

Stay away from the oxygen thieves!

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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 Burrel Lee Wilks III**

People are either "givers" or "takers." It's as simple as that. They are one or the other. No room for gray. When I talk about giving and taking here, I'm not only talking about people who borrow or lend money, I'm talking about emotional giving and taking.

You know the people I'm talking about. The ones who sap your energy and your strength. They only want to be with you as long as you bring some value to them. They're always afraid they're missing out on something. When you're with them, they're usually looking over your shoulder, scanning the room, to see who else, of more use, might be there.

They talk at you, not to you. They don't listen. In fact they're just waiting for a chance to interrupt so they can talk more about themselves. They only call when they need something, when their lives are out of kilter.

The funny thing is though, that someone who is an emotional taker, will usually take your money, hospitality, kindness and girlfriend as well!

Now do a quick mental inventory of your friends and associates, and without thinking too hard, label each one as a "giver" or a "taker." You'll be surprised at how easy it is to do.

Then there are the Bottom-Feeders.

Now these are the real losers. The extreme takers. They'll take, then take a little more, then just a little more until you're sucked dry.

They probably don't even recognize that they're doing you any harm. In fact, they believe you owe them. After all, they rationalize, you've got so much more than they do: more money, energy, luck and connections. It stands to reason you should share it all with them! That's only fair.

And worst of all, are the Player-Haters!

They gossip, and cackle and love to see other folks fail. When you share good news with them, their

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smiles don't ever reach their eyes. They pretend to celebrate your success but are just waiting for you to fall.

These are the folks who only want to hold you down, so they won't be lonely at the bottom.

So, stay away from the Takers, the Bottom–Feeders and the Player–Haters at all costs, even if they're so close to you they're related! Find people who have the same goals you have and who'll be there to encourage you when you need it.

Burrel Lee Wilks III is America's Most Authentic Life Coach! Find out more about this Streetwise MBA (Master of being Alive) at

<http://www.burrelstreetwise.com>

or subscribe to his free newsletter at

<http://www.TheBurrelReport.com>

## **All About Oxygen Based Colon Cleansers**

**By Ryan Bombard**

A number of companies that are in the business of producing oxygen based colon cleansers are not able to develop suitable oxygen based colon cleansers. Blame it on the failure of not following the scientific method of attaching and stabilizing oxygen with utmost ease. Instead, what these companies are doing is a mixing up of magnesium oxides with magnesium peroxides and labeling their products as oxygen releasing compounds.

### **Stabilizing Oxygen**

The main function of stabilizing oxygen is to generate oxygen following a timed–release process. There is a big misconception in the medical world that the gut is the one, which consists of anaerobic organisms. However, gut disease arises because of the misuse of antibiotics.

It is advisable to take an oxygen–based cleanser every day before going to bed as it creates a stable bowel environment. In addition, oxygen will also play a prominent part in oxidizing and cleaning the entire bowel, leading to relieving constipation and compaction.

### **When Looking at Oxygen Cleansers**

When looking at oxygen cleansers, please check that whether any is oxygen being released or not. How one can determine that? It is quite simple; this can be done through a titration test. Titration will clearly indicate whether oxygen is being released or not, as well as the duration of the release. There are very few products, which release oxygen for over 16 hours. In fact, there are just two products that have this quality.

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There are few products that actually release oxygen therefore one should be careful while buying an oxygen releasing cleanser. A good quality oxygen-based cleanser should contain GE-132 that is a special mixture of aerobic proboscis and enzymes.

Always make sure that you stay away from the so-called oxygen cleansers, which contains some part of ascorbic acid. This is because of the fact that ascorbic acid is a strong antioxidant, and can result in neutralizing benefits of oxygen release.

A clean and healthy colon leads to a feeling of wellness therefore do your research before starting your cleansing regime. There are related products available online and also in drug stores.

Ryan Bombard writes about various colon cleanse and colon detox topics. For more info:

<http://www.colon-cleanse-diets.info/cleanse-colon-oxy-lemon.html>

and

<http://www.colon-cleanse-online.info/colon-cleanse-supplement.php>



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