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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!**

**Change Your Shopping Habits To Save Gas, Save Money, And Enjoy**

**By Gloria Anderson**

Today, when I was filling up my car at a mind-boggling \$3 per gallon, the truth of the moment hit me. Why are we still driving around town to buy the things we need when most of it is easily available online?

With online retail offering wider selection and lower prices than ever in history, doing your shopping at favorite web sites just makes sense. Almost all sites offer fast delivery with shipping costs dropping in recent years. It also makes a lot more sense for the environment and economy if one large truck delivers our purchases rather than all of us driving all over town individually. In the end we save money, save gas, and do our part toward lowering gas prices and improving the economy.

Of course, one of the main reasons we like to shop at our favorite stores is it's fun! Nothing helps me relax like spending time picking out a lovely item for my home. I'm sure many of you feel the same.

You don't need to forsake that enjoyment when you shop online. Today web sites offer vast selection that no "brick and mortar" store can. For example, the online store I founded specializes in LUXURY items for bed and bath. If you don't want just the same old sheets, for example, you can come to my store to find a very large selection of luxury sheets.

And when I say "large," I mean FAR bigger selection than any local store could ever offer. On my site, you can browse among over 200 name-brand products covering every style and color you can think of.

My store is just one example of what online shopping can be. The key to understanding this massive electronic shopping movement is to know online stores offer much more depth. Whereas Wal-Mart usually only offers 2 or 3 versions of a single product, online stores often specialize in a single area, offering hundreds of versions of a single product.

You can choose from different product versions that have come from all over the world, many with stylistic features and technological innovations that you may not have thought of.

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Additionally, online stores let you use handy search features to quickly browse through their many offerings. Watch for links at the top of many pages that let you click to either more general pages or more specific information on a particular product.

Once you get the hang of online shopping — and by now most of us have — doing your shopping on web sites is fun and fast. Change your shopping to online retail sites. You'll have fun, save money, get better selection, and do our nation and economy a big favor.

Gloria Anderson is founder of GloriesValues–OnlineSupplierStore featuring over 200 major brand names with a strong focus on elegant necessities for bed and bath. Save time, save money, get higher quality at

<http://www.gloriesvalues–onlinesupplierstore.com>

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### **Our Top Gas Saving Tips**

#### **By Luke Cameron**

The price of gasoline increases everyday, and it doesn't stop. It continues to rise even as you read this article. However, there are gas saving tips that you can do to be able to save some money and maximize your use of gasoline.

Buy your gas first thing in the morning or late at night. Gas is denser at a cooler temperature. You will be getting more for your money when you stock up your gas in the morning or late at night than stocking up during the day.

Compare gas prices within your community and look for the one that offers the best value for your money. Here's a hint – you can check gas prices online. This way you will not need to drive out just to compare prices in your area. This will surely help you save some gas, too, right?

Keep your car well–maintained. Cars in top condition do not consume too much fuel. Tune your car regularly so that your fuel consumption will be reduced by 20 percent. Always check the condition of the tires, too. Make sure they are inflated and aligned properly. Under inflated tires will increase your fuel consumption by 6 percent. Another important parts of your car that need to be monitored are your oil and air filters. They need to be changed regularly in order to keep your car running smoothly. The overall health of your car greatly influences your gas consumption.

When driving, always stay within the speed limits. If you are driving too slowly, you will consume a lot more gas. If possible, you should sometimes use overdrive. This will help save fuel as well as improve the wear on your car engine. When you go out, make a list of all your errands so that you will be able to get all of them done in one go. Remember that you consume too much fuel if you keep on cold

starting your car engine.

These are just a few gas saving tips that will help you save money and maximize your fuel stock. Gas prices are increasing to ridiculously high prices these days and of course, it is important to save money whenever you can.

Luke Cameron is owner of Auto News Inc. – an online magazine offering news, tips and articles on automotive related topics. His website can be found at:

<http://www.autonewsinc.com>



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