

How a Simple (?) spice may save your live.

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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!

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By Jason Reischutz

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Yesterday I mentioned that I think Cinnamon is the most powerful spice. Recently the US government was studying how different foods affect your blood sugar. They had a very unusual result; they found that apple pie actually lowers your bloodsugar. Since it is almost all sugar they were surprised. So they studied the ingredients and found that the cinnamon was lowering people's blood sugar. Further research showed that cinnamon stimulates insulin production and mimics and enhances the action of insulin. This is huge if you have diabetes or hypoglycemia. You may be suffering from one of these conditions and not even know it. As many as 80 million Americans are undiagnosed hypoglycemics. Some symptoms to look out for are: Frequent thirst and urination, dry skin, mood swings and cravings for sweets. These conditions occur when we are not able to control our blood sugar. Our insulin is supposed to do this but does not in many people.

Unbelievably, cinnamon may be the cure. Even insulin dependant diabetics have controlled their diabetes with cinnamon. If you have any of the above symptoms, eat some (1/2 a teaspoon) cinnamon every morning (and see your doctor). You can put it on your cereal, toast, or in your coffee (coffee is bad for you) or tea. A great way to include cinnamon in your diet is my Super Healthy Oatmeal Recipe(Issue #1). It is in the first issue of this newsletter available from the main site. Even if you do not have diabetes or hypoglycemia adding cinnamon to your diet will help you control your appetite. Your homework is to eat some cinnamon every morning. Try it for a week and see if you pee less and are less thirsty.

An interesting Biblical side note about the history of cinnamon, It was the second ingredient of the anointing oil that was used by the Israelites to season all the priests food.(Exodus 22)I'll tell you what the other ones are tomorrow in the newsletter.

Jason Reischutz is the publisher of "Recipe for Health Newsletter." Sign up for my newsletter,free;
www.weightlossthroughwellness.bravehost.com

Pampering your partner for intimate moments

By Janett Colon

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Pampering your partner for those intimate moments–

Ever think that your partner is getting old of the same old routine or that you aren't pleasing your partner or maybe your not holding up to your end of those intimate moments in your relationship. Try putting a little twist in your relationship by pampering your partner. Be creative; spice things up for those intimate moments.

Here are a few simple things you can do;

Start with your bedroom for starters. observe your room maybe a change in the lighting or a few candles in the room might just help in setting the tone.

Intimate moments don't always have to be rushed. Pampering your partner with some pleasurable fore–play can really make those intimate moments exciting, kiss them for 5minutes non–stop licking their lips and sucking their tongue.

Pampering your partner with a nice massage always easing the tense moments that your partner might be feeling. Try using some oils or lotions.

Try out different positions with your partner it might spice up the intimacy and could be very pleasing.

Involving fruit, chocolate, whip cream, syrups or whatever foods are fitting for you and your partner and it might just make those late night snacks a little more Indulging. Ice is an added tingler.

Switching/Trying on your partners clothes might give your partner a visual of Ultimate Intimacy.

Pamper your partner by doing their nails or something out of the ordinary be spontaneous, risky and adventurous..

Re–ignite the flames of love..

"Variety is the spice of life"

www.a-gift-of-love.com

Janett Colon, believes that men and women need to be in love and have happy fulfilling love lives and relationships, dedicated to providing resources that promote love and happiness, enhancing your lives today. Love is a beautiful thing we need to share it ..

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