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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!

Irette Patterson

By The Ultimate Holiday Gift Giving Plan

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Do you want to give a gift that everyone loves and is within your budget? It can be done. Follow these five steps to keep your sanity and keep to your budget during the holiday season.

1. Making a List and Checking it Twice

First, make a list of everyone you want to buy a gift for. There should be two lists – Essential and Would-Be-Nice. The Essential list would include people like family members and close friends. Some examples of those who would fall on the Would-Be-Nice list are co-workers and service providers.

2. It's About the Money, Honey

Create a gift-giving budget. This is an estimate of how much you want to spend per person. Don't worry exactly how this will work out. For now, set a budget for your essentials and decide to stick to it.

3. Profiler

Take out your Essential list. Now, what are you going to buy them? People will tell you what they want or what they're interested in if you listen. Does someone on your list love roses? A gift certificate to a reputable mail order nursery would be appreciated. Do you need to buy a gift for a bookworm? Give them a discount card from a nationwide bookstore. They'll love it. You can find more ideas at <http://www.lovingatlanta.com/inexpensive-gift-ideas.html>. The

point is that everyone has a dream or favorite hobby. Give them something related to their passion and it's sure to be a winner.

4. If You've Got it, Flaunt It

When it comes to actually purchasing the gifts, use everything you have including skills. Think of what people compliment you on. Do folks love your pound cake? Give a gift certificate good for one. Does your credit card earn you points somewhere? If not, dump it and get one that does. Are you a member of a site such as <http://www.mypoints.com> where you can earn points to redeem for items? If not, go over there and sign up. I had

enough points from mypoints.com to take care of two people on my Essential list. That left me with more money for the rest.

When you actually buy a present for someone, get the best price possible. Using the Internet you can do this easily. Start by going to www.half.com for the best deals.

5. Everybody is Somebody

Most of the time, the Would-Be-Nice people are easy to take care of. Everyone likes to eat. Most everyone likes sweets. Most ingredients for baked goods go on sale around holiday time. Bake them cookies.

If you don't know any good recipes, go to <http://www.allrecipes.com>. There you can find recipes that are rated by real people on taste and how easy they are to prepare. You can't go wrong making a highly rated recipe from the site. Once you've baked, get some colored saran wrap and wrap up the cookies for individuals. Take a plate in for the workplace.

You could make this into a social occasion. Consider getting some friends together for an afternoon baking and making candy. You get to split the costs and the work. If you seriously doubt your culinary ability, maybe you can come up with a deal – you supply the ingredients (and maybe a lunch) and they supply the baked goods.

If you can not bake at all, you can still subsidize someone's sweet tooth. Buy some holiday mugs and a big bag of jelly beans. Place a scoop of jelly beans in the middle of a square of plastic wrap. Secure with ribbon. Place inside mug. Instant gift!

So enjoy your holiday shopping in a sensible way. With all the money you have saved, you can buy yourself something special.

Irette Patterson is a native Atlantan and frugal adventurer. If you're planning on visiting Atlanta, Georgia, in the near future or you live in the metro Atlanta area, stop by her website <http://www.lovingatlanta.com> for information on living, working and playing in The Big Peach.

Cherries – The Supercharged Fruit

By Tony Anderson

The little red fruit that has been enjoyed by countless millions offers more than great taste.

Are cherries truly fruit for a healthy you? Recent studies have revealed that cherries offer an assortment of health benefits including the ability to offer natural relief from joint pain caused from gout, arthritis and joint inflammation.

So what makes the tasty red fruit so beneficial? The wonder of the cherry is the anthocyanins. According to research from Michigan State University tart cherries contain anthocyanins and bioflavonoids, which inhibit the enzymes Cyclooxygenase-1 and -2, and prevent inflammation in the body. These compounds have similar activity as aspirin, naproxen and ibuprofen. Further investigations revealed that daily consumption of tart cherries has the potential to reduce the pain associated with joint inflammation. Many consumers are choosing to drink cherry juice, eat cherries or consume tart cherry pills to starve off the pain of gout, arthritis and joint inflammation.

Linda L. Patterson is a living testimony of the soothing affects of cherries on her joint pain. "I enjoy crocheting and lately my hands have been so painful, I couldn't crochet for more than about 30 minutes.", says Patterson. In an attempt to find relief from her pain, she located Fruit Advantage Tart Cherry capsules, a supplement made from red tart cherries. "Within the first week of taking the tart cherry capsules my hands felt so much better.", says Ms. Patterson. "I am now able to crochet without the pain in my hands."

In addition to the health benefits offered by cherries, many people are just eating the fruit for the taste. John Simms, a life-long resident of Indianapolis, Indiana, eats cherries for the convenience and taste. "As a short-haul truck driver, my diet isn't the best, I would eat fast food every day. A year ago, my wife bought some dried cherries and I began eating them to keep my weight down. Now I eat a handful of cherries instead of eating fast food."

Not only are cherries a great way to maintain a healthy body they are a natural product. According to Andrew LaPointe, Director of Marketing for Traverse Bay Farms,

"many of

our customers are looking to eat healthier and fruit products fit this trend. It's certainly better than fast food." Traverse Bay Farms sells Fruit Advantage Tart Cherry capsules and cherry juice concentrate.

Tony Anderson is a freelance writer.

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