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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!**

**Foot Care – Deserves Equal Attention**

**By Sharon Hopkins**

There was a time when mankind used to roam this earth barefoot. But now thinking about doing the same may be considered preposterous. When we say we need to pamper ourselves the last thing we think about is our foot. Even though it is as important as any other part of our body, we tend to give it a step motherly treatment. Like your face and hands, your feet should also be taken care of.

By following some good tips you can take care of your feet too. The first mistake many of us do to harm our feet is to buy one of the most uncomfortable shoes. If you are a working person you have to consider that you would be in these shoes for excess part of the day. Buying a good shoe is always very important. Whenever you go to buy shoes check your foot size, because the sizes of your feet may differ. Considering that, you should buy shoe for the biggest foot. It is better to go shopping for shoes in late afternoons as our feet swell the most during this time of the day.

Yoga has been spreading like a wild fire and you can try some yoga asanas which would be useful for your feet. There was time when walking was the only mode of transport in our lives and due to which our feet used to get the proper exercise. Nowadays, there is less walking and more of sitting in the car, waiting to reach our destination. So exercising is a good way to help your feet.

Proper personal hygiene would help your feet from getting infected by any of the skin diseases or other foot problems. Change your socks daily and see to it that is of good material which would help in the breathing process of your feet.

Some simple and easy ways to take care of your feet

–Scrubbing your feet with pumice stone will help remove the dead and dry skin –Apply foot cream before going to bed to prevent any cracked heels problems –If your feet smell, use talcum powder or foot sprays this would keep your feet dry and clean –Soak your feet for 10 minutes in warm water which is mixed with salt and add drops of lavender oil to relax your feet –Hot and cold treatment also works very well for your feet. To improve blood circulation, dip your feet in hot water then in cold water alternatively –Soaking your feet in warm water mixed with shampoo, helps your toe nails immensely –To fight cracked heels. Mix few drops of lemon juice in Vaseline and apply it at the required area

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–Almond Oil is very good for your skin. Applying it regularly to your feet after bath will get you a smooth result – Regular pedicure is also very essential to have clean and good feet

Sharon Hopkins has maintained number of sites which deals with hair and skin care such as

<http://www.hair-n-skin-care.com>

. Foot care should be an important part of our daily regime. With some normal and easy remedies we can have good feet in no time.

### **One Man's Perspective of Love and Creating Work Balance**

**By Dennis Twitchell**

#### **One Man's Perspective of Love and Creating Work Balance by Dennis Twitchell**

Do you ever experience pressure from work and home at the same time?

If you're like most working men you know when things are out of balance at home work tends to be more stressful.

For years I was a partner in a law firm. It never failed, when there were pressures at home, performance on the job suffered. When things were good at home there was more balance between team members at the office.

Over the years I have had numerous conversations with friends and associates regarding work/life balance. There seems to be a common thread of agreement – when our wives and girlfriends feel loved we tend to have more balance not only at home, but at work.

Fact is, men need to feel loved as much as our life partners do. However, love to a man usually means something very different than what it means to a woman. If you are married and have been with your wife for any length of time you know of what I speak.

Having been happily married for many years now, I fully understand that my wife needs, wants and deserves special attention. Yes, that's right...deserves.

Your wife is probably no different. And lest I be misunderstood by any single men and women who are reading this, if you are in a long-term committed relationship, this applies to you as well.

Your loving partner needs, wants, and deserves special attention, maybe more often than you may think to give it to her. You are busy, pre-occupied with work, aggravated with things at work that occupy your time and most likely, stressed out. You're probably tired much of the time.

Who has the time or the energy to even think about romance? Fact is, many marriages are going through tough times because people forget the reasons they fell in love in the first place. Romance has

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taken a back seat to everything else. Often, a woman can be heard saying, "He just isn't paying enough attention to me."

If your wife or girlfriend has said that to you, it is time to definitely pay attention to the warning signs of a relationship on the edge.

Think about it. When's the last time you showered your wife with attention and a special gift? When did you let the worries of your day slip away in order to let your wife or partner know how much you love her and how special she is to you? What may seem like a little while to you may be an eternity to her.

Well, I have a solution for you. With Valentine's Day right around the corner, you can do something really extraordinary for that special someone. Take time to make this year the most memorable ever. I promise you it will be well worth it.

Think about what you can do to show your sweetheart how much you care for her. Think about what she would enjoy receiving from you. And no, in most cases, tickets to a sports event is not the answer here. Sure she may enjoy that on occasion, but truth be told, for this Valentine Day you probably want to make it really special.

Try this. Go shopping for seven romance cards. Starting on February 5th, send the first of the seven cards. Repeat this each day until all seven cards are sent. And yes, do send them. This will keep you focused on her every day.

In each card, write a message about a unique gift she will receive. Maybe it's a foot massage, or you will run her a bubble bath and give her a shoulder massage. What about a walk in the park or an afternoon matinee movie? The gifts don't have to be financially costly, but they should require some time on your part. For most women your time will mean much more than an expensive gift. And yet, the expensive gift can work well too.

You know, and I know, women love to be pampered. Imagine your wife's surprise when you treat her to such a memorable valentine. Of course, you never know what might happen during the course of you showing her with your love, affection and appreciation.

With our daily experiences life can change on a dime. With the pressure of work and personal demands, a huge challenge we have is to make sure those people we love know it, day in and day out. Imagine what it would be like to not have the opportunity to let our loved ones know we care.

Doesn't your wife, partner, lover, friend and confidant deserve to know how much you care. I think so and you do too.

P.S The Big Bear will gladly wrap your gift and ship anywhere in the world for that special someone.

Dennis Twitchell aka The Big Bear is the husband of Patricia Twitchell, proprietor of Just Bears and Stuff. To find the perfect gift visit [www.justbearsandstuff.com](http://www.justbearsandstuff.com)



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