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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!**

**Costa Rica's Exciting Culture**

**By Ashley Allen**

Cultures are often known for their importance to the constructs of a given society. Costa Rica is not an exception to this theory on culture. Costa Rica is rich with culture, and there are many different venues that Costa Rica has to offer which shows their culture.

Costa Rica has a vast history of music, food, and morals. Music in Costa Rica is often associated to Spanish -style music. Spanish music is highly affluent in Costa Rica. Often times, the Spanish music is played with mariachis, and can be heard in restaurants, concert halls, and on the pedestrian lined streets. Costa Rican's take pride in their food, which is evident in their cooking. There is a lot of passion and care that is placed into every meal, as the natives believe that every meal that is eaten should be satisfying. The foods that are offered are very flavorful, and have incorporated the spices of the land. Cumin, commonly referred to as cumino, and other spices such as chili powder, season every Costa Rican dish, and give it that extra bit of flare that Costa Rican meals offer.

A sense of family and religion are very important morals in the Costa Rican culture. Costa Ricans are known for their tight-knit families, and their deep devotions to their desired religion. The morals that are given in the Bible often dictate how a family operates in Costa Rica. Churches, commonly referred to as iglessias, are always packed every Sunday as mass is in session. Families convene into churches to worship, and carry on the morals of the culture that was passed down to them from previous generations.

The Costa Rica culture is multi-faceted, but overall, there is a main thread of loving one another that is evident in the communities. Learning how one culture can learn from another is what Costa Rica offers. For those that are visiting, there are a lot of different backgrounds that can be appreciated in Costa Rica.

Ashley Allen is a world travel and part-time webmaster for exciting travel websites such as

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. She loves traveling to South America and Costa Rica any opportunity

she has.

## **Adventuresome Costa Rica**

**By Carmen Ross**

You can have a ball in adventuresome Costa Rica, all you need to do is go for it. Costa Rica is a place where anyone can have fun, those willing to go out for a little adventure and those who prefer a more staid vacation. If you are of the former variety you will find everything from surfing and bungee jumping to canopying. These are some of the most exciting adventures that you could go on and they are all there for the taking in Costa Rica.

When you are visiting Costa Rica you cannot leave before you experience the great surfing that Costa Rica has to offer. There are many different places in Costa Rica for you to surf at and what makes Costa Rica such an exciting surfing destination is that you can surf both the Caribbean and the Pacific. This makes for the best surf vacation in the world. In fact, people come from all over the world to surf the fantastic waters of Costa Rica.

Bungee jumping in Costa Rica is another fantastic thing for you to do while visiting there. The jumping in Costa Rica is safe and the companies are reputable so you will never have to concern yourself with safety when bungee jumping in Costa Rica.

The best thing to do in Costa Rica by far is go canopying. This fun sport was made famous in the movies and flying through the treetops is something that you will never forget. It might sound scary to go flying through the treetops at amazing speeds but it is a blast. The adrenaline that will flow through your veins will astound you when you are having fun canopying in Costa Rica.

Costa Rica is one of the top vacation destinations for a reason and that reason is the fact that there is no place more gorgeous or more exciting than Costa Rica.

Carmen Ross is the owner of Costa Rica Travel And Real Estate Site. (

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). Her site contains information and resources for

people interested in traveling to Costa Rica and living in Costa Rica.



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