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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!**

**Body Imagitis**

**By Rinatta Paries**

**Body Imagitis by Rinatta Paries**

There is a terrible disease among us. It primarily affects women and, to a smaller degree, men. It is a killer of self-esteem, self respect and joy. It's called "Body Imagitis" and it strikes people from all walks of life.

Beautiful, heart-centered people stricken with this disease begin to believe they are not lovable and cannot have a relationship because their body is not the cultural ideal. The victims prevent themselves from bonding with others, sometimes refusing all romantic confections. They find themselves saying terrible things about how they look and constantly trying to change their appearance.

What is seldom understood about this disease is that it is not in the victim's body, but in the victim's mind. At the root of the disease is the belief that one is unlovable as a certain size or shape.

Do you or does someone you know suffer from Body Imagitis? If so, the cure is fairly simple. Simply challenge what and how you think.

Think about these:

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- \* Are you lovable because of your body or because of who you are inside?
  - \* Do you only bring your body to the relationship, and if not, what do you bring?
  - \* Are your communication skills and your ability to share and love the result of your body or a result of who you are?
  - \* If you believe potential partners will not be attracted to you because of your body, have you never seen people with imperfect bodies in happy relationships?
  - \* Is your body capable of giving and receiving pleasure?

I'm not saying you don't need to exercise, eat well and take care of yourself to be happy and healthy, and to be attractive to a partner. I'm simply trying to show you that your size and shape does not dictate whether or not you can find a mate to love you. No matter what shape or size you are, you will find people who will appreciate and love you.

Your Relationship Coach,  
Rinatta Paries  
[www.WhatItTakes.com](http://www.WhatItTakes.com)

(c) Rinatta Paries, 1998–2002. Do you know how to attract your ideal mate? Do you know how to build a fulfilling relationship, or how to reinvent yours to meet your needs? Relationship Coach Rinatta Paries can teach you the skills and techniques to attract and sustain long-term, healthy partnerships. Visit [www.WhatItTakes.com](http://www.WhatItTakes.com) where you'll find quizzes, classes, advice and a free weekly ezine. Become a "true love magnet(tm)!"

Having coined the phrase "relationship coach," Master Certified Coach Rinatta Paries works with singles to help them attract their ideal relationship, and helps couples create more love and fulfillment in their existing relationships. Visit her web site at [www.WhatItTakes.com](http://www.WhatItTakes.com) or e-mail her at [coach@WhatItTakes.com](mailto:coach@WhatItTakes.com).

## **Body Building Supplement**

**By Rolf Rasmusson**

### **Body Building Supplement by Rolf Rasmusson**

Body Building Supplement - what is it?

The term "body building supplement" is familiar to almost everyone nowadays. Body building supplement is a supplement that is designed to help people who use it to achieve several things that include but are not limited to weight gain, muscle building, and strength training. There are many other reasons for using body building supplement products but these three are probably the most popular.

Body Building Supplement - variety.

Currently there is a wide range of body building supplement products in the US market. Most of the time, you will probably have a real tough time figuring out what body building supplement does what, and what supplements you should take. There will probably be a lot of confusion when you are looking for the right supplement for your needs. Consult with your trainer and with your doctor. They can make it easier for you to make a selection and purchasing decision dealing with body building supplements.

Body Building Supplement - examples.

## Body Imagitis

Since there are so many body building supplement products available to public, for almost every need in bodybuilding, there's a supplement that answers that need. The choice of supplement depends a lot on what are the goals of your body building program. For example, if your goal is gaining weight, many athletes say that creatine is essential.

But since there is no scientific proof of the benefits of creatine or many other supplements, be careful and don't simply trust that the claims on the label of the product. Spend some time researching about the product, consult with professionals. The body building supplement that you will use should both bring the positive body building results and be safe. If you are using several body building supplements, make sure that they can be used together without any danger to your health.

Additional interesting content at [www.nutritional-supplement-4u.com](http://www.nutritional-supplement-4u.com)



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