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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!

Getting Pumped!

By Mary Wilkey

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"Hype, hype, hype, and more hype," I thought as I found a seat at this weekend's motivational seminar. "It makes my backside tired." Not being a "morning person" anyway, I was still groggy from having forced myself to roll out for the fifty-mile trip on a dreary, rainy, foggy morning. To make matters worse, I'd overslept and gotten lost en route to the Radisson Hotel at the Cincinnati Airport.

"How in the world does anyone get this pumped this early in the morning?" was the only thing rolling around in my sluggish brain. I found myself a cup of liquid energy and waited for "something" to kick in. It took a little while, but it really is just about impossible to sit in a room full of happy, enthused, smiling, jacked up people and remain lethargic for very long. I guess that's what it's all about, after all.

Then the success stories began to filter into my brain and break my preoccupation barrier, and gradually, by degrees, the inflation process began. Enthusiasm began to rear its energetic head, and adrenalin began to rush through this sixty-year old body. Sometime before noon I had become infected with the spirit of it all, and by the time the meeting was over, I had been electrified—super-charged.

Called hubby on the way home and decided we would eat out. My husband, I discovered, had been electrified himself—he's naturally bubbly anyway—we reinforced each other, pumping away all through the meal, and we hardly noticed the food we ate.

We had to part for a short while to tend to other business, and around ten o'clock we decided to watch a couple of

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short videos on a new opportunity. And after that we put in the long video we'd been given, called "Time to Soar."

Wow! We couldn't turn it off, and by this time it was well after 1:30 in the morning. We just kept watching it—four riveting speakers—one after another. And no hype! It was pure meat, and we ate it all up! And then we stayed up until after five o'clock talking about it!

Talk about a day full of pumping! Is it any wonder we're "wired" today?

I don't care who you are or what you're doing now. And it matters not if you are lame, blind, an amputee, or whatever, **YOU CAN MAKE OF YOUR LIFE ANYTHING YOU CHOOSE! DO YOU HEAR ME OUT THERE?????? ANYTHING YOU CHOOSE!!!!!!!!!!** We have a smorgasbord here in America—and on the Internet—and in many other countries. We have been blessed abundantly—all of us here in America especially—if you have life, you have hope.

We are all about helping people to realize the potential that's lying dormant in each and every one of us. We are about teaching, coaching, motivating, inspiring, mentoring, and sharing whatever we have with whoever is teachable, coachable, motivatable, inspirable, and mentorable (are there such words?).

Notice the qualification in all that. We are NOT interested in helping anyone who is not UPBEAT. We don't want to have to pull anyone up out of their boots every day. That's not what we're about.

We are looking for people who have vision, motivation, and the drive and desire to better themselves and to succeed at whatever they envision doing. Your goal can be anything from achieving career objectives to freedom from debt to enhancing your lifestyle, or any of the myriad possibilities in between. Whatever your goals are, everyone's dream is to have the freedom to achieve them.

We would like to change the world one person at a time and help that person to do the same, kind of like one big chain of love and inspiration. My husband is a talker and a "people" person. I am more reserved and quiet, more content to talk and write online. He knows nothing about computers or being online and has no interest in it.

So if you have any ideas to share, or if you want to run something by us, or if you have just anything at all you'd like to discuss, just email me, and we'll go from there and try to help all we can.

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How Stretching Can Explode Your Muscle Growth

By Nick Nilsson

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When you think about gaining muscle, stretching is probably not the first thing that pops into your head. But did you know that stretching plays a critical role in building muscle?

Every muscle in your body is enclosed in a bag of tough connective tissue known as fascia. Fascia is important for holding your muscles in their proper place in your body.

But your fascia may also be holding back your muscle growth. Think for a moment about your muscles. You train them and feed them properly. They want to grow and will grow but something is holding them back. They have no room to grow!

Because fascia is so tough, it doesn't allow the muscle room to expand. It is like stuffing a large pillow into a small pillowcase. The size of the muscle won't change regardless of how hard you train or how well you eat because the connective tissue around your muscles is constricting the muscles within.

The best example of this is the calf muscle. The lower leg is riddled with fascia because of its tremendous weight-bearing duties in the body. It is because of this fascia that many trainers have great difficulty developing their calves.

The solution: stretching.

Using the pillowcase example from above, imagine you can expand the size of the pillowcase by stretching it. Suddenly, the pillow within has more room and will expand to fill that new space.

By stretching your muscles under specific conditions, you can actually stretch your fascia and give your muscles more room to grow.

The key to effective fascial stretching is the pump. The best time to stretch to expand the bags that are holding in your muscles is when your muscles are pumped up full of blood.

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When your muscles are fully pumped up, they are pressing against the fascia. By stretching hard at that time, you increase that pressure on the fascia greatly, which can lead to expansion of the fascia.

One of the major reasons Arnold Schwarzenegger had such incredible chest development was that he finished his chest workouts with dumbbell flyes, an exercise that emphasizes the stretched position of the pectoral muscles. He would pump his chest up full of blood during the workout then do flyes, holding the stretch at the bottom of the flye. This gave his chest room to grow to amazing proportions.

Fascial stretching is more rigorous than regular stretching but the results can be amazing. When you stretch hard enough to cause the fascia to expand, you will really feel it! When you are stretching the fascia, you should feel a powerful pulling sensation and pressure as the muscle works against the fascia to expand it.

Be sure you do not stretch so hard that you cause the muscle to tear or cause injury to yourself. You will rapidly learn to distinguish the difference between a good stretch and a bad stretch. You should not feel any sharp pain, just a steady pull.

Hold each stretch for at least 20 to 30 seconds as you must give your fascia time to be affected by the stretch. Stretch hard like this only when you have a fully pumped muscle as you must give your fascia a reason to expand. If your muscles aren't pumped, just stretch normally.

You can find instructions for stretching at:

One set of hard stretching after each set you do for a muscle group, besides the obvious benefits of increased flexibility, can have an incredible effect on the size of your muscles and their further ability to grow.

Nick Nilsson is Vice President of BetterU, Inc., an online exercise, fitness, and personal training company. Check out his latest eBook "The Best Exercises You've Never Heard Of" at

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. You can contact him at

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