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**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Loyal Companions Promote Longevity**

**By Lady Camelot**

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Have you ever wondered what a dog thinks, or if he dreams? Canine companions, by far, are amazing creatures of habit. If you've ever adopted one, your life has been enriched by the spirited side of nature.

Deep, within their childlike eyes is the innocence of perpetual bliss. These furry friends live to satisfy you and you alone. They soothe us with their undying love and devotion, come to our aid in a moment's notice, anxiously await our return and fill our hearts with years of joy and laughter.

At will, they pleasantly astound us with their cunning mannerisms, comedic maneuvers and gentle demeanor. Always seeking to please, never failing on loyalty.

The nearly Humanistic side of dogs is their keen ability to display real emotion and feeling. When we are saddened, our loving counterparts tenderly nudge us or brush our faces against ours as if they understand. And when we are happy, they mimic our excitement with mirror reactions all their own.

These sweet, extended family members are known to lower stress, tension and even blood pressure. And it's no wonder --- they never refuse our requests, they compliment us with their adoration and they'll follow us to the ends of the Earth if necessary.

You see, being the "mom" of two Chinese Sharpies, in addition to two "Heinz-57" Rottweiler/Shepherd mixes, I've discovered the true and priceless value of a dog's companionship and love.

During moments of sorrow, happiness and even depression, I've found that when we're at our worst, our four-legged "children" are there not only to enhance our lives but to extend our longevity as well.

## Loyal Companions Promote Longevity

From recorded days of ancient history, dogs have been man's best friend. Always assisting — love unwavering. Mutually, we care for them for their material needs, but return benefits last a lifetime. Thus is the reason dogs are utilized for so many venues – from assisting the blind, the disabled and now therapeutic hospital visitations that promote help in healing

If you have one of these furry sidekicks, realize they are just like children. Their spirits are broken easily. Love them for who they are, what they are and just maybe, you will be rewarded with the greatest gift in return...an extended lease on life.

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LadyCamelot currently serves as the Public Relations' Director for Holistic Junction.com – Your Pathway to Discovery – A community of people interested in all things holistic. Here, you will find what you need; share what you know; discuss what you're not sure about. Create your own web site, participate in online forums (over 80 categories), peruse the Business Directory, publish your original articles, opinions, artwork, and so much more.

### **The Joy Of Having Puppies!**

**By Mike Yeager**

One of the greatest thrills for a little boy or girl is having new puppies in the home. Puppies, dogs and having a puppy bring a sense of well being and comfort to people of all ages, whether young or old. They provide an excellent opportunity for children to learn the skills necessary in raising and caring for a new born animal. We all know that one day even a cute little puppy will grow into a large, mature dog. Yet, while they're young, with that soft fur and large clumsy feet, puppies have a way of endearing themselves to us.

Puppies, dogs and owning a puppy make excellent companions.

Whether a person is young or old, puppies, dogs make wonderful companions and friends. It's not so much what a puppy can do as it is how they respond to us. Puppies are excited and anxious to see us when we come home; the wiggle so much on a kitchen floor that they practically fall down. And when you leave, oh the sad face they make thinking that you're going to leave them all alone. Yes, we all know that one day even small puppies grow into dogs; but as a pet and friend no companion can match the joy and thrill of puppies.

Mike Yeager  
Publisher

The Joy Of Having Puppies!

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