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

**Peace Brings Treasured Travel To Vietnam**

**By Frank Johnson**

Vietnam is a paradise for both the outdoor adventurer and city explorer alike. Winding down 3,444

kilometers of coastline from the northern Red River Delta near the Chinese border to the Mekong Delta at the southernmost tip of the Southeast Asian peninsula, Vietnam is a splendid blend of picturesque coastline and lush inland terrain. The region's history of conquests and wars makes travel to Vietnam today a rich and rewarding experience during this time of precious peace.

During the 20th century, Vietnam was at war for nearly 45 consecutive years with different countries. After French and Spanish forces ravaged the area, most of the south became a French colony by 1867. Finally in 1945, Ho Chi Minh declared Vietnam's independence, sparking a French rebuttal and attracting international interest of U.S., Russian and Cambodian forces. Minh's dream of an independent (communist) nation was not realized until 1989 when the U.N. subdued the conflict with Khmer Rouge and pulled Vietnamese troops out of Cambodia.

**Urban and Pristine Wonders of Vietnamese Travel**

National identity has become an integral part of life for this war trodden state and today the proud Vietnamese are more willing to embrace foreign travelers and share their magnificent cultural history as their economy begins to mature. Visit the economic capital of Ho Chi Minh City (Saigon) in the south to witness the vibrant and progressive culture that has taken root in Vietnam. While there, explore the extensive botanical gardens, Buddhist monasteries, and stop by the Binh Soup Shop, which was the secret Viet Cong headquarters in Saigon during the Vietnam War. In the far north, the capital city of Hanoi is a bit more relaxed, speaking to ancient Vietnamese culture and 1000 years of history along the streets of the Old Quarter. Visit the intriguing One Pillar Pagoda build by Emperor Tong in the 11th century and replenish your spirits in the Bach Ma Temple, the city's oldest and most revered.

Retreat to the captivating beauty of Vietnam's wilderness for a more tranquil portion of your journey. Tropical rainforests abound in the protected area of Ba Be National Park, located close to the Chinese border in the north. The local Tay people live in stilt houses and contribute cultural significance to the area. Take an elephant ride through the expansive Yok Don National Park for a chance to see monkeys, birds and even leopards. If confined spaces don't trigger nightmares, the Phong Nha Cave is

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a must see. This UNESCO World Heritage Site was created 250 million years ago and boasts a cavernous entanglement stretching thousands of meters below ground. Portions of this natural wonder are open to the public daily. For the claustrophobic, travel to Halong Bay in the Gulf of Tonkin, another World Heritage Site, which is dotted with more than 3,000 tiny islands with cliffs and white sand beaches that cascade into the surrounding sparkling waters.

Due to the country's broad north–south range, Vietnam is a wonderful country to explore any time of year. The sheltered forests and increased speed of the coastal cities offer an invaluable variety for a perfectly balanced journey. Travel to Vietnam to discover this underestimated Southeast Asian gem.

For more information on international travel and discount airfare to Vietnam

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### **How to achieve peace of mind?**

**By ajaypats**

#### **How to achieve peace of mind? by ajaypats**

Peace is a condition of mind brought about by a serenity of soul. Peace is not an absence of war, it is a virtue, a state of mind, a disposition for benevolence, confidence, justice. Like to believe that people in the long run are going to do more to promote peace than our governments. Indeed, I think that people want peace so much that one of these days governments had better get out of the way and let them have it. If man does find the solution for world peace it will be the most revolutionary reversal of his record we have ever known. You can't separate peace from freedom because no one can be at peace unless he has his freedom. First keep the peace within yourself, then you can also bring peace to others.

Stay calm There is enormous strength in serenity. Stay calm, and you stay in control.

When noise and clutter and confusion overwhelm the situation, the way forward is with calm and determined strength. Stay calm, and you make the best decisions.

Just because there is a need for urgency does not mean there's a need for panic. Stay calm, and you can be the most effective.

Anxiety can drain away your energy and give you nothing useful in return. Rushing around in a frenzy brings on carelessness and wasted effort.

You can let yourself be drawn into anxiety and haste, but why would you ever want to? Instead, stay calm, and able to make a positive difference.

Always know that you can choose your own response, whatever the situation. Choose to stay calm, for it is almost always your best first choice

Ajay Pats is professional manager working as sales manager.He runs inspirational ezine"Rediscover true colors of life" available at <http://www.topica.com/lists/venturemall> and community for home based business entrepreneurs available at <http://groups.msn.com/venturecon>.



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