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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 Effect of Increasing Outside work

By David Maddern

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If your man is pursuing a career path please take note of this. Because, although a breadwinner's intention is to support by bringing money into the home, he is nevertheless away from home for extended time and a distance may form between the partners.

This is especially true if all children are established in the school system and a mother can step back mentally and review who she is. Often the "growing apart" concept creeps into the background then.

Many women begin to crave "quality time" with spouse and with children, yet work demands more and more, and the relationship suffers. This can not be suppressed and divorce is common at 12 years since marriage, with the last few years uncomfortable.

Interestingly a woman tends to internally define herself by modes of psychological nurture established in childhood.

Usually these are one or two of „h quality time „h gifts „h touch „h nice words „h reducing her task load

Supply of these one or two particular things are quite fundamental to her self-image as it is how she is internally reaffirmed as worthwhile, and on the positive side is even the basis of romance.

The 'quality time' need is a very common one.

To avert this 'growing apart' about the only thing available is to increase options by getting separate income, without extra time away. Any inheritance on the way? Seriously, outside income brought in by either of the couple will increase options to reduce outside work or other subtler, but very positive things.

Network Marketing has a checkered history but a new generation of computer programmed systems now mean that

members simply advertise and are not required to sell, and in the case of a particularly professional one called Referralware, prospective members are given the option of up to 60 separate, non-pyramid sub-organizations. Active members take as little as 90 days to exceed outside income.

David Maddern has a deep interest in relationship dynamics (and haven't we all!), and has a page where people can sign up for free month to investigate the Referralware system at <http://www.restio.referralware.com> Procrastination deepens the ditch... your best bet is to Act now!

Know Your Bodybuilding Supplement – L-Taurine

By Rick Mitchell

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Taurine is the second most abundant amino acid in the muscle after glutamine. It performs several useful functions and can act in a way similar to creatine in that it expands cells by helping the muscle to hold more water, thus increasing cell volume. The added benefit for bodybuilders is that these expanded muscle cells boost hydration and stimulate greater protein synthesis giving an enhanced muscle fullness.

The best time for bodybuilders to take taurine is thirty minutes before training and again immediately afterwards as this will heighten the effect of training. With any amino acid supplement overdosing can lead to weakness and nausea so care should be taken in applying small doses and increasing them gradually until an optimum level is reached. Bear in mind that many protein powders and other supplements are fortified with amino acids so check the labels carefully. The manufacturer's instructions should be followed in all instances.

Rick Mitchell is the creator of the bodybuildingadvisor.com website that provides guidance and information to athletes at all levels of bodybuilding experience. Go to

to learn

more about the issues covered in this article.



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