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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 Ice Cream 'Comb' Story

By Rick Beneteau

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She was three. Just released from a far-away hospital after life threatening brain surgery, ready to take on the world again. I was happy just to have her back. My little "Mr. Clean" (shaven head and hoop earrings) and me driving along to our local mall. Hanging out with dad day. I recall her words as if it were yesterday.

"Daddy, can I get a treat?"

As she was understandably spoiled (if there is such a thing), I replied "ok honey, but just ONE". Her eyes beamed like the Fourth of July in anticipation of that something only she knew at the time.

We drove around to the new end of the mall on the normal seek-and-destroy mission of capturing a parking place. After all, it was Saturday. We landed a fair distance from our destination, and began walking hand-in-hand towards the entrance, her pace gaining momentum with each tiny step. A few feet from the doors she broke loose and ran hands-first into the thick wall of glass, trying with everything she had to swing the big doors open. No luck. With a little assistance, she 'did it' and tried the very same thing at the second set of doors.

It was then that I asked her what she wanted for her treat. Without hesitation, she matter-of-factly said "an ice-cream comb from the ice-cream store". Ok, the goal was set and we were in the mall!

But hold on! What was this? At the end of what was just an ordinary looking lane of retail chain outlets she spied something new- this huge fountain, water shooting who knows how high into the air. The new goal line!

She ran, and I walked (don't ya just hate it when parents let their kids run wild in public?), and we arrived at the spectacle at about the same time. The turbulent noise was almost deafening.

"Daddy, can I make a wish, can I make a wish?" she screamed as she jumped with the kind of pure joy we've all long since forgotten.

The Ice Cream 'Comb' Story

"Sure honey, but that will be YOUR TREAT you know" I explained (gotta be firm with these kind of things).

She agreed.

I fumbled around in my pocket and pulled out what I think was a dime (big spender) and placed it in her outstretched hand. She cupped it tightly, closed her eyes and grimaced, formulating her wish. I stared at that little scrunched-up face and said my own kind of prayer of thanks, feeling so blessed to still have this ball of energy in my life. And then like a shooting star, the coin was flung into the foaming water and with it, her wish.

We happily continued our stroll into the familiar section of the mall. An eerie silence ensued, which I was admittedly uncomfortable with. I couldn't resist breaking it.

"Aren't you gonna tell daddy what you wished for?"

She retorted "I wished I could get an ice-cream comb".

I just about lost it right then and there. Couldn't imagine what the shoppers thought of this lunatic laughing uncontrollably in the middle of a crowded mall. And needless to say, she got her wish, and two treats.

Little did I know then that my beautiful little girl would soon embark on a long road of seizures, surgeries, special schools, medications and end up partially paralyzed on her right side. She never learned to ride a bike.

Today, she is almost seventeen. She cannot use her right hand and walks with a noticeable limp. But she has overcome what life seemed to so cruelly inflict on her. She was teased a lot and always struggled in school, both socially and academically. But each year she showed improvement. She is planning a career in early childhood education. With one year still remaining in high school, her and I, one night not too long ago mapped out all the courses she would need to take in community college. It was her idea. She volunteers weekly at a local hospital, on the children's floor. She baby-sits a neighbors children five days a week. On her own this year, she stood outside in line for four hours on a cold Canadian January afternoon and enrolled herself, with her own babysitting money, into two courses she felt she would need for college.

You see, to her failure was never an option.

It would almost be redundant for me to explain why I wanted to share this story with you. She IS my daughter and I carry all those fatherly biases with me wherever I go. But these aside, she is a very exceptional person and one that I admire and have learned a lot from.

It is my sincerest hope that her story will have even a momentary positive impact on you as a human being, a parent, a spouse or even, an entrepreneur.

The Ice Cream 'Comb' Story

I'd like to leave you with a closing thought. As human beings, we deserve all the treats, and the multitude of good things that life can offer us. We all have wishes and dreams, AND the power to make them reality. Just simple truths of the universe.

We can wish for, and get, that ice-cream comb.

Rick is the author of 3 top-selling eBooks at: <http://www.interniche.net/ebooks.htm> and the purveyor of those amazing traveling billboards called I.D. IT! Plates: <http://www.iditplates.net> Subscribe FREE to The Mirror – Your E-chievement Ezine: <http://www.themirrorzine.com>

Low Carb Ice Cream

By Joan Winthorp

As the low carb diet continues to create a booming impact to its dieters, the low carb diet arena then began to produce after the exciting six-part series of frozen desserts, and included in this food trend is the making of the reduced sugar and low carb ice creams.

Speaking of low carb ice cream, there are some low carb ice creams that can not be technically called "low carb ice cream" due to their cream contents, however, they are still low carb ice cream alike. Fortunately, the ice cream companies are now working hard to provide the ice cream consumers with frozen desserts that have reduced sugar contents, which ultimately reduce the products' calorie and carbohydrate contents.

And one of the good news that accompanied the production of the low carb ice cream is that most of the reduced sugar desserts really taste yummy. However, there are some studies which noted that reduced sugar does not eventually mean the treat is low in fat. But despite that possibility for the low carb ice cream, there are still some frozen desserts that are both low in fat and carbohydrates.

It is as well interesting to know that many studies about the low carb ice cream have considered that only half a cup of the low carb ice cream is a reasonable serving. However, it is still considerable that even if an ice cream carton trumpets that has low sugar or calorie levels, or has no added sugar, or even has low carbohydrates, they might have probably fat contents that would contribute a bad effect.

So if you are one of those who love low carb ice creams, following are several low carb ice creams that are best recommended for family preference.

One of the noted best recommended low carb ice cream is the Edy's No Sugar Added Triple Chocolate low carb ice cream. Many who have tasted this low carb frozen dessert have considered it as low in fat, low in sugar, and tastes so yummy. And in fact, there are fudge sauce swirls in this chocolate ice cream.

And also of great interest is the Vanilla Ice Cream that can really be considered as a low carb ice cream for the fact that it contains a lower carbohydrates count for two carbohydrates per serving. This particular low carb frozen dessert is made by these ingredients: five egg yolks, a cup of Splenda, 1 and

¼ cups of heavy cream that is whipped.

All of these mentioned low carb ice creams are really considered as nice favorite treats. So you can keep yourself and slim down with these low carb frozen desserts.

Joan Winthorp is a fitness and nutrition expert. If you ever wanted to know if the Low-Carb-Diet works or does not – than the website at

was written just for you.



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