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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!

Do You Love A Man?

By Maria Marsala, Business and Life Coach

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Do you love a man over the age of 40? Dad, brother, friend, spouse, lover, etc? Do you love a man whose family members have had cancer?

Then go get your phone – yes, right now and call them. Or send them an email. Ask them to speak to their doctor about taking a PSA test. This is a simple blood test that measures the Prostate-specific antigen. It helps men catch prostate inflammation and/or cancer. The test is not perfect, however, in many cases it gets a man to a place they haven't been to in a while – the doctor's office. Personally this test caught a case of cancer – the worst type – in my family 10 years ago. And the person is still with us now.

If you have a client form and ask some health related questions add " date of PSA test" to your form for men. You never know whose life you may help, whose family you may help, just by asking and answering this question.

Want more information on PSA? Visit your doctor.
Below are two website resources, too.

www.psa-rising.com/detection/aua-psachart1.htm

www.prostate-cancer.org

© Copyright 2002 Maria Marsala is an internationally known coach, author, and speaker. A former Wall Street trader and manager, she is the author of the ebook "Thinking of Starting a Business... Let's Talk About What's Next." Subscribe to her free ezine "Helping You and Your Business Grow" at <http://www.coachmaria.com/ebook/download.html>

Valentines Gifts for Men

By Matthew Seigneur

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Are you seeking the perfect valentine gift idea for the man in your life?

Valentine's Day is a day set aside for us to show how much we love and appreciate the man in lives whether it is our husbands or boyfriends. How can this be accomplished with just a gift? Just any gift idea will not do for this important day.

This is a special day when the gift should be about giving of oneself. Plan a gift that you can also be included in. One that says "I love you" to the man of your dreams.

You could plan a great gift idea for the man in your life, by purchasing a picnic basket.

Add all kinds of favorite snack items, nothing too heavy. Summer sausage and crackers with small pieces of cheese cut out into hearts. Champagne or sparkling cider to drink.

Chocolate kisses or heart shaped candies. Find a romantic place to have your picnic. Somewhere secluded where you both can be alone, even if it has to be your own bedroom. If you have to have your picnic indoors, use scented candles to enhance the mood.

Another great gift idea is sexy lingerie for both of you.

For the man buy some silk boxers or even something sexier if you dare. Buy yourself a sexy outfit that matches his. Yes, it is fine to buy for yourself. This night is for both of you.

How about a gift idea of a quiet weekend in a motel room with a hot tub.

You can find different types of sachets of love soap that would be great to help put your man in the mood for a weekend of endearing love. Take a bath together in the aroma of the soaps.

After the cuddly bath, use massage oil, one that is scented for the romantic evening. You can find these types of oils at an herbal shop or sometimes in most stores. Enjoy giving your man a massage he will not soon forget. He will return the favor. Do not turn on the television or leave the room for the entire weekend. Use room service for dining. This is your weekend and your gift to the love of your life.

Another gift idea that is available now are engraved champagne and toasting glasses.

An engraved set that are personalized with custom engraving will be a memorable Valentines Day gift for that special man. You will be able to find different varieties of champagnes or sparkling cider if you prefer. Usually these sets come with tall fluted stemware. What better way to remember your first Valentines Day together?

Other ways of saying "I love you" on Valentines Day could be with a personalized mouse pad for his computer. Many shops today can add photos and saying on just about anything. This would be a good gift idea for any man.

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One awesome gift idea is the Message in a Bottle; you can add your own personal message and put it in your man's briefcase, one in his car, or even place one by his shaver. Add your own intimate messages about what the evening will bring. After he finds all of these messages he will be sure to come home, maybe earlier than expected.

No matter, what gift idea you come up with he will love it. You have showed your love to this man by choosing a gift that is from your heart. Enjoy this day and remember to let this man know just how much you appreciate his love for you.

<http://www.gifts-for-men.org/> Provides gift ideas and unique gifts for men, visit <http://www.gifts-for-men.org/gadgets-uk/?category=Games> for some cool gadgets you can buy for men!



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