

STOP THE WORLD I WANT TO GET OFF!

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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!

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By Victoria Elizabeth

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STOP THE WORLD...I WANT TO GET OFF!

--- Or, what was the world like before brand-names & blah-blah-blah? ---

Inundated with more than 10,000 messages a day, it's not surprising that many folks prefer to go "bonkers" than see another blessed advertisement for things guaranteed to cure all manner of ills and bring us joy life ever after.

You know the ones I mean ...restore your venal vigor in just one hour (for just \$49.95 plus tax), ...renovate your tinkle pantry in 7 days (based on an easy, affordable, installment payment plan), ... make you rich in less than 21 days (all credit cards accepted for this "best-selling" tips book), ...or enhance your private parts for life (using a miracle formula available at a 50% discount, if purchased within the next five minutes on the Shopping Channel).

It would be nice to think that we're okay just the way we are. The truth is that the world goes better when we buy stuff, and I mean oodles of it, even if we don't really need it.

With so many "brand-name" and "brand-less" products competing for shelf space and "mind share" --- it's no wonder we're pooped and need the occasional pick-me-up or put-me-to-sleep pill! After all, being bombarded by those 'buy now...before it's too late' ads, text messages, and infomercials on TV, radio, cell phones, magazines and now embedded in emails isn't much fun. The astonishing thing is how people cope with this dilemma by calling on some familiar escape goats such as daydreaming, dawdling or simply dumping on others.

As little as a century or two ago, no one obsessed about buying "brand-name" products "to impress a boss", "bewitch a suitor" or "to keep up with the wretched Jones's".

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For those who didn't like being told what to do, there were plenty of things to engage their talents besides wading through the holy scriptures, the sports page, or sharing the latest interactive electronic exploits of "Dick and Jane or Puff and Spot in the Dungeon" with friends.

In fact, far from having their head in the clouds, folks spent a good deal of time with their feet firmly planted on the ground. For example, home gardens were practical if not pretty places designed to provide nourishment for families while medicine chests were filled with home-remedies although perhaps a tad bare by today's standards.

And if the "humors" got you down, there were always a few tried-and-true remedies you could count on to get you back on your feet (besides bleeding or purging).

-- Cayenne pepper sprinkled on one's socks could cure "cold feet".

-- Thorough-wort, red raspberries and sage were said to do wonders to relieve the symptoms of flu or a cold.

-- Caraway and fennel seeds in food were used to cure a bilious body of "windy colic".

-- Pillows stuffed with hop seeds provided an alternative to counting sheep and, more often than not, afforded owners the gift of pleasant dreams.

-- Catnip apparently kept the wee ones calm and quiet if not the cats as well; (and in my day, kids and cats were to be seen and definitely not heard).

Instead of looking to "Father Knows Best", the "Wizard of Oz" or "Superman" to save the day, those who came before us lived simpler lives and no doubt understood the notion that perhaps "nature knows best".

So, when your world starts to look like a hodgepodge, and you can't find the silver lining behind your cloud...why not take a break from the 500-channel universe and the chatterbox of life. Count to ten, take a deep breath...and enjoy a walk in nature - it's the one thing in life that isn't created by spin doctors, has no brand-name, and doesn't go blah, blah blah!

For more information about musings on life, the Universe and everything in between...drop by and take a wee peek at "The Quipping Queen" -- www.quippingqueen.blogspot.com.

Victoria Elizabeth, has been called by some, "a royal pain in the butt". But, most find her musings about "life, the Universe and everything" a fine way to practice chortling, giggling and laughing out loud. (Visit www.quippingqueen.blogspot.com for more tasty tidbits.)

How Do I Stop Smoking?

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By Alex Benyukhis

For many people around the world, the question they ask themselves every day is, "How do I stop smoking?" Unfortunately, many of these people will never actually have the opportunity to quit. They will have one excuse or the next to purchase another pack of cigarettes. The will power to stop smoking is often weak, and buried under a lot of stress and worry. But, there are ways to get yourself off the drugs and into a great situation to improve your health.

We all know that smoking leads to many diseases. This isn't even debatable anymore. But, what is is the method by which we can stop smoking. It is difficult in any case to learn how to stop smoking. It will take nothing short of determination to get it done. But, there are things to help you do it successfully.

You have more than likely heard of patches and pills that can help you to stop smoking slowly. In these methods, they provide the nicotine that you body craves through a safer means. Slowly, you will step down from needing two packs a day to needing only one to needing none. The gradual movement helps you to stop having to fight the temptation for more and more. It helps to keep you on the right track as well.

Another method to stop smoking is to go cold turkey. But, you will need to replace that need for nicotine with something else. In many studies, it has been found that people who stop smoking and begin exercise have a better chance of remaining smoke free. While this may not seem like something you can do, it has worked for many others. It does take a lot of dedication and determination.

Yet another way to stop smoking is often one of the most terrifying. Being faced with the consequences of what smoking can do to you may actually help you to stop. For example, those who smoke are filling their lungs with tar. You know, that stuff they put on the roads? Yes, that is what is going into your body. Take a trip to the health museum to see what it's like. Or, if you are already too late, you may be faced with cancer already. Is this enough to get you to stop?

Unfortunately, it won't be for many. If you want to stop smoking, you simply need to make the decision to do so and work hard at making that happen. You need to realize that your family and friends will suffer much more when you are not around to enjoy life with them because smoking has cut that short.

Find more information and tips about stop smoking by visiting

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