

Let's concentrate on personal development!

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By A.M. Sall

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<http://www.health-beauty-wellness.com>

These days, watching TV, listening to the radio, reading newspapers or internet news is real torture: nothing but sickening scenes, a horrible litany of killings, bombings, murder, rape...

It's no use dwelling on the "reasons" or justification put forward by those who perpetrate such deeds.

However, one thing is obvious: at the root of all conflicts, there is manipulation by so-called "leaders" and here is an undeniable fact for you:

If every human being just decided to ignore these so-called leaders and concentrate on personal development, that would be the end of all conflicts between people and groups of people.

So, I say to you:

– Concentrate on your personal development.

– Never allow yourself to be manipulated by politicians, religious leaders, or any type of leaders. More often than not, such people are hardly able to lead themselves.

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– God is everyone's God. If you believe in God, you can lead yourself to Him (or Her, for that matter). You certainly don't need anybody for that.

– As much as possible, look at human beings for what they are i.e. as individuals, not as members of a group, class, race, religion, country, culture, color, race, gender etc.

– Go straight for the "humanity in all human beings"

Of course, we are all more or less influenced by the society

we were born into, the culture we grew up in, the language we speak. But deep inside, we all have something in common.

Maybe the only thing that could force human beings to unite and actually love and appreciate one another would be invaders from another planet, all set to destroy any being with that universally human quality: humanity. So, however deep inside you you'd try to hide your humanity, they'd have a special device to discover it and destroy you.

Then of course, we'd all have to assume our common humanity, get together, and fight back.

So, if we must be "group-conscious", then let that group be Mankind, or – why not after all – the whole Universe and everything that exists.

Meanwhile, let's just concentrate on our own personal development. In the process and in other articles, I'll tell you about "know yourself", "love yourself" and "agree with yourself"

But "what" may you ask, "has all this got to do with Health, Beauty, and Wellness?".

The answer lies in one single word: BALANCE. Know yourself, love yourself, agree with yourself and you'll achieve physical, psychological, moral and spiritual balance.

And THAT, my friend, is the ultimate health, beauty, and wellness secret tip. But please always remember: "Let's know each other to better know ourselves"

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A.M.Sall is a translator, netpreneur, and self-development coach. He has been using the Net since 1998. Sign up for a lifelong membership of Health-Beauty-Wellness (while it's still free :-).
<http://www.health-beauty-wellness.com>

Why Protein is Crucial For Fat Loss – Part 3

By Nick Nilsson

Protein Is Crucial For Fat Loss! Part 3

The Best Protein Powder and How To Get It Dirt Cheap!

Without a doubt, whey protein is king when it comes to protein quality and digestability. Ironically, whey used to be considered a useless by-product of cheesemaking and was just dumped into ponds as waste!

There are two main classifications of whey protein, which are essentially based on how processed the whey is. The two forms are whey isolate and concentrate. The major difference between the two is that whey isolate is more processed and is thus a purer source of whey. Whey concentrate is still a very high quality protein however.

If you have the money to spend, whey isolate is the higher quality protein. If you're looking to get the most protein bang for your buck, I'm going to let you in on a little secret:

Whey concentrate is very nearly as good as isolate and is a whole lot cheaper!

I would compare it to driving a sports car. Imagine whey protein as the Ferrari of protein. It is a top-quality protein and a top-quality car. If you put a manual transmission into that Ferrari, you are going to get more performance out of it. This is what happens with whey isolate as compared to whey concentrate. Whey concentrate is your basic Ferrari, while whey isolate is your souped-up Ferrari.

My favorite protein supplement, which I always recommend to clients and friends, is the EAS brand whey concentrate protein powder called "Simply Protein."

EAS is a very high-quality, well-known brand name and is a pioneer in scientific supplement development. They know their stuff!

But here's the best part...

I know an online store where you can get this protein powder at a fraction of the price you would pay at a regular retail store. Let me throw some numbers at you.

For 2 pounds of whey isolate you will generally pay anywhere between \$29.95 and \$39.95.

For 10 pounds of EAS whey concentrate at the online store I will tell you about, you will pay only

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\$49.95 (as of Nov 22, 2002). For this exact same brand at a retail supplement store, you will most likely pay around 35 to 40 dollars for only a 5 pound tub of it.

When you break down the numbers, it looks something like this: Whey Isolate: \$15 to \$20 per pound

EAS Whey Concentrate Retail: \$7 to \$8 per pound
EAS Whey Concentrate Online Store: \$5 per pound

I've been using and researching protein supplements for the past 12 years and I have yet to find a better deal on this high a quality of protein.

Use this link and go get some today!

protein&i_brand=34

p.s. the best part is they only charge a flat rate of \$5.95 for shipping regardless of the size of your order. You could order 40 pounds of protein and still only pay \$5.95 for shipping! (Actually, if you ordered over \$200.00 worth, your shipping would be free!)

Nick Nilsson is Vice President of BetterU, Inc., an online exercise, fitness, and personal training company. Check out his latest eBook "The Best Exercises You've Never Heard Of" at

or visit

. You can contact him at

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