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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!

Navel Gazing: How to Edit Yourself

By Heather Reimer

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Writers around the world agree... it's nearly impossible to edit your own writing. We tend to fall in love with our words the moment they burst onto the screen and, as you know, love is blind.

Obviously a professional proofreader/copy editor is the ideal solution. It takes a village to raise a child, and it takes a village of helpers to nurture a blockbuster like the one you're writing. But what if you can't afford it or you're under deadline pressure with no time for a second opinion? This is not a happy situation, but in a pinch you can edit your own material. Here's how:

–After you've finished the piece and spell-checked it, give it a rest. Wait as long as you can -- sleep on it, if possible -- before coming back and proofing it for errors you missed the first time. Re-read it at least ten times. Then read it backwards, last sentence to first.

–Be ruthless. Whittle convoluted thoughts down into the fewest words without losing the meaning. For example, "She received the support of 21 senators among those senators who were present for the vote" becomes, "Twenty-one senators voted for her."

–Root out passive statements and flip them into active ones. Your Microsoft Word spell checker has a feature that will tell you how many passive sentences are in a document. It even tells you what grade level your piece is written for. Hint: Aim as low as possible – below grade eight if you can. (To activate this feature, check the box beside "show readability statistics" on the Spelling and Grammar options page).

–One idea per sentence, please. You will immediately understand why when you read the following lead from a published news story:

"Carlos Manuel Geronimo Alfonseca, one of the supposedly confessed authors of the murder of the Senator, told journalists at the New City courthouse when he was being taken back to his cell after being questioned by Judge Nelson Rodriguez on the day of his hearing that he was not the person who wore the mask when the Senator was killed." Come again?

–Check the math. In economics stories especially, it's easy to drop

a zero and even easier to duplicate somebody else's mistakes.

–Double check for double meanings. For example, the following site description recently turned up in an ad for casinograpevine.com: "The Casino News Portal for Women that Men Can't Resist!" So it's a portal for women who are irresistible to the opposite sex or... ?

–Keep an eagle eye open for the little oopsy–daisies we all make. Typing "you" instead of "your" is a common one. So is using "that" instead of "who". Example: "All the people THAT proofread their stories carefully win Pulitzer Prizes." If you need a grammar booster shot, visit any of these sites:

<http://www.webgrammar.com>

<http://ccc.commnet.edu/grammar/>

<http://www.grammarlady.com/faq.html>

<http://englishplus.com/grammar/>

–Find out what style manual/guidelines are used by the publication you're writing for and be sure your piece agrees with them.

–Now do the first item on this list again. I can't tell you how many times I've caught my own bloopers or found a better way to phrase something on the 15th or 20th pass!

So that's how, in an emergency, you can do your own editing. Sure, working without an editor can have its upside. It means never having to say, "You corrupted my work, you creep!" But the downside is that you will probably overlook mistakes that the "village" would have caught.

Whenever possible, get a talented friend or a professional editor or even an English major to lend an eyeball. Believe me, they aren't

nearly as in love with your words as you are!

Heather Reimer has been a professional writer for 16 years. She now specializes in writing and editing e-zine and web content, sales letters, ads and articles. For fast, effective and memorable e-content, <mailto:heatherreimer@codetel.net.do>

Fashion Makes Sense With Belly Button Rings

By Robert Thatcher

Hollywood has a way of promoting fashion. When the showing of bare navels was restricted during the 1940's, it came out with a great idea. They covered the navel with a jewel. Placing of the jewels in the navel was popularized by belly dancing pictures of the time. The result, people started to believe that a jewel in the navel is part of the middle-eastern culture. It is not. It was only a devise invented by Hollywood filmmakers to get around with the prohibition but the idea caught on and no one was complaining. The idea was ridiculously great. You can imagine until now the smug smiles on the faces of directors and costume designers of the era.

Like any good idea coming from Hollywood, placing accessories on the belly button has not been forgotten and has now evolved to be belly button rings.

Belly button rings today for the most part are considered necessary accessory to many as the length of shirts and blouses go up and the hip line goes down. The belly for many will look bare if it does not have anything to show on it except the bare navel, and so the belly button ring found its route to popularity.

Belly button rings come in so many varieties that are fun, pleasing and attention catchers. Belly button rings could be flashing, dangling, logo and pieces of artwork that are a gem designer's craft.

Placing belly buttons rings will require piercing. Any piercing creates wounds and wounds could get infected. If you find therefore that belly buttons are necessary accessories, you have to first, know which materials should be used to adorn that belly and the procedures to take not to be on the sorry side.

The safest materials for belly button rings are gold (at least 14K), silver, surgical steel, titanium, niobium, rhodium etc. Avoid as much as possible the gold imitation, sterling silver and silver-plated ones as they could cause irritation that might lead to infection. Avoid base metal materials that are coated and covered which could easily break. Avoid those that could easily tarnish and corrode when it gets in contact with body fluids and those that may contain allergens. For people who are sensitive to metals, a special plastic called Tygon are good replacements for belly button rings.

To prevent infections, have your piercing done only by qualified practitioners. Doing the piercing otherwise could lead to problems like infection and body poisoning even with properly sterilized instruments. Nerve damage can also be a possibility when done by an amateur.

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Pregnant woman may wear their belly button rings up to the fifth month of pregnancy or when the skin in the belly starts to stretch significantly.

Belly button piercing will take a while to heal depending on the individual. The first days after your piercing have the belly button captive bead ring removed by the shop where you got your piercing. When your belly button heals, ask the shop to replace the captive bead with the new belly button rings.

When inserting the belly button ring, it is important to wash your hands with anti bacterial soap for at

least four minutes. While inserting the body jewelry, massage both holes with the finger that is pinching the skin adjacent to the belly button holes. When the belly button ring is secured, clean the belly button ring once more to reduce the chance of infection.

Robert Thatcher is a freelance publisher based in Cupertino, California. He publishes articles and reports in various ezines and provides belly button ring resources on

<http://www.your-belly-button-ring.info>



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