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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!

People Are Like Tea Bags

By Dr. Dorree Lynn

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Put them in hot water and they grow stronger — except for those that don't.

On a recent trip to a distant state, my husband and I unexpectedly met a couple visiting the same sightseer's monument that we were. After speaking for a while, one of those delightful and unexpected light bulbs went on and we realized they were related to two close friends of ours. So of course, we decided to hang out longer than we had planned and soon we were having dinner and talking as if we had to know everything we could about each other. We talked like long lost friends and because we knew we would probably never see each other again. We spoke secrets — the way one does with their hairdresser or the person you sit next to on a plane. Instant intimacy secured with the sureness that no real intimacy or connection would ever develop.

They were a vivacious couple, happily married for over thirty years, developers of a thriving business and parents of three wonderful grown children. Eileen had been the "bad" sister who was always in trouble, the child, whose parents never expected to amount to anything positive. She had dropped out of high school and her parents had suggested that she get a job and not even bother finishing her basic education. Barbara, her "good" sister had breezed through school with excellent grades and a fine reputation. She had always made her parents proud. Barbara and her husband were our close friends. Although we thought we knew them relatively well, we had never heard about Eileen and her family. We thought it strange that we never knew that they existed.

Quite rightly so, Eileen and her husband, were very proud of their accomplishments. They were delighted with the fact that they had fooled the world and that they had played a cosmic joke on all who had predicted their failure. Following their own adventurous path, they had achieved the success that everyone told them they never would.

As the wine flowed and we continued to chat, Eileen started to talk more openly about her family history and more specifically, about her sister. Barbara, she said, always seemed blue and she was forever in some sort of psychotherapy and/or on mood medication for her depression. Eileen was proud of the fact that she had never needed psychotherapy or taken medication to lift her spirits. In

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fact, she was very clear that she couldn't understand any one who did.

I listened carefully to Eileen's version of life, of her certitude that if only one has the power of positive thinking and decides to go after what he or she wants, one will achieve his or her goal. It was incomprehensible to her that there could be any reason for anyone to ever "fall apart." She lived in a world based on 'wonder woman' illusions, a world where all people had symbolic gold bracelets that could stop speeding bullets and ensure no emotional harm.

I have heard many people speak as Eileen did, with no comprehension that for some people just getting up in the morning is an act of enormous courage and that sometimes they needed all the help they could get just to make it through the day. For a variety of reasons, many that we know, and just as many that we don't, some people are like tea bags: put them in hot water and they do grow stronger.

Others, worn out, also like tea bags, tear and break, messily spilling their contents adrift in the boiling water.

After years as a psychologist, as someone who has "seen it all," I know less about what makes the difference between those who make it through life with ease and those who don't than I ever did. What I do know though, is for those that get through life with minimal scalding, I rejoice. And for those who need help, I stretch out my hand.

Life is too hard to do alone,

Dr. D.

Dorree Lynn, PH.D.

Dr. Dorree Lynn is co-founder of the Institute for the Advanced Study of Psychotherapy and a practicing clinician in New York and Washington, DC. Dr. Lynn served on the executive board of the American Academy of Psychotherapists and she is on the editorial board of their publication, Voices. She is also a regular columnist for the Washington, DC newspaper, The Georgetown. Dr. Lynn is a noted speaker and well known on the lecture circuit.

Smelly Feet

By Sharon Hopkins

You take care of your feet by washing them regularly.

You change your smelly socks at least once a day. Your shoes are well kept. But in spite of all this, your feet stink. Sometimes the condition is so bad that by simply removing your shoes, people around you know that you have smelly feet. The condition can be embarrassing, especially in public. By following some simple tips, you can take care of your feet and avoid the problem of smelly feet.

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The common home remedies for foot odor are:

- Apply tea to the area: Using a soak made from tea bags and applying it to your feet will eliminate the problem of smelly feet. This is because the tannic acid from tea tans the skin. Take a couple of tea bags and boil them in a pint of water for 15 minutes. Then remove the tea bags and pour the pint of this strong, hot tea into a basin or a large pot and fill it with two quarts of cool water. Soak your feet for 30 minutes daily for seven or ten days and you will not experience the problem any longer.
- Use acne remover: If your feet really stink very badly, you suffer from toxic sock syndrome. In this case, you should look at your soles. If they are whitish in colour with tiny pits, you are suffering from the condition called pitted keratolysis. The microorganism that causes this condition is the same one that causes acne, you can use over-the-counter acne medication with 10 percent benzoyl peroxide.
- Go for an antiperspirant: There are special foot deodorants to remedy the problem but they can be quite expensive. But you go in for any underarm antiperspirant, which is a cheaper alternative. Go for a roll-on that has aluminum chloride hexahydrate as the active ingredient. Use it twice a day. But avoid aerosols since all their smell is dissipated in the air.

Sharon Hopkins has been managing a number of natural home remedies websites, such as

, which provides information on Home Remedies and Natural

Cure for various ailments. Foot Odour can be treated by following some simple home based remedies



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