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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!**

## Choosing Proper Cleats

By Todd Lange

Cleats are sports shoes with outsole traction devices. They provide support, stability, and traction

while playing. Though most cleats have these qualities, specific cleats are to be used for different sports. Even if you play all sports, you should still get a separate pair for each. It is therefore important to make sure that the cleats you want to buy are appropriate for the sport you play. Softball is one of the most common and popular game that requires cleats. Proper cleats for this game can easily be purchased with the following considerations.

Softball cleats are usually manufactured in two types: detachable and molded. Detachable cleats are the cleats commonly used by more experienced players. As the name implies, detachable cleats' spikes are removable. They can be removed from the outer sole and replaced with other studs depending on the surface of the playing field. The studs can either be made with rubber, metal, or hard plastic. Metal cleats are often used on hard playing grounds while rubber and plastic are adopted for turf playing fields. Though adaptable for any playing field, detachable cleats are harder to maintain and clean. As opposed to the detachable cleats, the studs of molded cleats protrude from the outer sole. These studs are usually of hard plastic or rubber. They are molded and do not detach from the shoe. They are also easier to clean and maintain, hence, advisable for playing who are just beginning to learn the sport.

The kind of material used on the cleats is also important. This could spell the difference between a so-so and superb performance. Materials for softball cleats range from the more expensive leather to the cheaper varieties made of synthetic materials. Even if leather is expensive, it is durable, breathable, and flexible. In time, it molds according to feet's shape, thus providing ample support and comfort. Synthetic materials in cleats don't allow feet to breathe and are less able to stand strain and long wear. However, they are cheaper and could be good enough for beginners like kids. The design of the cleats is also an important matter. Design does not mean the aesthetic of the shoe but rather it's cut. A higher cut ankle (3/4) offers added support for the feet and prevents ankle and connective tissue injuries. Most major league players prefer this cut although some feel restricted by the height. For those who want easier movement, a lower cut design provides freedom and ease of movement. Most players agree that cleat height is a matter of comfort and preference.

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Having good and proper cleats is essential to any softball game or any game, for that matter. Poorly cared-for cleats usually result in bad games and poor performance. Proper maintenance and care for the cleats ensure that the cleats can resist and withstand long wear, dirt, and ground impact. So aside from having fresher looking cleats, proper maintenance also ensures many good games to come.

For more valuable information on softball, please visit

<http://www.basesloadedsoftball.com>

## **Soccer Team Logo And Gear**

**By Dana Bradley**

Soccer is one of the famous sports played in the United States, hence it is very demanded among every one who is the fan of Soccer. One of the exciting news is that people no longer have to spend a lot of money for the team logo and gear. Soccer team logo and Gear has many team logo and gear such as, Brandy Chastain, Galaxy, Pele, Freddy Adu, and Mia Hamm etc.

Soccer team logo and Gear are very famous around the Globe. It is said that the demand for soccer wear is much higher in the U.K when compared to other countries. Soccer team logo and gear are often used as gifted items to the loved ones, who are the lovers of Soccer.

The Young generation is crazy after the team logo and gear of Soccer. Some of the best sold Team logo and gear are:

2005 upper deck Major League Soccer Trading cards priced at \$65.00 (This is a game for those interested)

Brandi Chastain on knees 8x10 photograph priced at \$76.00 (Brandi Chastain is known to be one of the best athletes of today)

Brazil vs Italy 1994 World cup Soccer at the Rose Bowl Framed unsigned Panoramic photograph priced at \$125.00 (the measurements for the Panoramic are 16 ½ x 42 ½) MLS Soccer Ball bag priced at \$24.00

( it is a best soccer bag to carry soccer ball to the field) Soccer 12 oz Wheaties box (Display case) priced at \$49.00 (Manufactured in U.S.A) Soccer 18 oz Wheaties box (Display case) priced at \$50.00(Manufactured in U.S.A) Soccer 22 oz Wheaties box (Display case) priced at \$56.00(Manufactured in U.S.A) Soccer cleats Display case up to size 13 priced at \$84.00

(Case accommodates size 13 shoe, Manufactured in U.S.A) Soccer cleats Display case up to size 17 priced at \$85.00 (Case accommodates size 17 shoe, Manufactured in U.S.A) Soccer cleats Display case up to size 23 priced at \$110.00 (Case accommodates size 23 shoe, Manufactured in U.S.A)

Above mentioned are some of the famous sold team logo gear products. Approximate sizes and brief

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description is explained to help to buy these products easily. Best of all, these products are available on the Internet. It's great being a fan of soccer or even knowing how to play the game with family and friends. But it is even greater when one can celebrate this exciting sport by wearing the latest clothing and gear available.

Dana Bradley writes about

<http://www.teamlogoandgear.com>

and

<http://www.teamlogoandgear.com/Coupons/FansEdge.com.html>



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