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Paper to Pulp: Protecting Your Money!

By Tameka Norris

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Sometimes you throw away very important things don't you? So you take your time to rip them up properly... to be certain you don't find your bank account empty the next time you make a withdrawal.

A paper shredder is great, but you may not need one.

I mean, how many times do you throw away private documents at home? Occasionally. Certainly not enough to invest in a shredder.

If you are still shredding your private information by hand like me, then this solution might work for you. When you are ready to dispose of your private documents...

- (1) Fill your sink up with water.
- (2) Soak the private documents (that you are planning to throw away) in water for at least 20–30 seconds. You may have to do this in groups—several times if you have a large pile.
- (3) When they are completely wet, ring the excess water out of the documents (as if you were ringing a wash cloth dry). Be certain to leave them damp. Do not ring them completely dry.
- (4) Head to a trash can and break the documents apart. You should be able to ACTUALLY break/pull the pieces of paper apart. Rather than rip them up. They should be extremely

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easy to break apart. So break them apart in reasonably small pieces with the same precaution you take when you rip up your private documents. Small enough so that one individual piece of pulp does not contain the private information on it that could be used against you by a thief.

(Note: Due to the different grains of paper out there this solution may not be affective in all instances.)

The difference between ripping up private information and pulling it apart as pulp is that it is much quicker to shred. But that's just one of the benefits.

Here are several more benefits YOU get out of making paper into pulp:

(1) It will assure you that it will be impossible for a would-be-trash-searching-thief to put any of the pieces back together. You know how easy it is to fit some pieces of paper back together when you rip them up. Pulp makes it impossible to connect the pieces together. Take a look at the edges of your paper when you pull your pulp apart. You'll see what I mean.

(2) Soaking your paper in water makes some of the print less legible. Sometimes it just makes it mildly blurry and other times the ink actually runs. That helps give you greater protection against private information being easily legible to a thief.

(3) Your pulp will remain damp for a reasonable amount of time. Wet paper, as opposed to dry, can sometimes be easier for dirt particles and stains to cling to. You're just giving your pulp an extra advantage by welcoming dirt particles to come along and make it even a little more disgusting and illegible.

(4) Your pulp will dry in illegible clumps. Have you ever tried to break apart pulp? If you have, then you know that in the process of doing so you make matters worse. The small pieces of paper are even further ripped up and destroyed as you try to pull them apart with your fingers.

So if a would-be thief is going to try and steal your private information. Make it hard on him. And maybe if he

runs into enough pulp he'll realize it takes just as much work to steal as it does to make an honest living.

Protect yourself with pulp.

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Tameka Norris helps others simplify life's little complications by revealing the small things that are often overlooked:<http://www.simple-living-tips.com/simplify>

Juice Sensibility

By Gabriel Foster

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Apart from eating many of the wonderful vegetables and fruits that inhabit our planet, drinking them is equally nourishing and satisfying. Juicing vegetables and fruits can also create a dynamic taste treat, causing your taste buds to dance with undiscovered delight. If you're new to juicing, I recommend only juicing vegetables and fruits that you enjoy eating. As time goes on, you can try out other foods as well as increased amounts of those foods.

Concentrated Nutrients

As a dedicated vegetarian, you are well aware of the benefits of eating fruits and vegetables daily. What you may not have known, is that by actually juicing these delicious foods, you are consuming the maximum concentrated benefits of their nutrients. How? Simple, when you cook food, you lose up to 97% of their nutrients. That's quite a loss huh? There are certain precautions and methods towards picking, storing and cooking food, that will minimize the loss of nutrients, but that's another article. Suffice to say, juicing your foods will retain almost a 100% if not all depending on certain circumstances. When you juice, you take raw vegetables and fruits to do the job. Because juicing produces no heat or any other method that causes nutritional loss, you consume high levels of nutrients.

Vital Nutrients

There are some nutrients like certain antioxidants that do an outstanding job fighting lung cancer, stroke and heart disease. By cooking away anywhere from 74% to 97% of these nutrients, you are actually doing yourself a disservice and a potentially lethal one at that. There are other numerous nutrients that also fight disease on our behalf. To consume the entire village, start juicing and drinking them on a regular basis. Nutrients like beta carotene and other carotenoids do great things such as boosting your immunity system.

No Pulp Fiction

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It's a known fact that when you juice, pulp remains in the juicer. Over the years there have been many views on what do with that pulp and why. From just discarding it to employing other culinary uses for it. In essence, that pulp contains high levels of fiber and truly should not be thrown out. Fiber has too many benefits to simply dismiss it so easily. Some experts recommend using the pulp in food and others suggest putting some of the pulp back into the juice for greater health rewards. What I can tell you is that the pulp acts as a fertilizer for the good bacteria in the colon and that's a definite plus.

Cheers To Juicing

Well! There are many different views on juicing by many different experts, but no matter the differences, they can all agree on one thing, juicing, whatever the method use, contain far more positives than the many differences and opinionated views varying experts concede to have. Not

juicing is a none option in today's world of undernourished bodies and minds. Start juicing and gain the many nutrients that your body craves. A nutrient fortified body is able to prevent and fight off various diseases and ailments that come under attack on a daily basis.

Gabriel Foster is the editor for <http://www.gabriefoster.com>, the online magazine for both vegetarians and natural health enthusiasts.



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