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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 Your Bathroom Going Down the Drain?

By Janet L. Hall

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As you and I know, most bathrooms have limited space and storage. Many of them are crammed with too much stuff: a lotion or potion you used once, the shampoo and conditioner samples collected while on travel, medicines or other items used once or never finished using, towels that have seen their day, and reading material and even mail that just piles up and piles up, all the while collecting dust and germs.

Your bathroom is a room in which you and others use on a daily basis. The most private area in your home, yet a busy room in which activities, such as baths, showers, brushing hair and teeth, shaving, and using the toilet are usually performed by yourself FOR yourself. Yet for some it's a place of refuge, hiding from the world, the family, reading or just sitting on the "throne," thinking, planning, or daydreaming. Your bathroom can be a place of solitude where you can float away in a sea of bubbles; meditating, planning, creating, listening to music, while candlelight is reflected in the mirror dancing around the room.

We store and keep all kinds of things in our bathrooms: from linens to tub toys, lotions to medicines, and even books and magazines. Oils, candles, matches, and lets not forget the toilet paper. Unless you've remodeled or

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designed your own bathroom—the standard bathroom in a standard home usually only comes equipped with a small medicine cabinet and maybe under the sink storage and many don't even provide this essential storage space.

Being disorganized or not having enough storage in your bathroom can literally drain you of energy and patience in the morning, evening, or anytime you enter into this private space.

Below I've listed 10 tips on how you can gain more storage (for more storage tips please see end of article).

First let's take a look at what you might be able to TOSS or Let Go:

>>Make-up, hair products, lotions and medicines lose their "power" over time. So toss out those you haven't used or seen in years. Some can contract bacteria and could be dangerous.

>>Let go of seldom used nail polish and eye shadows.

>>Check expiration dates. If expired dispose of safely and properly. Flush unused medicine down the toilet (make sure it went DOWN in case you have little ones wandering around) and break up containers that were prescription, especially if they had a refill on label.

>>Look for products that have dried up or evaporated.

>>If you travel pre pack any duplicates in your suitcase.

>>Rusty razors, scissors or anything else that has become rusty—OUT.

10 Tools to Help You Gain More Storage:

1. Wall mounted cabinets
2. Carts on wheels
3. Hooks on back of door
4. Shower caddies
5. Dispensers
6. Coat rack - great for hanging towels and robes on
7. Cut and install straight magnet inside medicine cabinet to hold tweezers scissors or other metal items

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8. Small dishpans or crates
9. Mesh bags
10. Wall mount hair dryer, curling iron

Benefits of an Organized Bathroom:

>>>Your money will stop going down the drain when you know what you have on hand because you won't go out and buy duplicates.

>>>You'll be less stressed, especially in the morning because you'll know where everything is.

>>>Clean up will be a snap with everything contained.

For more Bathroom Organizing Tips, Strategies, and Safety click:

<http://www.overhall.com/bathroom.htm>

The Organizing Wizard, Janet L. Hall, is a Professional Organizer, Speaker, and Author of 'Secrets of a Professional Organizer and How-To Become One.' She is the owner of OverHall Consulting and Organizing By Phone. Subscribe to her FREE organizing newsletter at <http://www.overhall.com/newsletter.htm> or visit her web site at <http://www.overhall.com>

Guide To Basement Bathroom Plumbing

By Masni Rizal Mansor

Basement bathroom plumbing work needs considerable skill, experience and care. It is advisable to hire the services of a plumbing contractor for carrying out basement bathroom plumbing work. The existing floor needs to be busted and in the process drainpipes may also get broken if adequate safety measures are not taken up.

Basement bathroom plumbing procedure

Some concrete may need to be removed for installing basement bathroom plumbing system. The fixtures required for setting up basement bathroom plumbing – bathtub, one-piece shower unit etc. may not be easily obtainable. Special effort needs to be made to secure them.

Often, the concrete of the basement needs to be broken. Marks are made on the surface along some demarcations and the concrete is chipped away usually employing a jack hammer. The debris thus obtained has to be cleared and new plumbing pipes are well glued to the original setup. After completion the new setup has to be covered up with concrete.

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Another approach to basement bathroom plumbing is installation of a plastic sump beneath the basement floor. A sewage ejector pump or lift pump is used to pump out the waste as the sump becomes full. The pumps have devices to grind solids. In case the pump fails the toilet will not be draining properly.

There may be some houses where the building drain lies below the basement level. So, no pump is needed. A plumber can help in this regard by providing various estimates of drain line locations and plumbing setup plans.

Again, there may be homes where the main drain lies at floor level. To help out in such cases you may build a false floor for the bathroom. Of course your ceiling needs to be high enough in such case. The false floor erection would ensure that the fixtures are higher than the sewer line. This will do away with the necessity of installing a sewage ejector pumping unit.

Basement bathroom plumbing – a special plumbing

Basement bathroom plumbing is a special kind of plumbing setup. Therefore, special care needs to be taken while proceeding with the installation, maintenance and repair or replacement of the basement bathroom plumbing system. If you are contemplating basement bathroom plumbing for your home then you may conveniently hire some competent plumber for helping out.

Masni Rizal Mansor provide tips and review on

basement bathroom plumbing

,

12 volt appliances

and

kitchen cabinetry

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