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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!**

**The "D" Word**

**By Carole Pagan**

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Nothing strikes fear in the hearts of people everywhere more than the dreaded D word.

Revolutionists have diluted it's power gradually over the last 50 years, insisting that we no longer need such a thing. They have created numb minded societies with no particular aspirations, and little motivation. Robot like civilizations who swarm from one great leader to the next as long as they will promise to protect them from the D word.

Do whatever you want. Freedom is your right.

Eat whatever you want. Watch whatever you want. Fill your mind so full with trivial nonsense that you have no room for anything else.

We are an enlightened society. We are free. You no longer have to do anything you don't want to do.

The D word has been so shunned that many kids don't even know what it is. They have never experienced it.

Everyone is so much happier having been relieved of the burden.

Aren't we?

OK. I'm going to reveal the D word. But be prepared, it is ugly. No one wants to hear this. If it gets out and starts spreading, it could change your life, so be very careful.....

Ready?

Discipline.

Are you scared? Doesn't it just rock the core of your being?  
What a thought. Imagine that anyone would talk about such  
a thing in this day and age.

I mean, Discipline would make you do things like—

Turn off the TV and (gasp) read a book.

NOT eat the WHOLE bag of potato chips.

Keep your house clean.

Eat a salad instead of the potato chips.

Cook dinner. (imagine that?)

If this were to spread, we'd have people reading and thinking,  
and being healthy and full of energy. They would start building  
businesses, real ones. They would get out of debt. They could  
change our whole economic structure. People could go from  
dependent to independent.

Worse yet, people would start developing morals and ethics.  
They would actually start doing the things they say they want  
to do instead of just talking about it.

Everything that we have become so accustomed to would be  
shaken. The world could never stand such an uprising!

Or could it?

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If you're not afraid of discipline and you want to take  
back control of your life— Enroll in Beating the Demons.  
It might be just what you need to get you on track.  
<http://Beating-the-Demons.com>

Carole is a single work at home mom. She shares her life improvement tips and time saving resources  
at [www.ConvenienceNet.com](http://www.ConvenienceNet.com)

## 10 Easy Spelling Rules to improve your spelling by 100's of times!

By Sacha of [home-school-reading.com](http://home-school-reading.com)

Are you a good speller? It is hard to help your child with spelling if you have a hard time with spelling yourself. At the same time, if you are a great speller, it can be difficult to understand why your child is not a great speller.

What you'll find in this section is a listing of some spelling rules you and your child can learn, some links to free spelling sheets on the web and more.

1. Do you change the words you use when you write because, you might not spell the word correctly?
2. Would you be mortified if you sent correspondence out without spell checking it?
3. Could you live without a spellchecker?

If you answered YES to the first two questions, or NO to the last question, you your spelling has much room for improvement!

If you learn these 10 basic spelling rules, you can spell literally thousands of words!

### 1. E Ending Rule:

When a base word ends with an E and you add an ending that begins with a vowel, drop the E. Go to the Free Spelling Worksheet that teaches this spelling rule.

### 2. The CVC Rule:

When a word that is 4 letters or less ends CVC, and the next ending begins with a V, you must double the final vowel.  $CVC + V = CVCCV$

### 3. The Vowel Changers:

When the letter Y or the letter W is at the end of a word, it acts like a vowel letter.

### 4. The Flighty Y Rule:

When a word ends Consonant and a Y (C+Y) and you ad an ending there must be an I in the word. Either the Y changes to I ( $C+Y+ \_ = C+I+ \_$ ) or the ending has an I and it becomes ( $C+Y+I = C+Y+I$ ).

### 5. Plural Rules:

To make a regular word plural, add a "S" If the word ends in the letter S, Z, X, SH, or CH, or a "C+Y" add an "ES"

### 6. The Disappearing E Rule:

When a word ends with a W, and you ad the ending EN, drop the E.

### 7. The Appearing AL Rule:

## The "D" Word

When a word ends with "IC" and you add the ending "LY" it must become "ICALLY"

### 8. Double the Fun Rule:

When the ending of a word is a short base CVC rule, follow the CVC doubling rule.

### 9. The ION Rule:

When a word ends in ION, another form of the word may end in OR.

### 10. The Exception Rule:

Every rule has an exception, so, don't be surprised if you find a word that doesn't follow these rules. . . but most of them do!

Sacha Luria-Smith has been recognized for her teaching success on National Public Radio and Disney radio. She has also taught middle school in Oakland, CA. She is the author of the website <http://www.home-school-reading.com>.

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Abiding in the Word

Using Brainstorming to Find Keywords

F-E-A-R in the Job Search!

Applying the Word is Power

Over 185 Delicious Italian Dishes

Money Making Flashy Designs in a Box

The Ultimate Ad Tracking Tool

100 Instant PDF Templates

111 Egg Recipes



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