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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!

Dressing Tips For 50–Somethings You Must Know

By Bridget P. Allen

As the Baby Boomers in this country come of age, it certainly seems that 50 is the new 30! The

typical thoughts and images of 50 year olds are certainly banished when these active individuals strive to live a fulfilling and exciting life. Most individuals who are apart of the Baby Boomer generation are reaching the age of retirement, and they have alternative goals and methods for their lifestyle.

Additionally, most women in their 50s have keen fashion sense and style, always dressing their best in a variety of situations. If you find yourself in your 50s and unsure what items to wear for any function, look no further! These simple tips will allow you to dress for success for any situation.

1.) Tips on selecting clothes that show your personal flair

When it comes to finding items that should be in your wardrobe, look to find pieces that express your individual interest and personality. Consider shopping at unique shops or boutiques to find those one of a kind items that will certainly win you a great many compliments. Whether you choose to invest in a great jacket, sweater, dress, skirt, or anything else, you should work to adapt this unique item into a variety of outfits.

2.) Tips on finding items that best fit your body and your age

Even though you may feel like a teenager does not necessarily dress like one! If you find you are swapping clothes with your kids or grandkids, then perhaps you should rethink you choice in clothing. Conversely, you are certainly not ready for "old lady" staples, so strive to find clothing that best fits your age and this point in your life. Furthermore, choose items of clothing that best fits your size and shape of your body. As we age, attention may need to be shifted from different parts of our bodies and onto more flattering parts, so strive to find items that spotlight your body in the best life possible.

3.) Accessorize! Accessorize! Accessorize!

Everyone needs a fun and funky accessory that makes a ho–hum outfit completely unforgettable! Regardless if you are looking for a piece of jewelry, super bag, great pair or shoes, or fashionable scarf, an accessory can make or break an outfit. Furthermore, you will be able to get more wear out of

your wardrobe if you have a variety of accessories to keep your staple items looking different and unique.

Bridget Allen has worked for many years in the fashion industry, at a senior level, and she has written an amazing totally free fashionista minicourse that will thrill, entertain, and most importantly educate you about what you absolutely need to know about fashion. Get the free course " Fashionista Essentials" now at

<http://www.i-stylish.com>

What's Cookin' – Warm Chicken Salad with Orange Sesame Dressing

By News Canada

(NC)–Serves 4

6 cups mixed salad greens

1/2 red pepper; cut into strips

1/2 small red onion, sliced

1/2 lb Maple Lodge Farms Premium Rotisserie Seasoned

Chicken Breast cut into strips

1 tbsp olive oil

1 cup bean sprouts

juice of 1 orange

1/2 tsp grated orange rind

2 tbsp sesame oil

1 tsp dijon mustard

freshly ground pepper, to taste

1. Combine dressing ingredients; set aside.
2. Divide greens among 4 individual serving plates.
3. Top with red pepper and onion slices.

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4. In a skillet, stir fry premium rotisserie seasoned chicken breast in olive oil until lightly browned.
5. Whisk dressing and add to pan; heat for 30 seconds.
6. Pour equally over salad plates and top with bean sprouts. Serve immediately.

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