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

**Moving Home - A Stressful Time**

**By Joseph Kenny**

Moving home involves a lot of work. There are also a lot of financial considerations that people

generally are not used to. Engaging a solicitor, arranging the mortgage, paying for bridging finance if it is necessary, seeking the best selling price for your home, and the best buying price for the home you are moving into, all of these are very large and important transactions that cost a lot of money and may also cause you a lot of stress.

Add to this the stress of actually moving house. There may be some emotional attachment to the home you are leaving and you may find this very difficult. Then you have all the practicalities of dealing with utility companies, having mail redirected, cancelling your services and informing friends and business of the move.

**Traumatic**

And this has not even begun to consider the hassle of packing up your belongings, arranging for a removal company, and transit insurance if you think you need it, and unpacking everything at the other end. It is really no wonder that so many people consider moving house such a major and traumatic experience.

However, if you take a step back, the situation is really not that bleak. Most people end up moving home for very positive reasons. These will include getting a new job, or moving to a bigger property. Therefore, as well as all the stress there is also a lot of joy and excitement involved.

**Get Sorted**

You can also use the move as a chance to clear out your possessions. Look through everything before you start packing and decide what things you do not want to take with you to your new address. If there are a lot of clothes you can pack them up and give them to a charity shop. You should think about getting boxes and old newspapers gathered up. Boxes will be available from local shops and you can save your newspapers for wrapping breakables.

## Moving Home – A Stressful Time

If you are moving everything yourself, you can rent a van to help you out. Make sure it is a suitable size. If the van is too small you'll find yourself doing multiple trips, and if it is too large you may not be able to park, or even drive it. You should be comfortable with driving the van so give it a try before loading it up to make sure. The alternative is always to hire a professional removal company.

Joseph Kenny is the webmaster of the loan information sites

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. At the Personal Loan Store you can find some of the latest secured loans explained in detail.

### **Moving Company Guide**

**By Briana Liebmann**

Your decision in finding the right moving company should be made at least 4–8 weeks in advance. This will leave you plenty of time to book the moving company and prepare for any unexpected obstacles which might arise. In general, moving companies are usually more busy at the end of the month, as well as Fridays and weekends. As a result, they may charge extra for these days. When you know which company you will be moving with, call and ask them when their less busy days are. The more flexible you are, the less the cost will be. Also, let the movers know what you are expecting and ask plenty of questions. To help you, here are some thoughts you might want to keep in mind before contacting a moving company in order to get the best and most accurate quotes: \* What are your preferred moving days? \* How far is the move? \* Is it local, long–distance, or international? \* How much assistance will you need with packing? \* Will the moving company be expected to pack everything or will that be left up to you? \* Let the Moving company know if they are moving fragile or valuable items. \* How much stuff does the moving company have to transport? \* How much insurance will be needed? A good way to find the best moving company is by word–of–mouth and recommendation from others. Also, many reputable companies are available online. All of their information is available on their website. Remember, don't be afraid to ask if you have questions. With this advice, your move should be enjoyable and much less stressful.

Briana is an original content writer for <http://www.youseekit.com> which features original articles on a variety of topics.



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