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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!

Have You Heard? Families That Play Together Stay Together

By Sintilia Miecevole

Take a chance! When you tell the family that it's games night at your home, the kids might think

you've come unhinged, but make it non-optional and make sure you make it fun! Take it from me, I've done it and it works. Everyone joins in either as a player or a spectator when we played games on XBox. The house is filled with laughter and cheering and it's nice to see everyone having a good time. Playing games is ageless and there is virtually no generation gap.

Plan for one night a week where everyone will be home. If you don't have one night where everyone will be there, you need to juggle things around so you have at the very least one night where the entire family is home.

Then there's board games to consider. You could play everything from Monopoly to Snakes and Ladders depending upon the ages of the children. You could set up themes to play a game for example a Hawaiian theme. Have pineapples and things like that, everyone wears leis. Each person could talk about what they know or as questions about Hawaii. Use your imagination. You know what your family likes.

The game itself doesn't have to relate to the theme; just the atmosphere and conversation. You could be playing Yatzee, Life, Clue, Sorry, Snakes and Ladders, Don't Spill the Beans or Uno. It doesn't matter which game you're playing. You could incorporate your theme into various intervals throughout the game. Each time someone lands on a red square everyone must take a bite of pineapple. Spin a ten and all must eat a macadamia nut! If you select the Go to Jail card, it's your turn to do the Hula dance. Get the idea?

At the end of each game night, discuss next week's theme. Family members can take turns choosing the theme and the accompanying snacks and décor. If it's too much for one person to coordinate or if children are younger, these tasks can be delegated. Your three year old can decide she wants a clown theme complete with balloons and everyone will wear clown make-up. Your 6th grader made opt for an art theme and paint or draw the decorations.

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If you want to keep it simple without the extras, that's okay too. You're sure to be a hit with games and their favorite snacks. Everyone will want to come back again and again.

This should be an inexpensive night. You can pick up new games at thrift stores and garage sales for \$1.00. Most decorations you may already have around the house or can be picked up at the same places you're getting second hand games or even the dollar store.

Make it fun. Your children won't remember and thank you for all the hours you put in a work, but they will always cherish the family time together. The family that plays together stays together. Have fun!

Sintilia Miecevole, Administrator of

<http://www.funnygame.com>

provides information from game, funny

games and game accessories to online games, XBox and more. Be sure to visit soon for further information.

Be Funny, Because That's How Your Momma Raised You!

By Boyd Troublerr

If there is no reason to be funny in this life well then there is no reason to live. Humor is absolutely essential for life, love, and liberty. How does humor give you life?

Well studies have shown that to laugh is to live, literally. The more people laugh, no matter how it is produced, the healthier they are. Health was measured in these studies on both the psychosocial mental health sort of way AND the physiological basis on a biochemical level. People were shown to have more hope, to be more resilient in tough circumstances, and to have lower levels of stress the more they were able to laugh and see the humor in life. Now you might be saying to yourself well MAYBE they had more to laugh about with more hope in a better future. I mean what comes first they chicken or the egg? Good point! Except that they found that even the same person who was measured before and after artificially produced laughter and smiles—and they found the same result! So, if you want to be healthy then you'd better be funny too. Yeah, but how is humor essential for love?

You've heard the expression couples that play together stay together. Well once again people looked into this issue and tried to determine what about play made a relationship stronger. You'll never guess what they found! That's right it was actually couples that laugh together stay together. They found that the association between strength of relationship and play was really a function of how much laughter there was in the play. After all, usually you are having fun during play and therefore often are laughing. It makes sense doesn't it? If you are healthier like we established in paragraph I (especially the mental part) than you are better suited to deal with all of the work that it takes to make a relationship strong. So really this follows a logical line. Ok, Ok, so how does liberty have anything to do with laughter. Are you saying that to be funny is to be free?

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Yes! That is exactly what I am saying. This is more philosophical than scientific but intriguing none the less. Follow me here, if you cannot laugh at yourself than you are telling your self there is not freedom to make error. Don't get me wrong errors are not good, especially if you are a surgeon or a fighter pilot. But there is something to be said for staying loose. If you have to be perfect in everything than you can never relax, and this is a bad thing when trying to avoid making the big mistakes. Think about it if you don't have the freedom to be funny, than you don't have the ability to relax, and you are going to make more mistakes under that pressure.

Boyd Troublerr loves teaching others how to be funny because he knows what a difference it has made in his life. Do you want to be funny? Go to

<http://www.befunnynow.info>



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