

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

How to Make Your Own Rooting Hormone

By Marilyn Pokorney

How to Make Your Own Rooting Hormone by Marilyn Pokorney

REQUIREMENTS FOR REPRINT: You have permission to publish this article free of charge in your e-zine, newsletter, ebook, print publication or on your website ONLY if it remains unchanged and you include the copyright and author information (Resource Box) at the end. You may not use this article in any unsolicited commercial email (spam).

You may retrieve this article by:

Autoresponder: rootinghormone@getresponse.com

Website:

<http://www.apluswriting.net/articles/rootinghormone.txt>

Words: 372 including resource box

Copyright: 2005 Marilyn Pokorney

Please leave the resource box intact with an active link, and send a courtesy copy of the publication in which the article appears to: marilyn@nctc.net

When starting a new plant from a leaf or stem cutting, the cutting will be more likely to form roots and create a new plant if a rooting hormone is used.

While commercial rooting hormone can be used there are organic homemade versions that work as well.

How to Make Your Own Rooting Hormone

To make rooting hormone soak the yellow-tipped shoots of a weeping willow tree in water. A tea made from the bark of a willow tree is also effective. When using the shoots or bark soak them for 24 hours prior to using.

Some people have found that using honey makes an effective rooting hormone as well.

Leaf cuttings: Any plant with leaves such as African Violet, Geranium etc. can be propagated with leaf cuttings. Using a sharp knife cut off a healthy leaf at the point where it joins the stem. Insert the cut part, called a petiole, into the rooting hormone. Place the end into a

small container of light potting soil in which you have made a small hole with a pencil. Making a hole prior to planting assures that the rooting hormone will not be brushed off the cutting when you plant it. Perlite, Vermiculite, and/or water-soaked Sphagnum moss can be added to potting soil to make the soil light. Make sure the leaf is leaning slightly so that the new plants will have plenty of light and not be shaded by the leaf.

Stem cuttings: These are treated just like leaf cuttings except you cut off a stem with several leaves instead of just one leaf. Remove the bottom leaves, leaving a few at the top. Proceed as with the leaf cutting.

In both instances cover the pot with a plastic bag or inverted glass jar. This will keep moisture from evaporating and keep the cutting from wilting. Keep in a warm location with diffused light but out of direct sunlight. When there is indications of growth after about 3 to 6 weeks, transplant the new emerging plant into a new pot of potting soil. Continue to keep a humid environment for about 2 more weeks until active growth begins.

More organic gardening tips and supplies can be found at:

<http://www.apluswriting.net/garden/gardensalive.htm>

Author: Marilyn Pokorney Freelance writer of science, nature, animals and the environment. Also loves crafts, gardening, and reading. Website: <http://www.apluswriting.net>

Menopause Hormone Bounce

By Sandra Lovelace

Women who are experiencing irregular periods, night sweats and all the other lovely symptoms that go along with menopause may feel they're doing a crazy dance called the menopause hormone bounce. Their moods may bounce up and down like a rubber ball due to the menopause hormone changes.

While some fluctuations in estrogen and progesterone hormone levels does occur during menopause and makes a woman feel as if they're bouncing, menopause hormone levels are truly decreasing. In the early or perimenopause stage as it's often called, the changes may be slight, then level off. This is likely to be followed by another drop in hormone levels. It's this dropping and leveling off, then dropping and leveling off that causes a woman to feel as if she's undergoing menopause hormone bouncing.

When seen this way, the ups and downs of menopause hormone levels is more understandable and explains why women often feel as if they're at the mercy of their hormones. They are. The constant decreasing and adjusting involved in menopause hormones is not something that can be controlled without the use of Hormone Replacement Therapy (HRT). HRT smoothes out the menopause hormone levels and keeps many of the more unpleasant menopause symptoms and conditions from wrecking havoc with a woman's life.

HRT is not for everyone, though. Only women who are experiencing extreme menopause hormone problems should opt for HRT treatment. Even then, HRT isn't recommended for long-term use. HRT is, however, necessary for women who have an induced menopause hormone condition due to surgery. Though HRT may be somewhat controversial, it is still one of the most reliable and effective treatments for menopause hormone problems and should be considered by any woman who is going through a dramatic menopause.

Women who have milder menopause hormone conditions may be helped by herbal remedies for menopause. Many herbs such as black cohosh, St. John's Wort and valerian have been found to offer relief for many menopause hormone problems. Before taking anything, a woman should see her doctor and have a good physical examination and make sure that any medicines or herbs are safe for her particular menopause hormone symptoms. Never take a label's word for it that it's safe. Get your doctor's advice first because the last thing you want to do is add to your menopause woes!

Sandra's blog can be found at

.



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!