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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!**

**Listen To Your Body Talk**

**By Barbara Collins**

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Listen To Your Body Talk

If we listen very close our body speaks to us. Our inner voice tells us when something is not right. Our body talks to us in the form of physical symptoms and reveals to us problems within through these symptoms. What we must do is ask the question of what is causing these symptoms our body reveals to us and what needs to be changed to fix the underlying problems. Symptoms need to be corrected and not suppressed.

When we get a headache the first thing we do is reach for a pain reliever, and in most cases the pain reliever then takes the pain away. What we must ask is what caused the pain, which is a symptom of our body telling us of a problem. What you actually got was a temporary fix to head pain, however what caused the pain in the first place is still there.

Several years ago, I sat at my doctors office frustrated to tears because I had a chronic skin condition called Hidradenitis Suppurativa. This chronic skin condition affects the glandular areas of the body in which causes boil type lesions that are very painful. With no known cure or cause of this condition, the doctors I saw could not offer me much help. This is when I knew that I must help myself and find the reason for my condition. I listened to my body by taking a good look at the symptoms my body was using to tell me something was wrong.

This is when I really took a good look at what I was putting into my body on an every day basis. My diet consisted of fast foods and lots of sugar filled snacks. Does this sound familiar to you? If it does then you are in the same boat as I was along with the majority of others. Eventually this diet or lifestyle leads to an illness or disease. It may not be right now but eventually in most cases some sort or illness will strike. It may not be the condition I had however, your body may react differently to your lifestyle and cause a different condition than that of mine.

So what can we do? What we can do is change our lifestyle or eating habits to whole natural foods. We can start now by eliminating refined sugars, hydrogenated oils, white flour products and cut back on

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red meat if not eliminate red meat completely form our diets, and start eating more whole natural foods like whole grains, fruits, vegetables, natural sweeteners and oils. This is what our body wants and needs to be healthy.

Even if you start by making one change a day towards eating whole natural foods, you are taking a step towards better health and having more energy. Not only will you gain more energy, but also you can lose weight in the process. And it works because it is according to nature's laws. Happily eating whole natural foods and correcting my body's balance and function, I was able to heal from the chronic skin condition I suffered with for seven years and in the process lose 70 pounds.

Shhhhhhh, listen close, your body is talking to you. What is your body saying to you? Learn to listen close and to give your body what it needs to be healthy. Only you can make the changes, there are no

magic pills, and remember, you are what you eat! What you put in is what you get out. When you fuel your body with whole natural foods, your body will thank you for it and you will reap the rewards.

Good Health To all!

Barbara Collins

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True Natural Weight Loss

<http://www.truenaturalweightloss.com>

Owner of True Natural Weight Loss and author of the ebook "A Naturally Slim Reflection.Educates on the use of whole natural foods for weight loss and healing of disease.

### **Ten Ways to Get Your Kids to Listen to You**

**By Mark Brandenburg MA, CPCC**

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There are times when every parent feels as if they might as well be talking to a block of wood. As with many other things, the harder you try to get your kids to listen, the more resistance you get. Here are ten things to consider when you want to get a message across:

1.)Make sure your relationship is solid.

If your kids don't like you, they're a lot less likely to listen to you.

2.)Remember that actions speak louder than words.

If your kids know that what you say won't be backed up with action, they'll more easily tune you out. Having natural consequences for not listening (toys disappear if kids don't listen and they're not picked up) has a way of having kids pay better attention.

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3.)Talk about listening to them.

Make it a point to discuss the importance of listening occasionally when your kids are receptive. Talk about how nice it feels when someone else listens to you completely and what a great quality this is.

4.)Have a sense of timing when you talk to your kids.

Don't expect them to listen well when they're in the middle of something, when they're extremely tired, or when they're hungry. Find a time when they're reasonably relaxed and you have their full attention.

5.Model great listening yourself.

Give them your absolute attention when they speak to you and try to reflect back what you heard so they can see how focused you were on what they were saying.

6.Each child listens in a unique way, get to know their preferred style.

Your child may be a kinesthetic learner who listens and understands by writing something down or by walking through something. Find the way to reach your child in the way that works best.

7. Avoid Lectures

Many parents have a lecturing style that they're unaware of. Their kids are very aware of this style however, and tune them out. Speak in a casual and pleasant tone that you would use when talking with a friend

8. Limit their TV watching.

Kids who watch a lot of TV tend to be more easily distracted and have a more difficult time listening. This may also help to improve your relationship when you spend more time with your kids!

9. Talk to your kids in a non-judgmental way.

The more they feel judged by you, the more shame they'll feel and the less they'll hear. See your kids as great and they'll listen as though they are!

10. Be genuinely interested in your children's lives.

Ask them curious questions about what's they're experiencing. When your kids know that you have a real interest in their life, they're more likely to look forward to what you have to say.

Mark Brandenburg MA, CPCC, is the author of "25 Secrets of Emotionally Intelligent Fathers" ([http://www.markbrandenburg.com/e\\_book.htm#secrets](http://www.markbrandenburg.com/e_book.htm#secrets). For more great tips and action steps for

fathers, sign up for his FREE bi-weekly newsletter, "Dads, Don't Fix Your Kids," at <http://www.markbrandenburg.com>



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