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

Putting Together A Baby Registry

By Lynn Marie

Congratulations! Chances are if you are reading this, you are expecting a new addition to your

family. This is such an exciting time, with lots of planning and preparing! One of the best gifts you can give to yourself (and your new little one) is to put together a baby registry. Having a registry lets your family and friends know what you would like to have on hand for baby without having to worry about receiving doubles or triples of certain items; or worse, receiving a green and yellow crocheted bottle cozy from Great Aunt Betsy!

Your first item of business will be to choose one or two stores that specialize in baby gear and make sure they offer a baby registry. Now the fun begins! Whether you choose an online retailer or visit a store, you will get to browse, compare and then put together your wish list.

"How do I know what to choose?" you might ask. There are many books and websites available that will offer you a variety of lists that will help you pinpoint the items you may need. When you begin your browsing, you are going to want everything for your special little angel. The reality is that you really won't need everything that is offered. I am going to offer a few suggestion lists for items to help get you started

Nursery/Safety

Crib

Bassinette or Co-sleeper

Changing table

Bathtub

Health kit

Swing

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Bouncy or vibrating seat

Car seats

Stroller

Monitor

Extras for Baby

Baby Einstein Videos

Nursing/Feeding Pillow

Crib Toy, Mobile

Diaper Wipe Warmer

Playmat /kick toy/ play saucer

Glider Rocker

Baby carrier

Baby Wedge

Fun Bedding Theme

Diaper Bag

Clothes

Onesies

Wearable Blanket

Winter Wear

Summer/Winter Hats

Diapers

More Diapers

and even more Diapers

Putting Together A Baby Registry

These lists are only the tip of the iceberg. You will see when you are putting your wish list together, that there are tons of other items to choose. Be sure to put everything on your list that you would think you would like. Chances are if you leave something off the list, you may regret not having that item. On the other end of the spectrum, you may find that you have an item or two that you never even used. What's great about this is you can save the unopened items for future gifts to pass onto your family or friends for their babies!

This is a special time in your life that will go by so quickly, so have fun with all the planning and dreaming while you prepare for you little bundle of joy! Do your research, choose your gift ideas wisely; so when baby arrives all you will have to worry about is showering your little bundle with love!

LM is a manager for

<http://www.babyage.com/>

which is one of the top online retailers of baby products,

Check our great selection of Baby Shower Gifts on the web

Registry Cleaners: Why do you need one?

By Joseph Tierney

The registry is the place where your computer stores the configuration information about your computer and your installed programs so that your operating system can use them.

Maintaining the registry is an important step in keeping your computer healthy. Registry problems can include slow performance, computer crashing, and the annoying Microsoft Windows error messages.

If any of these describes you as a computer user:

- Has old drivers on their system that have not been removed.
- Installs or uninstalls software very often.
- Have third party programs running such as Spyware and Adware (you can't stop these from being installed)
- Remove software by deleting them from the Program Files folder.
- Installs or Uninstalls hardware.

Then you absolutely need to be repairing your Microsoft Windows registry regularly! All of the above leave traces in your registry that will only hurt your computer in the long run. If you don't clean your computer to fix your registry than you are going to be in a whole world of trouble.

Putting Together A Baby Registry

Make sure that you backup your registry before you try to clean or fix anything. Most registry cleaners have registry backup automatically for you, but be sure to check them out. Remember, don't try to edit anything in the registry yourself unless you are very computer savvy.

Why do you need a registry cleaner? Registry cleaners are important because it protects your PC from harmful processes. Is your computer slowing down for no apparent reason? Are you having errors that are not solved by your anti-virus or anti-spyware program? Your PC might be affected by applications that are running without your knowledge. Registry cleaners are a must! Registry cleaners ensure that your registry is clean.

Some errors are just a quick registry fix, while others could be more problematic.

If you keep your registry clean, free of viruses and spyware your computer will last much longer. Spend the time or money now for a registry cleaner to save you even more time or money later down the road.

If you are short on cash then there is a free registry cleaner available that I use exclusively. The program is called Error Nuker and it is a free ware registry cleaner. Error Nuker works on Windows XP, Windows 98, Windows ME, Windows NT4, and Windows 2000. Microsoft Windows does NOT come with a registry cleaner.

Joseph Tierney is a surfer and 2005 high school graduate. To learn more about Error Nuker and other free registry cleaners, please visit

Free Registry Cleaner

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<http://www.cflwaves.com/free-registry-cleaner.htm>



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