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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 Only Valentine's List You'll Ever Need**

**By Susan Dunn**

**The Only Valentine's List You'll Ever Need by Susan Dunn, The EQ Coach**

1. List of romantic songs ... if "I Can't Help Falling in Love with You" by the King won't do.  
<http://www.inspirationpoint.com/ipmusic.htm> .
2. List of romantic movies to rent ... "Casablanca," "Princess Bride," "Ghost" ...  
<http://www.inspirationpoint.com/ipmovies.htm> .
3. The heart-shaped griddle or frying pan ring for your Valentine's pancakes and fried eggs, just \$5.49:  
<http://www.romanticgifts.com/RomanticGifts/njscat.nsf/adminCatalog/E329061D73D3165188256A31001EE646!OpenDocument&15.+Kitchen+Dining> . Add a few drops of red food coloring to the pancake dough.
4. "Love Ya" Little Guys Lunch: heart-shaped sandwich in the lunch box, strawberry jam and cream cheese. Put "Love Potion" in the thermos - Hawaiian punch, but tape on a new label! Pop in some Hershey's kisses and candy hearts for dessert.
5. Family Valentine dinner - put that meatloaf in a heart-shaped pan. (Stainless steel heart-shaped baking form: ( <http://www.cooking.com/products/shprodde.asp?SKU=189433> ). When its done, frost it with mashed potatoes and put some Xs and Os on it with squeeze-bottle catsup. Alternate version: Slice potatoes thin and parboil. Mix with raw hamburger and tomato soup and put in individual heart-shaped ramekins. When cooked, pipe mashed potatoes around edge and sprinkle with cayenne or paprika.
6. Serve a "red" dinner for the kids - heart-shaped pasta with tomato sauce, make pizzas shaped like hearts, red kool aid, cinnamon hearts in hot cocoa and of course red jello hearts!
7. How to set the mood for your Valentine's dinner for two:  
<http://interiordec.about.com/library/weekly/aa020900a.htm> .

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8. Two fabulously romantic menus with recipes:

<http://entertaining.about.com/library/weekly/aa020700a.htm?once=true> .

9. How about the "Arise My Love" cocktail? Or a dry martini shaken to waltz time? Go here:

<http://cocktails.about.com/library/weekly/aa012501a.htm> .

10. Food alleged to be aphrodisiacs? Go here:

<http://entertaining.about.com/library/weekly/aa013100a.htm> .

11. How to make a simple Origami heart to place on someone's pillow:

[http://dev.origami.com/images\\_pdf/heart\\_sc.pdf](http://dev.origami.com/images_pdf/heart_sc.pdf) .

12. Slip an origami note–pocket heart in your honey's lunch box or suit pocket. Here's how to make

one: <http://www.netguides.org.uk/guides/origami/heart.html> .

13. How to make the "goblet fan fold" napkin for your table - yes, it's the one you want to use!

[http://interiordec.about.com/library/bl\\_napfold004.htm](http://interiordec.about.com/library/bl_napfold004.htm) .

14. Valentine's neck ties, socks and braces for the guys:

[http://interiordec.about.com/library/bl\\_napfold004.htm](http://interiordec.about.com/library/bl_napfold004.htm) . (Hey, women like this stuff!)

15. And don't forget the bright red cummerbund and bowtie: <http://store.yahoo.com>

[iebar2/solcolcumbow.html](http://store.yahoo.com/iebar2/solcolcumbow.html) .

16. Need some finery for your furry friend - rabbit, small dog, cat, or ferret. Scarves, ties, vests, bows

and boas! <http://www.cosettescloset.com/valwear.html> .

17. "How do I love thee? Let me count the ways..." and other great Romantic poetry:

<http://www.inspirationpoint.com/ippoetry.htm> .

18. Want to have an emotionally intelligent Valentine's Day? Take the EQ Course:

[www.susandunn.cc/courses.htm](http://www.susandunn.cc/courses.htm) .

19. On the other hand, would you rather rant and rave and carry on? [www.zinos.com](http://www.zinos.com) would love to

hear from you, and probably a lot of other people would too! And [ivillage](http://www.ivillage.com) has just the quiz for you to let

it all hang out: [http://quiz.ivillage.com/relationships\\_ests/feelvalentine.htm](http://quiz.ivillage.com/relationships_ests/feelvalentine.htm) .

20. Not in a partnership this year and looking for great ideas for celebrating Valentine's Day? Check

this out: <http://www.ideamarketers.com/library/article.cfm?articleid=17382&wherefrom=LOGIN> .

Happy Valentine's Day

Susan Dunn The EQ Coach helps clients celebrate and GET ORGANIZED with the Don't Die at 50 Weekly Organizational Calendar, the Gooding Accountability System, Internet courses and momentous

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coaching. [www.susandunn.cc](http://www.susandunn.cc) and <mailto:sdunn@susandunn.cc> for FREE strengths course, ezine.

~Happy Valentine's Day~

**By Patricia \*Lite\* Hickman, RM**

~Happy Valentine's Day~ by Patricia \*Lite\* Hickman, RM

"HAPPINESS IS...  
SOMETHING YOU DECIDE ON,  
AHEAD OF TIME" ~  
Mrs. Jones, 92 yrs old

~HAPPY VALENTINE'S DAY~ This is February, the month we celebrate love, not only relationship love, but more importantly, self love. Not everyone is in relationship, for those that are, I wish you the most Blessed Valentine's Day,,,ever :-)

For those that aren't, I wish you the most Blessed Valentine's Day,,,ever! This Valentine's Day (and month), celebrate the love you have in your life, friend(s), family, pet(s)~ celebrate loving yourself, and where you are right now. :-)

Grounding/centering, working on projects that have been put off in the household, or an extra 30 minutes of work-out time is also a good use of the energy.If you are feeling anger or frustration, or find yourself around angry people, or situations, just send yourself a beam of love or give yourself a hug -) Weather might also be a tad bit bizarre, as it has been in Wisconsin :-) Stay warm darlings, and if possible stay home :-)

The GOOD NEWS most people will focused on LOVE, this Valentine's Day. Love energy will be flowing for most of us, and that's the best energy we can operate under :-) let the love flow this February 14th. Let us approach it as a Return to Love, give yourself a hug everyday, just because, you deserve it :-)

I wish you Love and Light, during the month of February, and always~

Lite  
[www.astrongwoman.org](http://www.astrongwoman.org)

Psychic and clairaudient, I am, a Reiki Master, Healer, Minister and Metaphysician for more than 25 years. In order to find out the answers to my life, I studied Astrology, Tarot, Numerology, Religion, Psychic Phenomenia, as well as Healing,Spirit Releasement Therapy and Psychic Self Defense. I am the Grandmother of 9 and reside in Milwaukee, WI



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