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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

GARDEN DELIGHTS

By Arleen M. Kaptur

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When the weather is warm we try and spend a lot more of our leisure time outdoors. A good idea is to decorate your garden area with all the comforts of home – just outside of home. A few touches will give your outdoor space a feeling of welcome and a beauty all its own.

Color is certainly one aspect of the great outdoors that lends itself to limitless ideas and possibilities. You can pick one of the most intense colors or bring into play the lighter less prominent hues. A white fence or gate will give eye appeal to bright, vibrant blooms and it doesn't even have to lead to anything in particular. Just a piece of white picket fencing in a lush wildflower garden will have that added punch of visual appeal and a certain nostalgic feeling as well. If you have a screened in porch or area, use beautiful hand-made quilts or throw pillows with bright, lively colors that match or even contrast your flower colors.

Texture is also fun to play with. Smooth surfaces should be highlighted with baskets. A glass-top patio table lends itself to a basket of fruit, or flowers. Rough fieldstone steps or walking areas show off their special features with smooth, bright shiny accents. A porch swing, whether part of the porch itself or just by itself in a fragrant array of flowers, is a joy to sit on and to take in the aromas and eye-delights of this season. Colorful pads and side-tables add to the appeal, as well as hold those pitchers of ice-cold home-made lemonade.

A wooden gazebo adds so much to a garden without being too showy or prominent. Potted plants that be used as accessories, as well as ornaments or metal colors such as bronze or gold. It is a special hideaway while you wile away the hours being captivated by the blossoming beauty just surrounding this special place.

Fun objects such as butterflies, angels, little play benches, or bird baths give a light touch to any area that is too serious or intense. Also using your imagination can give visitors the impression that you labored just as hard on the amenities as on the garden itself. If you should ever encounter one of those old clawfoot bathtubs (retail shops, demolition area,

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or even the city recycling center) you can have a very one-of-a-kind fountain. Outfit your cast-off tub with a shower head, put it in a corner of your garden, especially near a wooden fence with ferns or ivy and you have one terrific waterfall that adds fresh water, the sound of a waterfall, and the appeal of "antique" to your garden.

Store bought objects are fine in a pinch, but hunt down those discards or garage dust-collectors and you have "original" accents. An old rocking chair can be painted with weather resistant paint and cushions. Clay pots decorated by your children or grandchildren add a light touch. Old buckets, stepladders, watering cans or animal figurines are just so many colors on your artist's palette of ideas just waiting to be used.

There is so much fun to have in decorating your outdoors home-area. You only need imagination, some bright paint or material, and a whole lot of enthusiasm. There is never a mistake to be had – if you don't like something – change it. If you stick to inexpensive items, they can be interchanged at whim and your garden will always have a fresh perspective. Show off your plants, as well as your artistic talent!

ENJOY!

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Arleen Kaptur has written numerous articles, cookbooks, and the novel: *SEARCHING FOR AUSTIN JAMES* Websites: <http://www.arleensite.com> <http://www.Arleens-RusticLiving.com>
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A Beginners Guide To Garden Bridges

By Charles & Susan Truett

Just because you dont have huge, elaborate gardens does not mean you cant accentuate what you do have with garden bridges. Garden bridges could be just what you need to turn those mediocre garden areas into something quite splendid.

Garden bridges can add a touch of country or formal design to a garden. Small garden bridges are easy to find. There are many garden bridges that you can find in garden centers or home improvement centers. One of the best places to find small garden bridges may be online. There are lots of sites that have many ideas for small garden bridges.

If you are good with a hammer and nails you may even be able to make your own garden bridge. Plans are available at building stores and at online sites. You will find many choices for garden bridges at these online sites and you can also see photos of many different bridge styles.

A garden bridge can be a big benefit for your garden space. A small garden bridge will look attractive in a smaller garden and draw attention to a specific area.

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You can choose the right small garden bridge if you do a little planning ahead of time. If you have a smaller garden you will want a smaller garden bridge. Look at the space you have and decide where a bridge would fit in. Consider more than one area and then choose your favorite.

There are some lovely gardens that are small in size but large in beauty because garden bridges have been added in just the right places.

We have a large number of styles and varieties of garden bridges available online. For more information and to learn more about

, visit:



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