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The Start of Civilisation via the Back Passage!

By Thick Mick

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Following is an excerpt from The Trivial Times . Some consideration must be made for the many memory inconsistencies of Thick Mick. He does his best!

Mick here, It's hard to believe, I know, but Civilisation was man-made, and my great grand uncle won a Nobel Piece Prize for his part.

Wind back your time-piece to the year 6000 B.C., and be careful not to break the spring as I did.

It was winter, as usual, and though our daily lives appeared to be the will of external forces, some special people had the foresight to make decisions that would affect todays' population.

Though I get over-paid for my column, please be patient as I take you through it.

There was a particular Pagan ritual that provided us with fun, on the face of it, but was actually a brainstorm that ensured the current judical system of today.

It was known as THE GAME. This wasn't a nocturnal activity, or a matching of skills for that matter.

We had no skills!

It was latin for "MAGE" or "Mag", and was a much finer publication than the trivial times, even with the chisel marks. The Mag was the prize for a one thousand feet free-fall dive into a pool. We had no spring boards either, or indeed, restrictive swim suits.

The pool was not like the modern olympic standard pools of today, which drain chlorine-laden storm water to the innards of the earth.

The pool was a simple lava pool!

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All the local "bullies" were encouraged to participate, and always agreed to aggressiveness, with unknown results.

This was BRILLIANCE" and "VIRAL", and "LOW BUDGET" entertainment. The prize still hasn't been won.

One after one, they lined up to win the prize. One after one, they failed. The trick was to hold your breath, I think, and no-one copped onto it.

As a boy of eighteen, I could never figure out why such men of Herculean physiques failed to win the "Game". It took me many years of research to discover that the solution was in the stone, and indeed,

only understood it properly, a few minutes ago.

Legend had it that instructions were actually carved into the tablet of granite, but they were written in "Javascript", a language with origins from the island "Java" (this island is still in existence, before I broke my spring, anyway).

Wasn't I a lucky boy that my true nature wasn't discovered as quickly and easily as I discovered the solution, for I would surely have drowned!

"Swimming and stones are not exclusive", I remember some old lad saying at a time more trivial than now.

Mick Savage. Indepth columnist with THE TRIVIAL TIMES. savageswimming@thetrivialtimes.com

Thick Mick is "an expert" on historical matters, with the

How To Reduce Snoring Naturally

By Kathryn Whittaker

When the airflow through your breathing passage becomes irregular due to obstruction, the soft palate starts flapping. This produces the snoring sound. Snoring can be defined as the sound made through an open mouth due to vibration of the soft palate and uvula. Snoring occurs during sleep, and the intensity of the sound may vary from person to person.

The main reason of snoring is obstruction of the breathing passage. Fat accumulated around the throat, incorrect positioning of the jaws, closing of jaws during sleep, allergies, and the tongue collapsing back into the throat can be the source of various breathing passage blockages that result in snoring.

Snoring is a very common phenomenon among men as well as women and the 'funniest' part associated with snoring is that most snorers' do not hear their own snoring. Snoring can be a social

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problem as well as medically serious issue. It can cause disturbance in your partners sleep and it definitely disturbs the snorers sleep patterns. If an individual is a victim of serious snoring then it might lead to some serious health hazards including sleep apnea.

Many people ask if snoring can be cured or not? Heavy snorers should definitely seek medical help, even though they may need several treatments and examinations. These examinations determine the kind of treatment required. Diagnosis will discover whether the snoring is due to allergies, infections, and tonsils or as a result of being overweight or lifestyle factors. Heavy snorers have the option of choosing surgery as a way to minimize or eliminate their snoring.

There are people whose snoring is mild their snoring can be managed through maintaining a healthy and athletic lifestyle. If needed, mild snorers should consider loosing excess weight, avoid tranquilizers and sleeping pills, cut down on alcohol intake, adopt a regular sleeping pattern, and avoid sleeping on their backs.

There are some effective ways to reduce snoring. If the throat, the jaw muscles, and the tongue are exercised regularly, the breathing passage will become broader and will not become blocked during sleep. If you make it a habit to exercise these areas, you can reduce your snoring naturally. Yoga and singing are also natural methods to reduce snoring.

Kathryn Whittaker has an interest in Health related topics. To find out how you can stop snoring without resorting to surgery please visit this [Stop Snoring](#)

site.

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