

TAKING CARE OF BUSINESS BY TAKING CARE OF YOU!

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By Barb Melloh

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I read a great line somewhere recently that said "We spend all our health while making money – and then have to spend all our money to regain our health."

America has 76 million baby boomers. Did you know that we are turning 50 at a rate of one every eight seconds? And did you know that a HUGE percentage of folks doing business online today are in that age group?

Well, I don't know about you. I want to be a success in my business, but I do NOT want to be one of those harried, stressed-out executives that has no energy, a constant headache – or worse — a heart condition, or high blood pressure. And while we are, as a nation, taking better care of our health than ever before, there's still a long way to go.

So in order to take care of business, I've learned how important it is to take care of ME, and I'd like to pass on a few of my secrets ...

ENERGY LEVEL

Do you often find yourself looking for a quick boost to help you get through the day? Many of us turn to a chocolate bar or a second cup of coffee, when what we really need to do is step away from the computer, go outside and take ten deep, satisfying breaths – restoring the level of life-enhancing oxygen to our brains immediately.

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If you are on a tight deadline, and really can't afford to take the time, try energizing with natural ingredients. Next time you find yourself yawning over the keyboard, try anything rich in carbohydrates, B-complex vitamins, vitamin C or amino acids— these are all energy-boosting options.

STRESS MANAGEMENT

Everybody has stress in life, especially small business owners — but some of us respond better to it than others. If you are a person who can channel deadlines and other

pressures into motivation, then stress will give you the extra energy and drive you need to get through tough spots.

But if you handle it poorly, stress can negatively impact your health – and therefore your business. To protect yourself from potentially harmful long-term effects, look into relaxation techniques, or burn off some extra energy by doing regular physical exercise. You may also benefit from specific homeopathic and herbal ingredients designed to help manage stress.

MEMORY

Healthy brain function can be affected by poor diet, lack of adequate sleep or exercise, stress, injury, illness, and excessive alcohol and sugar intake. Pay close attention to how any of these things are affecting your ability to remember important details. If you find you need to provide additional nourishment for healthy brain function and memory, the B vitamins and amino acids are key. Nutritional supplementation may play an important role here, too — ginkgo biloba and cat's claw, for example, are known to support memory and mental function.

MENTAL WELL-BEING

Your brain is the 'hard drive' of your entire body, controlling involuntary tasks such as your heartbeat, breathing, reflexes and blinking. It contains millions of nerve cells that send and receive messages through the activity of chemical messengers called neurotransmitters. To help promote mental well-being, eat a well-balanced diet, exercise regularly, learn more ways to combat stress,

and moderate your intake of alcohol and sugar.

Taking care of you will not only nourish your body,
it will reward your senses – and pay business dividends,
in the long run!

Barb Melloh is an independent consultant in the health care field and also an active Internet marketer.
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A Dog Day Care Franchise – Is it really worth it?

By Kelley Blackston

A Dog Day Care Franchise – Is it really worth it? by Kelley Blackston

When you take into account that there are over 68,000,000 dogs in the United States alone, you can see why many people consider taking advantage of a dog day care franchise.

However, before you even think about a dog day care franchise, please do a self evaluation and make sure you are doing it for the right reasons.

A dog day care franchise is a tremendous responsibility. It requires a lot of time, a lot of effort, and a lot of resources.

Now, please understand that I am not implying that a dog day care franchise is not a wise choice for you. I am only trying to help provide you with some useful dog day care franchise information.

Here are some general questions to ask yourself before starting a dog day care franchise:

– Do I really love dogs enough to start a dog day care franchise?

Yes, I realize like many opportunities in life, you have the potential to make good profits with a dog day care franchise regardless of whether you really care for the dogs or not.

However, if you don't have a love and passion for dogs, your success with a dog day care franchise will more than likely be limited.

– Next, are you willing to foot the bill for all of the necessary dog day care franchise resources?

Yes, even a dog day care franchise that comes with all the necessary information and tools is still going to cost you. Especially, if you are renting a building for leasing land.

These are just some of the reasons why I encourage people to do their research before taking advantage of a dog day care franchise.

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So if you've read this article and find that a dog day care franchise is still a viable opportunity for you then great!

I wish you nothing but success!

Kelley Blackston P.S. You may use this article in your publication, but the content and signature file must remain intact. Thank you. "Thousands Have Discovered This Little Known Secret To Making Money With A Dog Day Care -- Now It's Your Turn..." <http://www.startadogdaycare.com>



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