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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!**

## Italy Vacation

By Beth Gabriel

Italy Vacation - A Walk with Michelangelo – Travel Tips

For great vacation ideas, I highly recommend Italy! Here are a few things that you should `know before you go' because Italy is very different from many of the places that you may have traveled to before. In the US, anything goes but this is not so in Italy. Knowing these things before hand will help you have a more successful trip.

### Traveling to Italy

When you are getting ready for your trip, think about what medications you need to pack and how much of each medication you need. You can't always find your medicines in Italy. Drugs that are common and easy-to-find here, may not be available in Italy. Make sure that you pack yourself a kit with all of the medicines that you may need for both on the plane and while traveling. Remember to pack over-the-counter medicines too. Leave all medications in their original containers!

### Dinning Out in Italy

While you are in Italy remember to drink only drink bottled water NOT tap water. In an Italian restaurant it is good to know that `what you order is what you get'. There are not a lot of extras like salad, soup and choice of potato that automatically come with every meal. There are not many special requests in restaurants in Italy. They frown on changing your mind when your order comes and also on sending your order back. It is always safe to order spaghetti. Use a spoon and fork to twirl your spaghetti rather than cutting it. Cutting your spaghetti is bad table manners in Italy. Do not wait for your check if you are eating out either. You need to ask for your check to receive it. Remember to tip with cash in Italy. If you are looking for fast food in Italy, try a pizza shop, or pizzeria. Most of the restaurants in Italy are sit-down restaurants with several different courses. And no one, absolutely no one eats dinner before 9 pm!

### Site Seeing

Some of the sites and attractions in Italy are absolutely breathtaking and you will want to remember them forever. There are rules for some of the places that you travel to such as taking pictures. Not all of the places will allow you to take pictures (especially museums) and if you are allowed, you are probably can't use a flash. It's always safe to buy postcards.

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### Clothing

Italians love to dress up - everyday, everywhere. Leave your shorts, tank tops and flip flops at home. If you plan to visit the Vatican, the dress code is very strict. No bare shoulders, no bare legs. There is a booth selling paper clothes for anyone who forgets the Vatican dress code! So dress up in Italy and get ready to have fun!

### Home Sweet Home

Travel is great isn't it? And when you get home you organize all your pictures and souvenirs. And you think, "wouldn't it be great if I could find a beautiful Italian Flag to remember my vacation by that doesn't cost too much to add to my whole vacation experience?" Well, I've found a great site that sells great looking flags for not a lot of money and their shipping is super fast -

[www.FlagWave.com](http://www.FlagWave.com)

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to bring fun and color into your life! My goal is to bring you Quality

Flags, Low Prices and Super Fast shipping!

## **Great Summer Vacation Deals And Destinations**

**By Frank Johnson**

Ah, summer. The time of year when the weather's warm, the kids have a little more time off school, and it's time for a vacation. Theme parks and beach destinations make for great summer vacations, as well as island trips and continental excursions.

Many people have images of endless road trips when they think about summer vacation, but international travel is a wonderful way to spend the summer. In recent years, airlines have offered cheap airfare to entice travelers to think abroad when it comes to summer vacations. However, when you travel abroad for summer vacation, you need to make sure the destination you're traveling to has a comparable climate during your summer season.

If you're in the northern hemisphere (where the summer months are June, July, and August), the following travel destinations are great places to go on your summer vacation. Read about these locations and select a summer vacation destination that offers the best climate, sights, and activities.

### Summer Vacation to France

May through June is the most opportune time to travel to France. The weather is optimal and tourist

## Italy Vacation

attractions are open and ready for your arrival. For a chance to experience a true French holiday, travel France in July and witness Bastille Day, a commemoration of the destruction of the prison that King Louis XVI and his predecessors used to quiet social disruption and censor or torture public irritants. The day is symbolic of the value of social freedoms and democratic governance to the French people. The main celebration takes place in Paris at the former site of the Bastille. Read more about summer vacations to France and find discount airfare to France at

<http://www.cfares.com/france/>

## Summer Vacation to Germany

Not as warm as a Southern California summer (Germany's summer temperatures range from 75 to 80 degrees Fahrenheit), Germany still offers reasonable weather for summer vacation travel. The German landscape is still comparable to your favorite fairytale or Robin Hood adventure. Castles in the sky preside over the rich green forests where Hansel and Gretel ventured to meet their witch. The Black Forest (Schwarzwald) is famous for its intense evergreen canopy, vast outdoor activities and secluded get-a-ways. Read more about summer vacations to Germany and find discount airfare to Germany at

<http://www.cfares.com/germany/>

## Summer Vacation to Northern Italy

Northern regions in Italy have warm weather during North America's summer season as compared to southern regions in Italy where summers can be quite wet. Northern Italy regions include Emilia-Romagna, Friuli-Venezia Giulia, Liguria, Lombardy, Piedmont, Trentino-South Tyrol, Aosta Valley, Veneto. So if you want to travel during summer, you should focus your travels on more northern regions. However, don't let questionable weather deter you from visiting the southern regions of Italy. No other country on earth offers the depth, breadth, and scope of Italy. For lovers of art, history, architecture, or music Italy is unsurpassable. Read more about summer vacations to Italy and find discount airfare to Italy at

<http://www.cfares.com/italy/>

Summer is the ideal time for vacations. There's no school and many destinations around the world have perfect climate conditions to accommodate your traveling desires. If you have the itch to travel, summer is truly the best time to spread your wings and fly.

Note: Countries in the northern hemisphere have similar summer months. So when searching for a summer vacation destination, it's a good idea to stick with countries in the northern hemisphere.

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<http://www.cfares.com/summervacation/>

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