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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!

Simplicity

By Alison Hall

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Simplicity...

Busy, rushed, hurried, just some of the words used to describe life today. Everything seems to be measured by what you have, where you go on holiday, what labels you wear. We are bombarded with articles, billboards, advertisements, which all dictate (most subconsciously) how we should live, and if we don't measure up to that, then we are not really living.

Now, if we have more disposable income, and are living as above, why is it that most of us feel there is something missing?

We have forgotten how our ancestors danced in tune with the earth's rhythms. How they lived by the seasons and the cycles of the moon. How they only gathered what they needed, nothing more, nothing less.

That's all very well in those days, but we have technology now, surely with all these gadgets our lives should be easier? Perhaps, but are we any happier? Do our lives light up with the sparkle of the stars? Do we even know what makes us happy? Do we yearn for love, yet are unable to find it? Our lives are a clutter and mismatch, even when we think we have it all, as long as our world doesn't change we still live in closed boxes. We always want more and more to fulfil our so−called `happy life'. The truth is, it's all an illusion, created by us for us. Our ego, out to protect us and keep us safe. Keep busy, earn more!!! Fill your life full of busyness so that you never have to reach within, never discover what makes you truly happy, for this would mean having to take a cold hard look at your soul within. The spark of our soul, who we really are always remains lit, a tiny spark, which could grow into an inferno of wonder and joy, if only we would fuel our fire with the truth of who we are.

Today, take time to acknowledge what it is that you have filled your life with. Is there any room for you? I don't mean is there time for you to go out and play sport or shop, I mean is there any time for you to sit, relax and take stock of your life and where it is headed. Are you able to recall the feeling inside when you encounter something of beauty? Perhaps you resonate with a beautiful sunset, fresh

morning dew on bright green grass, or the smell of freshly baked bread? Do you remember that feeling?

Today, do something that makes your soul sing, just for once take time for you.

ÓAlison Hall 2004

Alison Hall is a holistic life coach, reiki master and writer. An inspirational teacher, who draws on a number of holistic techniques to help others live their dreams. For more information on how she can help you please visit www.universalbeing.co.uk, email alison@universalbeing.co.uk or telephone +44

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Everthing A Parent Needs To Know About Evenflo High Chairs

By Helen Walters

The Evenflo high chair comes in many different kinds, styles, and colors. Some different Evenflo high chairs include the Evenflo simplicity high chair with a toy included, the Evenflo envision high chair, and the Evenflo smart steps discovery high chair.

The Evenflo smart steps discovery high chair is a great toddler high chair that cost around about one hundred and fifteen dollars and comes with features like the snack and play tray that is a three position adjusting tray, eight different height adjustments, a three point restraint system, and a four adjusting reclining positions. The seat cover of the high chair is also machine washable. The discover zone tray has music, sound, learning shapes, letters, and numbers to teach your child while he or she is eating a meal. This tray/high chair was developed for parents to be able to feed your child easily and help him or her develop good memory skills.

The Evenflo envision high chair cost around about sixty five dollars to about seventy dollars. The Evenflo envision high chair is very easy to fold for easy storage. This Evenflo high chair also comes with features such as the seven different height adjustments so you can level it to your kitchen table. Also it comes with a mechanism that allows you to recline the high chair in three different positions and a four different position tray that is dishwasher safe.

The Evenflo simplicity high chair with a toy included cost around about seventy nine dollars to around about one hundred and thirty eight dollars. This Evenflo simplicity high chair is a high chair that can be converted into a booster seat if you remove the tray. The Evenflo simplicity high chair has features such as a three position dishwasher safe tray, eight different height adjusting positions, four different reclining positions, and four locking roll wheels for easy movement of the high chair. It also has a removable high chair seat cover that is machine washable safe and the high chair also has a safety guard restraint system that when you want to get your child out the tray swings out of easy access.

Helen Walters provides a variety of information on issues important to parents.

http://www.evenflo−high−chair−guide.com

is home to a large selection of articles and reviews of Evenflo

high chairs.

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