

Minimum Health or Maximum Health? That is the Question!

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By Nick James

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Picture yourself in one of the following scenarios.

You're cruising along in your new car by the ocean or in the mountains near the ski lodge, or just a leisurely drive through a beautiful forest or in the country. You stop and smell the fresh air you hear the scenic sounds. You are at peace.

You're relaxing on the patio of your new home – you see the mountains or lake in the distance. Your friends are over as you barbecue in your new back yard. Everyone loves your new home. Or you're out on the lake in your new boat with family or friends. Feel the breeze in your face – smell the fresh scents in the air.

Picture yourself on vacation – you are on the deck of a cruise ship – you are on the top deck under the stars. You feel the warm tropic breeze in your face. The full moon is reflecting off the water as you are holding the one you love in your arms.

We analyze the lives most of us actually have and what our lives could be and the role they play!

The question is who would want only minimum health (or worse) when they could have maximum health!

Maximum health is like you feel when you ask that special someone for a date for the first time and they say yes!

Minimum health is when you ask that special someone out and they tell you, that is the Saturday night when they have to do the laundry and wash their hair!

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Picture maximum health as cruising next to the ocean in a sport car convertible with your lover next to you..

Picture minimum health as stuck in traffic in your 10-year-old station wagon with the air conditioner broken.

Maximum health is like being on a honeymoon on your own private beach in Hawaii. Running down the beach at night with the one you love with the warm tropic wind in your hair. The huge moon shining down on the palm trees and the tranquil bay.

Minimum health is stuck working overtime in an un-airconditioned office with a huge pile of paperwork stacked on your desk. In walks your boss – the one with all the personality of a geek with BO. He can't stand going home to his abusive wife so he works 14 hour days and gives dirty looks to his employees when they leave before him. Your boss starts yelling about some stupid unfinished report...

Minimum health is like living paycheck to paycheck – just getting by, just barely having enough money to pay the bills each month. Minimum health is like Darling we have a little extra this month – would you like to go out to eat at McDonalds and get a Big Mac?

Maximum health is sailing away on a cruise ship to the Caribbean with the one you love while dining in elegance each evening!

Sure the above minimum health situations aren't going to kill you (or at least not immediately), but is this the way you want to live your life? Do you really want to just scrape by when there is an option? Let's examine the statement ...aren't going to kill you or at least not immediately.

Minimum health is simply the current absence of real illness or disease. Often people in minimum health are often too tired or sluggish to do things, they are overweight, etc. They don't feel real bad but they sure don't feel terrific. And what about our statement, some would argue that the above minimum health scenarios lead to premature and even a slow death!

Actually the attitude of minimum health is like too many other attitudes we have. We are always too willing to sell ourselves short. We are too willing to settle for second best even when we don't have to. Too often this attitude can flow over into our jobs and relationships. This over the course of a lifetime can cause us much unhappiness and cost us a lot of money.

But the real issue here is minimum versus maximum health and what are we doing to strive toward maximum health? For example do you take high quality nutritional supplements or are you depending on the fast and processed foods to get all your nutrients? I would encourage you to take high quality vitamin and nutritional supplements with enzymes, antioxidants and dietary fiber along with exercise and weight management on a daily basis to strive toward maximum health.

Nick James offers informative tips and information on nutrition, health and working from home. His many years of internet marketing experince he uses to help others have a successful home business. Visit him and some amazing info at

Marriage Shouldn't Determine Your Health Insurance Policy

By Elizabeth Newberry

It's common for people who share a life together through marriage to also share a health insurance policy. Marriage brings two people, and everything they own, together; sometimes, "everything they own" includes their health insurance policies. While most married couples choose to use one health insurance policy to cover both because it seems more affordable, there are actually benefits to having two separate health insurance policies.

It's true that using one health insurance policy for both people after marriage can sometimes save money; however, what happens if both spouses already have health insurance policies with which they are satisfied?

If this is the case, it's time to sit down and list the pros and cons of both keeping separate health insurance policies, and deciding on one health insurance policy to stick with.

If you and your spouse both have health insurance policies, think about how pleased each of you is with your separate health insurance policies. If you're both extremely satisfied with your own health insurance policies, it may not pay to eliminate one and keep the other. You may have a health insurance policy that allows you to see certain specialists your health requires you to see at lower prices while your spouse, who doesn't need to see these specialists, has a plan that doesn't cover these specialists.

On the other hand, your spouse may have a health insurance policy that offers benefits your current health insurance policy doesn't offer, or vice versa. If your spouse's health insurance policy is cheaper than your health insurance policy, and offers the benefits you want and need but don't currently have, perhaps you should consider dropping your health insurance policy and joining your spouse's health insurance policy.

Ultimately, as long as the coverage needed is offered, and the prices paid are affordable, whether you keep separate health insurance policies or decide to use only one after marriage is entirely up to you.

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