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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!

Natural Health Choices For Women

By Sherry Frewerd

Quite obviously, men and women are different in very many ways, but most especially in their

physical appearance. This is certainly the most distinguishable difference, but there are many other different internal factors as well, such as the regulation of hormonal secretions and the type of secretions; in addition, women are more prone to certain diseases than men.

Natural health is making a huge difference in the lives of women, and if you decide to take natural health approach, you will need to address these differences in the regimen you create. You might know that it is important to eat low-fat foods, unrefined foods that do not contain preservatives, but do you know what vitamins and nutrients women are more likely to lack?—And do you know why not addressing those needs can significantly decrease your quality of life - both at work and at home?

You know from experience that a poor health habits will have an affect in everything you do. It will show on your skin and in your eyes. You will lack energy and it will show. Your body will reveal your lifestyle. The old saying is still true, if not more so today, `you are what you eat.'

Natural women's health is one method you can use to reverse the effects of your poor health lifestyle. In addition to getting more sleep and drinking more water, a natural women's health regimen should include proper nutrition. This is especially important if you are pregnant or planning to conceive in the future. If you want to have a child, you must ensure your body is functioning properly by restoring yourself to good health through natural methods; and if you are currently pregnant, you need to ensure that your body is replacing the nutrients your baby is consuming.

That is, however, not the only reason natural women's health should focus on nutrition. It is also because there are certain foods that normally benefit women's metabolisms, which can be very beneficial, as it is often harder for women to lose weight than men.

Natural women's health is also an important part of regulating your PMS and menstrual cycle. It is a way of ensuring that while your body is performing all its natural functions it is still able to get all the nutrition it needs to keep going.

One excellent place to find free information about natural women's health is the Internet. There are a number of websites that offer information and reference resources on natural health changes that could greatly improve your quality of life.

That is why so many women are thinking about changing their lifestyles to focus on a more natural approach to health. Today's woman has enough to worry about and deal with daily. Why not give yourself a fighting chance at being the best you possible? When you're healthy and functioning at your best you will be able to tackle all of the other issues that come up. Be proactive in creating a healthy lifestyle for yourself. Your body will thank you.

Sherry Frewerd is a 'Marlo Quinn' Founding Team Leader specializing in helping women achieve their dreams of financial freedom:

<http://www.marloquinn.net/index.asp?consultant=15>

. Visit 'Natural Bath

Body and Home' to learn more about pampering yourself naturally:

<http://naturalbathbodyandhome.com>

Everyone Will Want This Product – It Sells Itself

By Kim Klaver

Have you ever heard that line?

When you do, you'll know the speaker is either ignorant or fibbing. So you're being fooled, at best.

THERE IS NO PRODUCT FOR EVERYONE. We have choices about what to buy and not to buy, and then of the things we choose to buy, what brand, style, color, size and type.

People tell you things about themselves when they make product choices. A woman who shops at Whole Foods, for example, tells you something about her values. One who drives a Prius tells you something, also. But are those two choices for everyone? Does every woman shop at Whole Foods or drive a Prius?

Moral: Whatever product or service you love, that you want to offer to another woman, do not presume that she'll want it too.

Women have different tastes, different priorities, different lifestyles, yes? You can see them in the choices they make – from where they shop to how they spend a free hour.

Since women are different, the most natural thing is to look for a woman like you – who shares values or concerns that you have also. It's the same way you make a friend. You swap stories. In this case,

you tell your "before and after" story and see who is drawn to it – just like a movie draws different kinds of people. Just like similar interests and concerns make for friendships.

Before and After product story example

Say you used to have an achy knee going up and down the stairs, from a fall. And say you tried different remedies, some physical therapy, some creams, and nothing seemed to work well enough. You were willing to try about anything, only you did NOT want to consider drugs or surgery.

One day you came across this rub–a–dub product that you massaged into your knee, and lo and behold, a week later your achy knee was gone – and now you're even playing tennis again!

Let's say you want to market this product to other women like you. Women who share your "before" story and values, at least.

So how about asking for a woman like you then?

I.e. A woman who has achy knees going up and down the stairs, who has tried different over–the–counter remedies, with not much effect, but who doesn't want to do drugs or surgery. Someone LIKE YOU.

Do you suppose if you put the call out for women like that, you might find some just like you? E.g.

"We're introducing a product for women who have achy knees like I used to, but who don't want to do drugs or surgery, like me. Do you know a woman who might like to know about a product like that?"

How about that?

Finding women like you.

How many women do you think fit that description? These are all women who might give you their attention, because they're like you in that way. Without attention no sale will happen. And regardless of the outcome, at least you'll have a pleasant conversation and maybe make a friend.

And what if a few women would like to try the product too, in case it works for them the way it did for you?

Kim Klaver is Harvard & Stanford educated. Her 20 years experience in network marketing have resulted in a popular blog,

<http://KimKlaverBlogs.com>

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