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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!**

**MOMENTS IN MAY**

**By Arleen M. Kaptur**

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May has the rich promise of warm days and tantalizing nights. The stars are bright and the very smell of the air says "New". Winter is a thought from the past, and Summer is a hope for the future.

How about some great party ideas for this fabulous month of May?  
Here are some suggestions:

**A MERRY MAY BREAKFAST**

**Grapefruit Baskets, Scrambled Eggs with Green Peppers, Baked Sausages,  
Panfried Pineapple slices, Sweet Rolls, Pancakes, Maple Syrup,  
Crushed Strawberries, and Beverage**

**Table Decor: Fresh Daffodils or Brightly colored tulips in pots**

**A SPRING LADIES' TEA**

**Assorted miniature sandwiches on croissants, Tea or Coffee, Meringue  
Mushrooms, Marshmallow Baskets and Strawberry Sherbet**

**(Light – but very gracious)**

**Table Decor: Pastel flowers in clear vases with lace-trimmed scarves**

**PRE MEMORIAL DAY END OF YEAR DINNER for School  
Officials/Employees**

**Creamed lobster and mushrooms on toast points, stuffed cucumbers with chicken or tuna salad, Condiment tray (olives, pickles, cocktail onions, tomato slices w/mozzarella cheese), strawberry parfaits**

**Table Decor: Plain china plates w/rich green napkins/gold rings/and Crystal Goblets, sprigs of fragrant lilac blooms in gold-edged vases, and gold/white confetti around vase bases**

**May is an inspiration in itself and it lends itself to very elegant and formal affairs. It is not too hot outside (for the comfort of your guests) and yet the gentle breezes carry a vision of June, which bursts into all those Summertime activities we all love.**

**Let's make the most of May and truly enjoy what it has to offer.**

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**Arleen Kaptur is the author of numerous articles for newspapers/magazines. Author: SEARCHING FOR AUSTIN JAMES and author of e-cookbooks, on-line workshops Website: <http://www.rusticliving.info> <http://www.topica.com/lists/simpleliving> <http://www.authorsden.com/arleenmkaptur>**

**Pampering your partner for intimate moments**

**By Janett Colon**

**Pampering your partner for intimate moments by Janett Colon**

**Pampering your partner for those intimate moments—**

**Ever think that your partner is getting old of the same old routine or that you aren't pleasing your partner or maybe your not holding up to your end of those intimate moments in your relationship. Try putting a little twist in your relationship by pampering your partner. Be creative; spice things up for those intimate moments.**

**Here are a few simple things you can do;**

**Start with your bedroom for starters. observe your room maybe a change in the lighting or a few candles in the room might just help in setting the tone.**

**Intimate moments don't always have to be rushed. Pampering your partner with some pleasurable fore-play can really make those intimate moments exciting, kiss them for 5 minutes non-stop licking their lips and sucking their tongue.**

**Pampering your partner with a nice massage always easing the tense moments that your partner might be feeling. Try using some oils or lotions.**

**Try out different positions with your partner it might spice up the intimacy and could be very pleasing.**

**Involving fruit, chocolate, whip cream, syrups or whatever foods are fitting for you and your partner and it might just make those late night snacks a little more Indulging. Ice is an added**

tingler.

Switching/Trying on your partners clothes might give your partner a visual of Ultimate Intimacy.

Pamper your partner by doing their nails or something out of the ordinary be spontaneous, risky and adventurous..

Re-ignite the flames of love..

"Variety is the spice of life"

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Janett Colon, believes that men and women need to be in love and have happy fulfilling love lives and relationships, dedicated to providing resources that promote love and happiness, enhancing your lives today. Love is a beautiful thing we need to share it ..

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