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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!

Mr David J. Adams

By Michele Carelse

Mr David J. Adams by Michele Carelse

The Michele Carelse Auto-Responder WeightLoss Program

Do you struggle to lose weight?

Are you always on some sort of diet?

Do you suffer from low self esteem?

Do you need help to reach your target weight?

Do you need completely safe and natural help to reach your target weight?

The Michele Carelse Auto-Responder WeightLoss program is designed for males and females over the age of 16

Losing Weight and Staying Healthy

There are many excellent weight loss programs out there. Yet the more that people try and eat sensibly and lose weight, the less they succeed.

After many years of eating incorrectly and leading sedentary lifestyles, most of us are unfit and overweight. Obesity can be seen as an illness that affects men and women alike and which is especially prevalent in the Western World.

This is not just a cosmetic issue. Of course you want to look good in your clothes! Of course you would rather be slim than overweight! Self esteem plays an important part in our ability to achieve our potential, and body image is closely linked to feeling good about ourselves.

But, maintaining a slim and fit body is important not only for self esteem – it is also of vital importance in our overall health and quality of life.

Research has linked obesity and incorrect eating patterns to a number of life threatening illnesses including hypertension, heart disease, cancer, diabetes, respiratory illnesses, chronic depression and many others.

Eating correctly and exercising regularly are two of the most important things that one can do to lead a long and healthy life and help to prevent illness.

Because most of us know this to some extent, weightloss is a multimillion dollar industry. Every day there is another miracle diet or magic potion which promises to melt off those pounds without an ounce of effort!

Sometimes the only pounds that are lost come out of our wallets! Years of crash dieting are thought to make it more and more difficult to lose weight permanently.

What are the weightloss and detox programs?

The Michele Carelse WeightLoss and Detox Programs consist off four effective strategies designed to burn fat, tone bodies and boost energy, health and confidence!

Strategy One: A flexible and healthy eating plan to keep your metabolism going and to help to prevent the binging and moodiness associated with many other diets.

The Meal Plan is especially designed so that you can tailor–make it to suit your personality, needs and circumstances. For parents who struggle to diet while cooking for a family, it can even be adapted to fit into your family's daily meals – healthy eating for them and healthy eating for you!

Strategy Two: A manageable exercise plan to suit all types, ages and all resources (different strokes for different folks!)

Strategy Three: Our all natural, 100% safe and very effective, ephedra–free weight loss products, EcoSlim Slimming Drops (containing 10 carefully chosen herbs from around the world) and Native Remedies Detox Drops to help you to cleanse your body, burn fat, boost metabolism and lose weight more quickly!

Strategy Four: Lots and lots of moral support, encouragement and education on weight loss and healthy living in the form of daily emails from our Clinical Psychologist in our unique Auto–Responder Weight Loss Program!

The Michele Carelse WeightLoss and Detox Programs provide the following key features at unbelievably affordable prices:

Daily emails over a period of four weeks (or five days for the Detox WeightLoss Deluxe) offer you support, encouragement and insight into the emotional factors underlying overeating

A specially devised WeightLoss Eating and Exercise Plan is provided to help you to lose those excess pounds in all the right places and to keep them off

Designed by Michele Carelse, the program takes into account the emotional factors that cause binging and depression while dieting. Daily email support helps to carry you step by step towards the weight loss that you desire. In the process you get to learn about how emotional factors are affecting your ability to eat a healthy diet. This helps you to lose weight and keep it off!

How have the WeightLoss Programs helped others?

"After the 5 days I felt so energetic and healthy that I could almost not believe I was the same person" – Deirdre, USA

"It is really true what they say about the food that you eat. Apart from losing 10 pounds, I ended up feeling on top of the world! Before starting I suffered from fatigue, backache and headaches – all gone! Also there is a big difference in my sex drive – what a bonus!" – John, 37 years old, USA

"I was a bit unsure about trying this program, because I have been on so many weird diets before. They all promise so much, but ! But I thought I would try just one more and this one seemed reasonable. They say you are not allowed to weigh yourself during the 5 days – boy was that difficult because I could feel the pounds slipping off me! When the 5 days were over, I literally jumped on the scale – I had lost SEVEN pounds in FIVE days! I thought I would write and say "This really WORKS!!!" –

Nicole, 28 years old.

