lady's finger paints come in eight tantalizing fruit flavors. Huh? Why would something parents try so hard to discourage kids from putting in their mouths smell like blueberries and bananas and cherries, when the toothpaste we try so hard to encourage them to put in their mouths comes in just mint.

In fairness, Little Lady's edible toothpaste (Most toothpaste is inedible - imagine that!) comes in two flavors: berry and bubble gum... but that's not much of a choice. Surely Big Mint will soon shut down this renegade operation muscling in on their territory.

I want to see the same creativity go into toothpaste flavors as went into "Hot Fudge Sundae" Pop Tarts. Or the Plymouth Prowler retro dragster. Or those chocolate covered grasshopper jelly beans.

As I write this column from behind the wheel of my car - in a parking lot, of course - I see so many people pass by. Tall people. Short people. Thin people. Neat people. Sloppy people. Human people. Canine people. People carrying. People riding. People smiling. People frowning. If there are so many types of people, and my grocery store stocks 72 types of cereal and 37 types of crackers, doesn't it seem just a little spooky that none of the toothpaste manufacturers are willing to stand up to Big Mint?

Variety is the spice of life. Don't let Big Mint oppress you. Don't let the mint-enthusiast bullies stifle your democratic right to free taste.

There is no conclusive evidence that a handful of pumpkin-pie-flavored jelly beans will derail your diet more than three tubes of "fresh and minty" toothpaste. So enjoy your multicultural jelly beans... even if you are on a diet.

The author is David Leonhardt, The Happy Guy, author of The Get Happy Workbook at  
and publisher of Your Daily Dose of Happiness at

. This article is also viewable at

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**Tea Garden Mint**

**By Peter Vermeeren**

Tea Garden Mint is a delicious combination of Garden Tea and Mint that provides a gentle and calming drink. This delicious combination has many healthy benefits and can aid the digestive system, nervous system and help prevent sleep deprivation.

The idea of sitting in your Garden sipping Tea Garden Mint tea is appealing and can be very relaxing at the end of the working day, or on the weekend, while recuperating from a busy week. It is essential that our bodies receive at least one day of rest a week and Tea Garden Mint is one way of assisting your body in achieving full relaxation.

Tea Garden Mint does not only take away the winter blues, it can also be turned into a soothing summer drink that helps you beat the heat. By adding a small amount of ginger to Tea Garden Mint Tea, allowing it to cool and adding some ice blocks, suddenly you have delicious and healthy summer refreshment.

Herbal teas have long been used as a medicinal treatment throughout the centuries and throughout the world. Today you can find tea grown in China, Egypt, England and the United States of America, allowing for a greater choice of teas to purchase.

Tea Garden Mint Tea is essentially a combination of herbs that have been specifically chosen for their qualities. Combined these herbs can produce amazing effects and when combined with other healthy lifestyle choices, can have life changing effects.

If you are interested in growing your own Mint, you will need to clear an area of your garden and prepare the soil, plant the mint and then ensure that the mint is well watered and cared for in the months during its growth. If you don't have a garden, rest assured that most Tea Garden Mint Teas are grown in natural environments.

Mint prefers a shady environment and grows best in moist rich soil. There are hundreds of variety of Mint, so you should chose the mint that best reflects the desired taste that you are seeking. Some of the varieties of mint include, spearmint, apple mint, chocolate mint, Moroccan mint and peppermint.

If using Tea Garden Mint for aiding in Sleep deprivation, you should prepare and drink your Tea Garden Mint Tea one hour prior to when you intend to go to sleep, as this will allow your body time to soak the tea up into its system and begin to relax the bodies muscles.

Peter Vermeeren is the owner and webmaster of:

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