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Get Heard – Write About Lemons

By **Liz Wertman**

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Unlike most, my writing has been born from necessity. The necessity to speak to those that won't listen.

Keeping a journal, writing letters (but not sending them) is an excellent way to release your hidden anger, frustration and hurt. I discovered this during a recent traumatic experience, my divorce.

I needed to say things to certain people but for various reasons couldn't. That's how my combination of journal and letter writing began. It ended up being more than a tremendous stress reliever!

I had accumulated a wealth of knowledge and experience in my journal that my friends relied on in their time of need. At their encouragement I put it all together and wrote an e-book "Divorce Strategy for Men and Women". I could not believe it– I wrote a book!

You can too!

We are all made up of our experiences. You don't need to be a writer, as I have proven. Everyone has a story to tell,

an experience to share. Write what you know or like in my case, what you have to.

After deciding on which of your vast experiences you would like to write about, put down the highlights in point form. Then expand the point form to paragraphs and you have your e–book!

Try and make a self–explanatory title. That will list better in your ads and the search engines.

Put it into your word processor program then convert it to PDF format. You are now ready to sell your e–book.

Use the search engines to find all the places that will host your e–book for you or create your own site and sell it yourself as I have done. If you list your e–book, make sure you have full rights so you can place it in

as many sites as possible. Then market the book by submitting it to all the search engines, classified ads that you can.

You will feel terrific about your accomplishment, people will learn from your experiences and you will make money too!

Talk about making lemonade out of lemons!

Liz Wertman,"Divorce Strategy for Men and Women"Your guide through the divorce maze.<http://www.divorcewell.com>info@divorcewell.com

Lemons for Asthma Attacks and Other Illnesses

By Rudy Silva

Lemons, they are one of the best fruits to use if you are sick or have asthma. Learn why and how you need to use them if you have asthma

Most people shy away from lemons because they are sour. Or, they make lemon juice and then kill their beneficial effects by adding sugar. Well, here is what your are missing if you don't drink fresh natural lemon aid every morning.

For asthma, lemon juice is great because it,

Get Heard – Write About Lemons

It is antiseptic – kills germs that hide in your mucus

It destroys bad bacteria that lives in your mouth, stomach, and intestines

It helps to dissolve mucus so when you have a cold or cough you recover quicker. The combination of 8 oz of water and lemon greatly cuts into your thick mucus that builds up in your bronchial tubes.

Helps to cleanse your blood and clean blood makes your lung tissue healthier

Lemons are high in vitamin C and potassium. They also contain plenty of fiber and phytochemicals, which contain antioxidants many of which have not been studied.

Use only lemons that are yellow and don't have any signs of green. You can store lemons in a plastic bag in the refrigerator and they will last for up to 5–6 days. To use these lemons bring them out and let them come to room temperature.

If you have a lot of lemons, you can squeeze the juice and freeze them in ice trays for later use.

If you have acid reflux or ulcers use lemons with caution and use your common sense to decide how much juice to drink. With acid reflux or ulcers use DGL or Mastic gum to clear the H. pyloric bacteria.

Lemons also tend to thin the blood so if you are on drugs that thin the blood, avoid using a lot of lemon juice.

When you have asthma, you can use 3–4 lemons daily. You can use up to ten lemons per day without much problem when you are trying to resolve a health issue. What you can do for asthma is make a thermos drink where you squeeze 4–5 lemons into 32 oz or less of distilled water and drink this juice all day long. Just remember to rinse out your mouth with fresh water after you drink the lemon juice.

Rudy Silva is a natural nutritionist. Here's where you can get more tips and information to help with your health issues.

<http://www.natural-remedies-thatwork.com>

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