"My problem was always that I couldn't stick to any diet. First two or three days all went well – then somehow I always dropped out. The Detox and WeightLoss program is short enough to stick with and long enough to really work! This is the first diet I have ever completed in my life and by the way, I lost 6 pounds and I feel great" – Greta, USA

"This diet has changed my eating habits forever! Not only does it give you the support you need, it also gives you tools to keep on using after you have finished. Thanks Michele!" – Sara, USA

"Thank you very much Michele To anyone who is thinking of trying this diet – I can really recommend it very highly. It is not too difficult and the support is wonderful." – David, 46 years old

This time you don't have to do it alone! For more information www.remedymaster.com click the flashing button. Native remedies.

Well known author of dietary advise and conducting of research into obesity problems in mainly the over 16 age groups male and female.

Fireplace Screen Tips And Trends

By Freelance Writer

Fireplace screens offer more than just a mesh plate to cover your fireplace opening. Fireplace screens are an opportunity to create a safer, more decorative look while disguising a functional fireplace opening or guarding a hot fireplace enclosure.

Fireplace Screen Elements Before you shop for your fireplace screen, it's helpful to know what parts are included. For a single plate, you're looking at one center panel—either curved to stand on its own or with stands attached—and a glass screen or mesh insert. For folding fireplace screens, additional parts are the hinges, side panels and handles which make it easier to adjust.

Fireplace Screen Safety According to fireplace screen distributor John S. Adams, current trends reflect today's families who gather in living rooms turned family rooms. "A lot of families are looking for protection for their kids and pets, whether the fireplace is gas or wood-burning," Adams explains. "Even if it's a gas fireplace, the glass (enclosure) gets unbelievably hot."

Adams says that need for safety affects the fit of fireplace screens. "People want a screen that's flat against the fireplace," he says. "People don't want something that juts out. It should be flush, and (one that) fits tight against the fireplace opening."

Fireplace Screen Finishes Fireplace screens come in a variety of finishes, and, according to Adams, today's families love a clean, elegant look. "Basically they want the natural iron or black or brushed steel and pewter," he says, adding the traditional polished brass isn't as popular. "People are doing a lot of Mission style decorating, which is a plain, very simple appearance." Another sign of the times? Better manufacturing, which Adams says is producing a finer quality of metal fireplace screen finishes.

Focusing On Your Fireplace Screen Although more and more families are opting for a streamlined look, Adams does concede that some are going beyond casual. "People also do very decorative things and get all the bells and whistles," he says. Decorative fireplace screens may have a dramatic, painted scene in the center; they may feature a cracked, distressed style; or these fireplace screens may catch the firelight on curlicues or metal grapevines twining along the top or bottom. Decorative fireplace screens can also be helpful by providing a place to start when re-decorating. They can point the way to other style elements like the color palette of your living room, to the kind of sofa that will be placed near your fireplace screen.

Choosing Your Fireplace Screen Now that you've decided on curved or flat, single- or multi-panel, antique copper or hammered iron, you'll need to measure your fireplace opening to get the perfect fit. "You want good coverage with narrow, fine mesh—you don't want great big holes," Adams instructs. "Make sure the fireplace screen covers the opening appropriately. It should not be too big or too small." There is no "standard size" for a fireplace, so grab a tape measure and figure out the height and width of your fireplace opening. Add a few extra inches for a single-plate fireplace screen, and up to 10 additional inches on the sides and up to five on the top for a folding or curved fireplace screen. You'll want to make sure a folding fireplace screen can be opened wide enough to completely cover the fireplace opening without tipping over.

Fireplace screens make the ultimate statement about safety and style for your living room. With a complete line of stunning, unique and even hard-to-find finishes like bronze and copper from Brick-Anew, it's easy to incorporate your fireplace screen into a total new look for your home.

By a Freelance writer sponsored by

that provides fireplace glass doors:

Brick-Anew has been a provider of

fireplace paint & accessories since 1997. Please link to us when using this article.



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