

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Stop And Smell The Citrus

By News Canada

Stop And Smell The Citrus

by: News Canada

Rejuvenation essential for busy Canadian moms

(NC)—Ask a typical Canadian mom if she works full-time and you know what she'll answer.

Moms have to be multi-taskers: they hold down demanding jobs, raise children, prepare meals, do the wash, manage the household budget, take care of the home and nurture relationships with their husband and extended family. Personal time is virtually non-existent; yet to keep up the pace, moms need a break more than ever before.

Studies show that working women are more likely to suffer from stress. According to Statistics Canada, in 1994/95, 27 per cent of all adult Canadian women were experiencing high life stress, compared with only 22 per cent of adult men.

Trying to maintain that balance of work, family and time pressures can take its toll on a woman. Often, they don't get enough sleep, which can interfere with the ability to function and retain information. And despite having a "full plate", many women fail to maintain a regular, nutritious diet. They're so busy feeding and looking after their families, they put their own nutritional needs on the back burner.

Proper eating habits determine energy levels and regulate the body's metabolism. That's why it's even more important for women to fuel up on healthy foods to keep them going through their long and busy days. For example, a diet rich in oranges, grapefruit or other citrus can help fight fatigue because Vitamin C aids with iron absorption. Citrus also supplies a wealth of carbohydrates, the major fuel source from the brain. And drinking plenty of water is extremely important for circulating nutrients and oxygen throughout the body. Being dehydrated will make a person less energetic.

"Regular exercise, taking time to relax and making healthy food choices is the best way for a mom to keep her energy up and her stress levels down," says Dr. Liz Applegate, author, nutritionist and

Stop And Smell The Citrus

professor at the University of California at Davis. "And a daily dose of summer citrus such as Sunkist's oranges, grapefruits or lemons, will help mom take care of herself, so she can take good care of her family."

Since stress is a leading contributor to depression and anxiety, it is crucial for women to take time to rejuvenate.

Here are a few simple things mothers can do in the middle of a busy day to help them recharge: Head outdoors – reach for the runners instead of the remote Get together with an old buddy De–stress with a mini aromatherapy break: simply peel an orange or lemon to release a wonderful, uplifting scent Pamper yourself by visiting a spa for a massage and beauty treatment Hunker down with a good book Turn up the music, sing and dance (like no one is watching) Try out a new recipe Dig in the garden Take a luxurious bath with relaxing bath oil, scented candles and your favourite music Laugh out loud! It's one of the best energizers around.

provides a wide selection of current, ready–to–use copyright free news stories and ideas

for Television, Print, Radio, and the Web.

is a niche service in public relations, offering access to print, radio, television, and now

the Internet media, with ready–to–use, editorial "fill" items. Monitoring and analysis are two more of our primary services. The service supplies access to the national media for marketers in the private, the public, and the not–for–profit sectors. Your corporate and product news, consumer tips and information are packaged in a variety of ready–to–use formats and are made available to every Canadian media organization including weekly and daily newspapers, cable and commercial television stations, radio stations, as well as the Web sites Canadians visit most often. Visit

and learn more about

the NC services.

Renew Thyself Daily, with Candles! – a Candle Review

By Jennifer Hall

One of my favorite quotes is a quote of a quote in Transcendentalist Henry David Thoreau's Walden, a writing he found on the bathtub of King Tchingthang, which Thoreau describes, " `Renew thyself completely each day; do it again, and again, and forever again.' I can understand that. Morning brings back the heroic ages." I agree, to wake up early, enjoy the dawn, and have a productive morning is some of my finest time. And there are little things that bring the beauty and productivity into fruition, little things that I don't take lightly – like the encompassing power of something as simple as a candle.

Having the perfect scent can completely vitalize my day, and studies have proven this. It is now known

Stop And Smell The Citrus

that certain scents physiologically help create moods, citrus scents rejuvenate and create energy, lavender scents are calming, and so forth. And then there's the primordial magic of the flickering flame, and poetry in certain scent combinations. So what do I renew myself with? Thai Market.

The Thai Market candle from Illuminations completely invigorates my morning, probably due to the citrus element: lemongrass. The candle also contains the scents of sweet litchee, basil, aromatic cardamom, and creamy coconut milk. This combination is like a master recipe – a work of art. The soothing coconut balances with the crisp lemongrass and the other scents add a touch of enchantment. They conjure up Asian secrets and always leave me inspired. Citrus is also known to leave a clean feeling, partly because some citrus fruits like lemon are used as cleaning items. Not only does it smell clean, but this candle inspires cleaning! The energy, the crisp cleanliness, perfect for tidying up in the morning.

When the work is done, it leaves me inspired, I'm more likely to play music or write or do something I really enjoy with this little touch. It's these little things that can really enhance a day and shouldn't be taken for granted. Your environment is important to your life, and a clean, aesthetically pleasing one will surely give you the happiness and energy to accomplish more than you normally would. So find a scent that really appeals to you, and if the scents of the Thai Market candle appeal to you, I'd highly recommend trying it out.

Jennifer Hall is the founder and editor of

,

, a journal

for fun home ideas and an online guide to saving money; and

, an online

magazine featuring independent music and film. When she's not online, Jennifer's spending time with her family, gardening, or playing the piano or accordion.

Related Content:

[Renew Thyself Daily, with Candles! – a Candle Review](#)

[Know Your Own Scent.](#)

[How To Choose Your Personal Scent](#)

[Creating a Mood with Scents](#)

[Potpourri With Herbs And Essential Oils](#)

Read more Content at

Related Products:

How to make Perfect Wines and Spirits from Home

Instant Email Scramble

How To FINALLY Stop Smoking...Once and For All!

Newbie's Guide to Stop Spam

AX Gold Web Security Kit

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!