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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!

Shake the Tree

By Jackie Stanley

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How would you respond to this question posed by writer Logan Persall Smith?: "What is more mortifying than to feel that you have missed the plum for want of courage to shake the tree?" I believe that, in the context of weight management, the "plum" is the attainment of your weight loss goals and "shaking the tree" means confronting the truth about why you eat.

The only person who can answer the question Why do I eat? is you. And the only way you are going to discover the real answer to that question is to ask and keep asking until you get the answers you need. This month, accept the challenge to "shake the tree." At the end of the day, sit down and look back over your food diary. Then ask yourself this question: Why did I make the food choices I made today?

Initially, your responses may appear superficial. But if you find the courage to keep asking, you may discover that you are eating to escape feeling lonely now that your children have left the nest or because you are afraid you may not meet your parents' expectations or to bury the pain associated with a break-up. And once you discover the real reasons, then what? Then, you can

start working to address the real problem and start enjoying the plums!

Jackie Stanley is the creator of a series of personal wellness and weight loss journals titled "Lettuce Is Not Enough." She can be reached at 336.854.8667 or at jackie@lettuceisnotenough.com

Tea Tree Oil

By Ric Wiley

Tea Tree Oil is one of the most useful products in nature. It has been used by some Aboriginal People in Australia for many centuries as one of their most useful medicines. Tea Tree oil is derived from Melaleuca Alterniflora which is a narrow-leaved paper bark tree that is native to certain parts of

Shake the Tree

Australia. Some people think that it is called the Tea Tree because Captain Cook, who sailed from England in the 17th Century, used the leaves to make a tea from when they first voyaged to Australia, hence the name Tea Tree. Captain Cook found that it was good at combating scurvy a disease that many of his crew suffered from at that time due to a lack of fresh fruit and fresh vegetables.

Australia has more than 300 different kinds of Tea Tree, but only one of them is used to make the oil which is now world famous. Tea Tree Oil first came to prominence during the First World War in the early 20th century. Australian soldiers were seen to be using the oil to treat their infections. They had a great deal of success with this. During World War Two, Tea Tree Oil growers were exempt from National Service in Australia as their contribution to the war was to produce Tea Tree Oil for use by its troops.

Tea Tree oil has a number of fantastic properties making it an excellent treatment for many complaints. These are all external uses as Tea Tree oil should not be taken internally.

Tea Tree oil has been shown to be effective against Fungi, Bacteria and Viruses. It is extracted as an essential oil by steam or water distillation from the leaves and twigs of the Tea Tree. The oil is a water-white liquid or pale yellow-green. It has a fresh, spicy and slightly camphoraceous smell.

Ric Wiley is an Internet researcher and author. Check out his latest web sites at

and

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Tea Tree Oil

How to Make your Silk Palm Tree Flow with the Environment

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