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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!**

**Multi-Media Technologies Changing Lives For The Better**

**By Chris Hoffman**

Multi-media technologies, are a meld of audio, video, and imaging software, used to capture, edit, store, and search, retrieve, transfer, distribute, and access information through multiple means. Hence - the term multimedia.

As these technologies become more advanced and versatile, they've enabled content creators to design and facilitate the presentation of information to new levels.

What about the audience? Today's audience is highly sophisticated, with a bigger appetite for media experiences where fast motion, brilliant color, energy, textures, powerful sounds, and richer content are the order of the day, engaging their senses, and piquing their interest.

The good news is, the use of multi-media technology has gone mainstream. There are many websites which offer free and cheap downloads of multimedia programs to give anyone from the budding filmmaker, teacher, the lawyer, CEO, marketing whiz, and to the homemaker the ability to communicate their ideas, in vivid details, from the big picture to the tiniest details.

Indeed, these technologies permeate our daily existence. And makes it a fair question to ask. "Is there value to be found in using multimedia technologies?" Yes, and here's why.

In today's world, information has become the new currency, with many countries scrambling to move heavily into an information-based society. Technologies such as multi-media software, give an added advantage to it's' users, providing them the tools to clearly convey ideas and thus, produce valuable content. That gives them premium importance.

Nevertheless, it may surprise you to know that not only has multimedia technologies revolutionized the way we live, work, create, but it has spawned new industries and killed old ones.

For instance, in the work place, these technologies provide office workers the means to communicate, and collaborate, with colleagues on the other side of the planet, from different time zones, through desktop video conferencing, shared workspace, and multimedia messaging. Companies in fact,

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purchase multi-media technologies, to provide the employees the ability to create, edit graphics audio and video files, and use these to create presentations, and other work related products. For one's entertainment needs, there's a choice between movies or videos on demand, and pay-per-view, among others. In this instance, multi-media technologies give the consumer the freedom to select what she, or he wants to watch. For audiophiles, there are many free and cheap software programs, which provide the users the freedom to select the file format, how it will be recorded, and where it will be stored. All you'll need is a high bandwidth, and the pc equipment to record and capture the audio. For serious gamer's multi-media software have created stimulating new games, better quality special effects, richer playing environments, betting/gambling software, multiplayer games, and polling. These technological tools, have accelerated the growth of the video game industry, and expanded research for better computer graphics, simulation, modeling, and artificial intelligence.

Even if you were not a serious gamer, you would greatly appreciate the ability to download interactive video games, while you're in your pajamas, in the privacy of your home.

Advertising has become intuitive, for as the differences between television and the internet continue to blur, advertisers have turned to interactive infomercials, to get consumers to buy. These tools allow advertisers to track the users' preferences and create an infomercial especially suited to the users' needs. Another nifty product is the virtual catalogue, where the customer can inspect the products before purchasing them, in the privacy of their home. The use of multimedia technologies for home shopping, banking and financial transactions, telephony, medical advice, restaurant or hotel guides, is a commonplace activity for consumers.

Even the way we learn and package information from books, magazines, atlases, and newspapers has improved. One brilliant example is the educational CD Rom. Think about the fact that an entire 32-volume Encyclopaedia Britannica book set can be compressed into two cds.

In retrospect, one can see the world has benefited immensely with the use of multi-media technologies. It has brought humanity closer by making distance a non-issue, freedom of choice a reality and the conveyance of ideas, more precise.

For your own personal multimedia file usage, please visit

<http://www.multimedia-downloads.com>

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## **Water Filters**

**By Steven G. Conklin**

Water, water, everywhere, but not a drop to drink! These golden words of Coleridge are very true, no matter where you live. Safe drinking water is a critical issue that requires the attention and commitment of everybody to live healthily. Water Filters are a saving grace to this problem.

There are just too many water filters in the market. Which one is the right one for you? You need to take into account the point from which you would filter the tap water to filtration technologies. Installation and subsequent filter maintenance should also be considered in deciding a water filter.

There are basically two types of water filters. They are the Point-of-Entry water filters and the Point-of-Use water filters. The Point-of-Entry water filters start filtering the incoming tap water when the water first enters your home. The result is all the water in your home is filtered. However, it would be a better health option to purify the water before the consumption. POE water filters are marvelous in removing sediments, chlorine and other toxins.

The other category of filters is called Point-of-Use water filters. These filters produce clean water for consumption, such as drinking and cooking. A POU water filter gets rid of various small or dissolved water contaminants and chemicals, and other microbes. It comes with one or more of the basic water filtration technologies, like filtration, reverse osmosis, and distillation.

The efficiency levels of water filters as well as the costs of operating the filters are determined by the water filtration technologies that are employed in the filtering and purification process. The most advanced multi-stage and multi-filtration technologies are inevitable in producing the purest and the safest water for all your needs. It is also vital to note that the operating costs of the water filters would differ from one brand to another, though they might be using the same technology for the manufacturing process.

The design of a water filter should be given a due importance along with the water filtration technologies applied while picking up a quality water filter. The design aspects of water filters that you need to broadly look into are the filter cartridge design and the water filter system design. Water filters may come in single-filtration or multi-stage filtration.

Usually, single-filtration filters have only one method of filtration, while the Multi-Stage filtration systems use several filtration media in one filter cartridge. Multi-stage filtration may come in single filter cartridge to several cartridges.

Depending upon the filtration technologies employed, water filter systems come in various sizes and have different space requirement in their installation. For Instance, Reverse Osmosis (RO) system

requires more space than Ultra Violet (UV) filter system as a RO system needs a water storage tank to store the clean water before it is directed for the final filtration.

Author provides great information at

<http://www.freshwaterfilters.com>

– Water Filters resources.



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