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

Mum – I Have STD

By Ciara McGrath

STD, sexually transmitted diseases have been called the 21st century plague.

Sexually transmitted disease includes well-known diseases like gonorrhea and syphilis, but also genital warts, genital herpes and chlamydia.

The stigma of what used to be called venereal diseases has largely gone, partly because everyone knows someone who has had to visit the STD clinic. Nice girls catch STDs, too.

STDs are transmitted by sexual contact. The more people you have sexual contact with, the greater your chance of having sex with someone who has STD and the greater the chance that you will be infected too. You can catch STD if the first person you have sexual intercourse with is infected, so it is not necessarily a sign of sexual license. Check out

<http://www.std-testing.info>

for more information.

Most sexually transmitted diseases respond to treatment if caught in the early stages. Some, like syphilis and gonorrhea respond to antibiotics. Genital warts may need to be frozen off with liquid nitrogen. Not all hepatitis infections are treatable.

Many of these diseases have no symptoms. Gonorrhea may cause painful urination in males, but no immediate symptoms in females. Chlamydia has no immediate symptoms in males or females, yet if left untreated will cause infertility and pelvic inflammatory disease in females.

Because of the lack of symptoms, it is advisable for any adult who is sexually active to be tested for STDs. The consequences of a night of passion could be life-long and result in insanity or death at an early age if STDs are not detected and treated.

Diagnosis is simple; a swab is taken and sent for analysis. If the laboratory finds a positive result you will be asked back for treatment. If the result is positive you may be asked for a list of sexual contacts,

or be asked to contact anyone you have had sexual relations with, so those people can also be treated.

AIDS/HIV is the sexually transmitted disease that everyone is aware of, but many people forget the older and more common diseases that also kill. Condoms help reduce the risk of STD transmission; they do not remove the risk entirely.

Ciara McGrath is a full time mother to four teenage daughters between 13 and 19, including 17 year old twins. For more information for parents of teenagers check out

<http://www.abortion-help-now.info>

or

<http://www.hiv-aids-testing.info>

Increase Your Self Esteem With This Simple Method

By Steve Holloway

Low Self Esteem is essentially a civil war. It is an internal battle between two belief systems that disagree. We often spot the struggle between these two in our behavior causing emotional torment.

Another way to look at this is as a lack of integrity. Integrity means `wholeness'. It is when beliefs and actions are congruent. If they lack congruency then we end up in conflict and our pride in ourselves plummets.

You may find that you see and feel very differently about yourself in different contexts. At home you maybe clear and confident about who you are, and yet when you get to your workplace you feel like you're falling apart - as though you are a completely different person. Then again the reverse maybe true; at work you're astounded by how confident and positive you are, but then in another context you a gibbering wreck.

Each day we face situations that trigger our belief systems. If you find yourself in a situation (or live permanently in that state)you will be in a war zone – each belief is being challenged and therefore whatever you do will react strongly to it. The result? A lack of self pride and respect.

Let me explain it this way. My brother heard a statistic that you are more likely to end up in prison that change you bank. So when his wife suggested changing banks he said "No. I don't want to go to prison". Okay it's a silly example but you see that the beliefs he had led to an irrational conclusion, creating inner civil war. He will now remain with a bank that over charges, gives bad customer service and has lousy interest rates based on a fear of going to prison!!

Let me give you another really simple example:

Mum – I Have STD

Belief no1 - Mum's should always patient.

Belief no2 - Mum's are busy.

Belief no3 - Every child needs a good mum.

Belief no4 - `Bad' parenting negatively affects children's security.

Belief no5 - All insecure children fail to succeed and end up nowhere.

The above set of beliefs operates as a system. The likely outcome is that if through tiredness, circumstances or just plain old frustration a mum is impatient with their child; she will feel like a `bad' mum and to her that means her child is doomed to fail.

Whether your low esteem has been a part of you for as long as you can remember, whether it comes and goes, or has just arrived out of the blue. You will find that the key to addressing it is in your belief systems.

Let me just clarify what I mean by your `belief system'. Beliefs are values and truths you hold to be

true. A system is a group of independent but interrelated elements comprising a unified whole - a complex of methods or rules governing behavior.

If you are going to beat low self esteem you have to face the lack of integrity (wholeness) in your beliefs and actions. Change one and you are on your way to a complete, balanced life full of pride and respect.

For more information and a copy of my book go to

<http://www.increaseyourselfesteem.com>

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Steve Holloway is a professional speaker and author on the subjects of leadership, inspiration and self development.

30 Minute Marketing Miracle

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