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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!

Honey, Rich Is Better

By Yolanda Shoshana

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"I've been rich and I've been poor. Believe me, honey, rich is better"
–Sophie Tucker

Statistics show that a majority of women do not start to think about their personal finances and investing until their late forties after the death of a partner.

It is time for women to get a financial life. It does not matter what financial situation you are in at the moment, stop telling yourself you will think about your finances later. If you are single, the man of your dreams may not come along on a white horse holding a big fat wallet. If you are married, do you know where the money is going?

The way that you perceive money is how you were taught to see money in your life. Spend time thinking about what money means to you. What are your habits? Think of the good habits and the bad habits. Be honest with yourself. There are more resources than ever before on getting a financial life. Start to take advantage of the resources, turn your ching-ching into bling-bling.

Intention: I will take an honest look at my finances. I will make changes to make my money work for me and not just work for my money.

Yolanda Shoshana (Shoshi) is a life strategist, consultant, speaker, and artist. Shoshi is an expert woman booster and founder of, Center of Female Empowerment(sm), a learning center launching in 2005 that uses multidisciplinary avenues to help master their lives. She also writes a titillating column for & about women, Shoshi Says. For more information: www.yolandashoshana.com

Rejuvenate Your Skin with a Simple Seaweed Facial Mask

By Danielle Sims

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Rejuvenate Your Skin with a Simple Seaweed Facial Mask

A few years ago I discovered how to make a simple facial mask that left my face feeling incredibly soft, smooth and looking absolutely radiant. This mask contains kelp, honey, and aloe vera.

Seaweeds have been traditionally used to detoxify the body both internally and externally. They are rich in nutrients which help to both tone and nourish the skin. Seaweed contain mineral salts that can help the skin to hold it's moisture better, which helps to smooth fine lines.

Adding honey to your mask adds additional moisture to the skin. Honey is a natural humectant that is rich in vitamins, minerals, enzymes and sugar. The sugar and enzymes in honey is a gentle exfoliate for the skin. When possible use raw honey to ensure that you get the maximum quality and benefit of this wonderful golden treat.

Aloe Vera has been known for its amazing healing properties for centuries. It has been used to help heal burns, eczema, sores, acne, insect bites, and more. It's an antiseptic, highly lubricant, and penetrates deep into the skin.

To benefit from these ingredients, create this simple mask:

1 TBSP Kelp powder

½ TBSP honey (raw honey is best)

½ TBSP Aloe vera gel (99.9% pure)

Mix all ingredients in a bowl and apply to a clean face. Leave the mask on for 15 minutes and rinse with lukewarm water.

To enjoy glowing, healthy looking skin, use this mask 2 times a week.

I promise you will enjoy this mask and make it a regular part of your beauty program.

Danielle Sims explored her library of alternative health, herbal books, and aromatherapy books and created a blueprint for making her own body wrap formulas at home. For more information visit Danielle's website <http://www.wrapyourselfslim.com> This article is copyright (c) 2003 by Danielle Sims, and may be reprinted in it's entirety as long as this byline and copyright statement is included.



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