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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!

Positive Down Syndrome Non Profit

By Michelle Sollicito

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Yvonne Pierre is an inspiration. She is a very strong, black single mother of two children – one of whom has Down Syndrome. She lives locally in the Atlanta area. This is her story.

A mother's intuition is always right.

Throughout my pregnancy, I felt that there was something special about my baby, but I could not put my finger on it. Shortly after giving birth to Zion, looking at him for the first time, I thought I noticed something unusual in his appearance, but as the Medical staff said nothing, I assumed it was my imagination. Even when he started to have "digestive problems" and was rushed to the Intensive Care Unit, I suppressed my fears and put my trust in the doctors.

When the doctors told me that my son had a heart condition, and that they believed this could be because he had Downs Syndrome, I could not hold back the tears.

However, almost as soon as I gave in to the tears, I felt angry with myself, and said "What am I crying for? He is here!" - and I haven't cried since.

The next time I felt angry was when the doctors told me "Don't get your hopes up.. he probably will not result to anything" and "If you get pregnant again, we can test you in enough time to abort it, if it has Downs".

Almost immediately, my anger turned to pity for these poor doctors, who had such limiting beliefs about my son's future, these doctors who had never met my son before, and could not possibly predict what he would do or would not do with his life.

I resolved never to put limitations on either one of my children, and Zion would be no different. I have faith in the Creator and I believe that He makes no mistakes. So why would I dare believe that He had made one with my son? No matter what the ability or disability, we all serve a divine purpose.

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Now, two years on, Zyon is walking, communicating, and he loves to dance and sing. He is very observant and picks up on things quickly, and he is such a loving, happy child.

My experience taught me something very important. There is not enough positive awareness of the children and adults with Down syndrome. Parents are often worried and depressed because they believe what the doctors say about their children - some of them even abort their babies because of this misconception.

From my anger at this misconception, there came the birth of "Have Ya Heard? The Ability of Downs".. The site www.hyhonline.com (HYH Online) was designed to promote positive awareness, provide information on Down syndrome, resources, reviews and many more things to come.

HYH Online will give hope to new and existing parents that feel as though there is no hope. What a

parent believes will have a huge impact on their child's outcome, as it does with any child. My goal is to help others to find that hope and to let them know that blessings always come in disguise. For more information visit us at HYH Online (website listed above) or send us an email to admin@hyhonline.com.

Michelle Sollicito is an Ebusiness consultant and works on a number of websites including this Non Profit web site about the positive aspects of Down Syndrome.

Levator Ani Syndrome: A Real Pain in the Butt!

By D. Herren

Levator ani syndrome is one cause of chronic pelvic pain. The typical symptoms of levator ani syndrome include rectal butt spasms, rectum pain and tightness, and a sensation of fullness. It is sometimes associated with proctalgia fugax, which is defined as a short, sharp pain in the rectum. Levator ani syndrome, on the other hand, tends to be more constant pain. The pain is located in the pelvic floor muscles in the rectum, mainly the levator ani muscle.

The root cause is pelvic floor muscle tension or myalgia. In simple terms, it is muscle knots in the internal walls of the rectum. These "knots" are usually referred to as trigger points. When these tiny knots are active, they can cause great pain and a sensation of tightness and burning in the rectal area. This is typical of levator ani syndrome.

Common Levator Ani Syndrome Symptoms Rectal Pain and Burning Rectal tightness and muscle spasm

What is the treatment for Levator Ani Syndrome?

The common types of treatment for levator ani syndrome are usually muscle relaxants, hot baths, and proper diet and exercise. In most cases, there is an underlying element of chronic stress and anxiety

which causes these muscles to tighten up and spasm. This pelvic floor muscle tension causes pain and burning. In order for most cases of levator ani syndrome to be resolved, trigger point therapy or internal massage on the levator ani/rectal muscles can bring great relief. The treatment itself can be very painful, but the overall relief from treatment can be felt almost immediately.

D. Herren, Author and Artist

Learn how to beat Levator Ani Syndrome at

Levator Ani Syndrome: A Real Pain in the Butt!

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