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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!

Is Modern Life Hurting Your Health?

By Rick Mills

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by: **Rick Mills**

How often have you said to yourself, "I wish things would slow down"? "I wish life was simpler!"

Modern life can be taxing. Today we live faster, work more, and have less free time than ever before. In addition, our 'conveniences' often come at the expense of the purity of our environment.

It's no wonder we are the 'stress generation'. Did you know that you hear more news in one DAY that your great-grandparents heard in an entire year? One day!

Combine the stress caused by too much information with the changes in our environment and the food we eat and you end up with a losing combination.

What can we do to fight back against the unseen environmental factors that rob us of our health and peace of mind?

Plenty!

Here are the top three environmental factors that have a negative impact on your life and what you can do about each.

1. Air pollution

This problem can sneak into your home or office without you even noticing. And the problem is very real. From airborne pollutants to toxic mold, our breathing is under attack.

Many cities now routinely warn citizens to stay indoors during certain parts of the day, particularly in the summer, due to elevated ozone levels. Of course, summer is the time when our children and we often want to be outdoors.

Is Modern Life Hurting Your Health?

The good news is that this is a problem with several solutions. Today we have a wide variety of air filters from which to choose. Ranging from those that simply filter our air to more expensive models that 'treat' the air, be sure you get a filter that traps super-small particles and defends against ozone as well. And change your filter often. Experts now recommend changing filters up to once a week.

You may not be able to change the air outside but you can make a difference in the air your family breaths when they are in your home.

2. Water pollution.

If you remember high-school science, you will remember that there is no new water. That's right, the water you drank today is completely re-circulated from the clouds above. Makes air pollution take on a completely new meaning, doesn't it?

Water is essential to life. When NASA speaks about the possibility of life existing on Mars or any other planet, what they look for is whether that planet has or has ever had water. The majority of the human body is made of water. We cannot live without it.

Like our air, our water is polluted with chemicals and toxins from various sources in the environment.

Thankfully, water filtration is sophisticated. Having an effective home water filtration system is within the reach of virtually everyone.

Whether you choose a 'whole house' filter or one that runs from the faucet, be sure that the particle size that it filters is sufficiently small. Look specifically to see that your filter will remove contaminants like lead, mercury, and asbestos.

3. Chemical Residue

If our air and water are both polluted, where does that leave our homes? By cleaning up the air we breath and the water we drink, we are on the road to providing a safer environment for our families. However, we're not there yet.

Every surface in our home collects dust, dirt, germs, and grease that need cleaning regularly. That's no problem, you say! You can just pick up your handy dandy bottle of all-purpose chemical cleaner and begin, wait, did you say chemical cleaner?

We filter chemicals out of our air and water and then put them right back into our home environment by cleaning every surface in our home with chemical cleaners, exposing our families to their vapors in the process.

Modern advancements come to the rescue in the area of cleaning as well. For the first time, we have easy access to methods of cleaning that will do a great job without bringing us the chemicals and toxins that we don't want.

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In each area of household cleaning you undertake, be sure to choose products that won't leave a chemical residue or strong chemical odors in the air. Your health and your lungs will thank you.

By making a few simple changes, you can have a permanent impact on your life and the lives of your family members. Why not start today? Take back your peace of mind and begin the journey to happier and healthier lives.

Rick Mills is an independent consultant that promotes safe alternatives to environmental factors that have an adverse effect on our health.

Don't Leave Me Now

By Emmanuel Emesakoru

Don't Leave Me Now by Emmanuel Emesakoru

Don't leave me now lest my sweet breath would cease
Don't leave me now else my whole body would freeze
Don't leave me now that I'm crying on my hurting knees
Else I may never give my heart away again on lease

If you leave me right here and walk away from my life
I'd not even think about slitting my throat with a knife
This life will still go on and I'll definitely remain alive
But without you right here how do you want me to survive

Can't you see I trust you with every bit and inch of my heart
And never ever want to imagine the both of us live apart
If you leave today I shall never find another to believe
That's why I'm still begging you to stay and never leave

None

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