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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!

Rejuvenation

By Lisa Collazo LCSW

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Rejuvenation

Have you ever awoken from a restless sleep feeling as though you needed to write but were too depleted to even pick up a pen, let alone sit down and write something worthwhile? If you haven't felt this way at least one time or another, you are definitely in the minority. Consider yourself unique within the vast majority of writers struggling with what I call the depletion condition. Many depleted writers, in their attempts to reach a deadline will force themselves to charge forward with their writing regardless of how it makes them feel. If more care is not taken to feeding your writer's soul, you could experience feelings of resentment, inadequate health, and creative blocks that might produce debilitating results.

Lee Humphries, an interdisciplinary research analyst and President of ThinkingApplied.com eloquently stated in his article on the Ecology of Creativity that "one of the lamentable facts about our culture is that it holds free time in such low esteem and subtly chides those who engage in it.... this value more than any other passed down to us blocks the avenue to creativity."

As a society, we are overrun with "to do" lists and spend little time on reflection and relaxation. Ironically the busyness of our lives might not produce the rewards we are seeking. Our rigid schedules can deplete not only our energy but our creativity. In contrast, take a look at a child's view of the world. If you have ever watched a child at play, you do not see someone looking at the clock concerned about when they need to stop fingerpainting and start reading a book instead. Furthermore, you do not see a child becoming upset with him or herself when they spend longer periods of time on one task than on another. On the contrary, you see a child lost in a world of his/her own creation. Children are naturally spontaneous and uninhibited.

How can writers incorporate this unrestrained way of being into their own lives? It may be as simple as looking at who you are and what you enjoy doing. How one writer relaxes and refuels his/her creativity may vary greatly from another.

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Here are some questions to ponder:

1. When you think about taking a break from writing, what comes to mind for you?
2. Are you feeling guilty for thinking about time spent away from your writing?
3. Are you relishing the thought of a rewarding experience that can help fuel your energy to write again?
4. If you do not take breaks, how do you feel?
5. What signs do you recognize in your body?

It is no surprise that by taking more breaks from your writing, you will feel better and enhance your creativity. The sooner you can become aware of what depletes your energy and recognize what works for you in refueling your creativity, the better off you will be as a writer.

"Every child is an artist. The problem is how to remain an artist once he grows up." Pablo Picasso

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ABOUT THE AUTHOR: Lisa Collazo is a licensed clinical social worker and personal and professional writer's coach. She helps writers discover their authentic voice and challenges them to begin taking risks with their writing. Ms. Collazo's services for writers include individual telephone coaching. She can be reached by email or phone at: Lisa@writewhatyouknow.com www.writewhatyouknow.com 512-445-7498

The Magic Of Rejuvenation

By Keith George

Rejuvenation refers to procedures used for reversing the aging process and regaining youthfulness. When people get older their health, strength, intelligence and attractiveness diminishes. History of all societies is full of people have searched for ways to regain the charm of youth. The most famous is Alexander the Great who searched in the east for such an elixir. However it is ironical that Alexander died very young. In the future rejuvenation may become reality through research on stem cells, biochemical repair or with nanotechnology.

History of Rejuvenation

Many stories and myths tell us of the quest for rejuvenation. In olden days it was believed that magic or supernatural powers could bring back youth. In the 16th century many expeditions were undertaken around the Caribbean Islands and into Florida to find the Fountain of Youth but the fountain was never discovered. There were some prevalent beliefs that certain potions or chemicals may restore youth.

The scientific method for rejuvenation started when quest for rejuvenation reached its height with alchemy. All over Europe the alchemists were looking for mythical substances (Philosopher's stone) which could turn anything into gold and also restore youth. Although the goal was not achieved,

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alchemy laid the foundation for scientific methods and also to the medical advances of today.

Modern Developments on Rejuvenation

As per modern science, there are no natural laws to prevent successful rejuvenation. Aging is the cumulative effect of damage to cells, tissues and organs. If damage can be repaired the result will be rejuvenation.

Many experiments have been done for rejuvenation but they have obtained the increase in life span. There are eight types of hormones which are the causes for aging factors:

Human growth hormone Sexual hormone e.g., testosterone or estrogen hormone Erithropoietin (EPO) Insulin DHEA Thyroid hormones Melatonin. Pregnenolone.

These hormones are important in cell and tissue repair. With age these hormones reduce in number and effectiveness. However in theory the hormones can be replaced thus the body should not age. Research is still going on to study the effect of these hormones.

Facial rejuvenation is a set of cosmetic procedures used to increase or restore the appearance of a younger age to the individual's face by cosmetic surgery. The surgical procedures tries to restore facial geometry and appearance of skin using techniques/procedures like brow lift, elimination of eye bags, eyelids lift, facial sagging and chin lift and restoration of facial hairline.

The present option available for rejuvenation involves cosmetic changes to the individual to create the appearance of youth. Cosmetic surgery changes the individual's appearance thus elevating his/her happiness level and may have positive side effects. Cosmetic surgery of body involves removal of wrinkles on face, removal of extra fat (liposuction) and reshaping or augmentation of various body

parts.

Keith George always writes about valuable news & reviews. A related resource is

<http://the-rejuvenation.info>

Further information can be found at

<http://the-technical.info>



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