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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!**

**Mangos: Treat Your Skin and Your Taste Buds**

**By Danielle Sims**

**Mangos: Treat Your Skin and Your Taste Buds by Danielle Sims**

Mango is my favorite fruit next to pineapples. They're sweet, juicy and delicious. This extraordinary fruit contains high amounts of vitamin A (contributing to it's meaty bright orange color). It also contains Vitamins B, C, calcium, potassium and carotenoids (helps protect against cancer, common cold, and heart disease). They are also high in fiber and low in carbohydrates, making it an excellent addition to everyone's diet.

A great way to include mangos in your diet is to make deliciously simple smoothie.

1 mango  
½ cup plain yogurt  
1 cup milk or soy milk  
1 TBS Raw Honey  
6-8 ice cubes

Combine the meat of the mango and all other ingredients in a blender. Blend until creamy. Enjoy.

**Skin Treatment**

If you can resist eating this delicious fruit, you can treat your skin to a wonderful mango scrub. This scrub will leave your skin feeling soft and smooth.

1 mango  
½ cup sugar  
1TBS honey  
2 TBS whole milk

Blend mango meat, sugar, honey, and milk in a blender until it is smooth. Stand in the tub while rubbing this treatment all over vigorously. Rinse with warm water and finish with cool water.

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### Body Butter

After your mango scrub, your treatment is complete by adding a non-greasy body butter. Using both the scrub and body butter can leave your skin feeling soft for days.

This body butter recipe contains mango butter (you guessed it!). Mango butter is surprisingly inexpensive. Especially since cosmetic companies are using it for skin care treatments and charging prices as high as \$40 for the increasingly popular body butters. You can find it for about \$10.75 per pound online.

2 oz mango butter

1 oz olive oil, almond oil, kukui nut oil, macadamia nut oil, etc...

1 TBS(or more) cornstarch (to make it less greasy)

6-8 drops of Fragrance of your choice (try vanilla, lavender, or mix your own)

Melt the mango butter in a double boiler or you may use the microwave. When using the microwave, set the temperature on medium and check every 45 seconds. When the mango butter is completely melted, add oil and cornstarch and stir until it is a nice creamy consistency. Add essential oil or fragrance last. Allow your butter to set in the refrigerator for 2 hours.

There is more than one way to enjoy mango. Eating mango of course is my favorite!

Danielle Sims explored her library of alternative health, herbal books, and aromatherapy books and created a blueprint for making her own body wrap formulas at home. For more information visit Danielle's website <http://www.wrapyourselfslim.com>

### **The Creamy Taste Of Fudge!**

**By Mike Yeager**

Fudge is a treat that everyone loves. It doesn't matter if you're young or old, the taste of a smooth, creamy piece of delicious Fudge appeals to everyone. Fudge, candy, Fudge, and sweets have been around for a long time and they still tickle the taste-buds of people. You're sure to be a hit with family and friends when offering them the finest quality Fudge you can find.

Delicious Fudges made from high quality cocoa beans and mixed with the proper amount of sweetener combine to create a mouth-watering treat that simply melts in your mouth with delight.

All Fudge lovers know that the right ingredients mixed with care and exactness produce a delicious Fudge truffle or flavorful sweet that are loved by everyone. We take great pride in the Fudge and chocolate we recommend, and have chosen from only the finest in the world.

Whether your looking for Fudge for a friend or a special treat for yourself, Fudge made from the best

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ingredients available is sure to taste fantastic. Sitting down with a treat that is only eaten because it tastes good is a luxury that everyone enjoys and deserves. We don't eat candy because we need to (well, maybe) we enjoy chocolate, candy and other treats because we can. Remember when you were a kid and you couldn't wait to grow up and then you could eat whatever you wanted? Well, why not get started now?

Mike Yeager  
Publisher

The Creamy Taste Of Fudge!  
What Acne Scar Treatments Are Out There?  
Judging the quality of your Pu-erh Bing Cha by its appearance  
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