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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!

Perform Your Own Automobile Maintenance

By David Maillie

Today's cars can typically be expected to pass the 200,000 mile mark with consistent automobile maintenance. With the price of automobiles, you will want to protect that investment by performing regular maintenance. If you can do much of the work yourself, you will save a lot of money in labor. Invest in a good set of tools and choose quality parts when performing your own automobile maintenance.

If you have some skill, but want to learn more look for courses in general repairs and maintenance. These can often be found at your local community center, Community College or an automotive technical school in your area. Consider investing in a good repair manual for your car, such as a Chilton's manual. The internet is a good place to look for articles and information. There are many sites devoted to auto repair and maintenance.

You will want to keep track of all maintenance performed on your car. You can do this in a log, a notebook or on your home computer. There is software available to help you keep track of maintenance. These programs track repairs, maintenance, replacement parts used on the vehicle and fuel consumption. You can use the same software for multiple vehicles.

Most software allows you to create a service schedule and will remind you when it's time to perform maintenance tasks on each vehicle in your household. The software contains a wide variety of tips for car care. In addition, many have reference and diagnostic tools to help you diagnose various problems with your cars. Many companies offer a free trial that can be downloaded on the internet. This allows you to try out the program before investing your money.

Your owner's manual will give you some basic information about when certain maintenance tasks should be done. Most tasks will be listed according to the mileage on the car.

3000 Mile Maintenance

Change the oil in your engine every 3000 miles. The filter should be changed at the same time. Newer synthetic oils are said to last longer without breaking down. When you change the oil, check the fluids,

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the air filter, tires, hoses and belts. At this time check the battery cables and terminals for corrosion. This can be removed with a wire brush or sandpaper.

5000–10,000 Miles:

Have your tires rotated and balanced every five to ten thousand miles. This helps the tires wear evenly and extends the life. The best tires should be put in the front of the car. Check the tire pressure regularly and check the tread for signs of uneven wear or damage.

15,000 Miles:

Change the air filter every 15,000 miles. A clean air filter improves the fuel economy of your car. A dirty air filter can cause the engine to run rough and stall. At this time you should also check the pads and shoes on your brake system. Check the brake fluid and top it of, as needed. The fluid should be clear.

If you notice noise when the brakes are applied or the steering wheel shakes or vibrates, this can be an indication that the brakes need replacing. In this case, don't wait check the brakes and replace as needed.

30,000 Miles:

Check the fluid level on your transmission. The owner's manual will have information about the kind of fluid that should be used in your car. The manual should have directions on how to drain and replace the fluid. The pan gasket should be changed when the fluid is drained. Also at this time, give the car a tune up. Replace all spark plugs and wires.

50,000 Miles:

Change the coolant at 50,000 miles. See the owner's manual for directions on how to perform this task.

Remember to take care of your car's finish. You want the paint to remain in good condition for as long as possible. Wash the car regularly, even in the winter when salt from the roads can ruin the finish. Apply wax to protect the paint from the sun, salt and weather conditions. Don't neglect the headlights, which can become cloudy and won't operate as well. New Lite Headlight Cleaner and Restorer will return cloudy headlights to like new condition. Learn more about this product at

<http://www.mdwholesale.com>

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Automobile Accidents: When To Seek Legal Assistance

By Elizabeth Newberry

Drivers know, or should know, that automobile insurance or proof of some other form of financial insurance is a legal requirement in every state; however, this doesn't mean that every driver and automobile owner complies. Too, a percentage of the people who do comply purchase only the minimum amount of automobile insurance or show proof of the minimum amount of financial responsibility that their state has made a legal requirement. Although they're obeying the law, many times this means people don't have the amount of money it takes to cover the damages caused by an automobile accident.

It's probably safe to say that the most incidents in which people do not have enough automobile insurance to cover the damages of an automobile accident revolve around personal injuries. When referring to an automobile accident, a personal injury is one in which a person is injured physically, emotionally, or mentally as the result of an automobile accident. Regardless of who is at fault for the accident, everyone can be a victim of personal injury, including drivers, passengers, and even pedestrians.

Compensation for your personal injuries can cover your medical costs and loss of wages due to your inability to work, among other financial benefits. In other words, compensation covers a lot, and most people just don't have enough automobile insurance to provide enough compensation, even if they have met the legal requirement for automobile insurance or proof of financial responsibility of their state.

If you find yourself victim of a personal injury due to an automobile accident, and the driver or owner of the vehicle at fault doesn't have enough automobile insurance or financial responsibility to adequately cover the cost of your medical needs and other such damages, you should seek legal assistance. There are many attorneys who specialize in personal injury cases and the one you choose will be able to advise you and help you get the compensation you deserve.

<http://www.myquoteguide.com/Car-Tips.shtml>

<http://www.ezquoteguide.com/home/>

<http://www.ezquoteguide.com/car/>



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