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The Swan on the Chopping Block

By Tonya Zavasta

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When Anderson wrote "The Ugly Duckling", he was imagining a natural transformation from awkward youth to mature beauty. His vision did not include a meat cleaver. The new network show, "The Swan" is a travesty on so many levels that it is difficult to know where to begin. There is nothing wrong with using cosmetic surgery to correct a definitive flaw but to turn yourself over to megalomaniacs with scalpels is cause for more therapy than these women are receiving.

It is unconscionable that television should even consider anything so potentially damaging. However, the women who allow themselves to be the golden goose (to mix metaphors) are equally to blame. What sane women would with good conscience turn herself over to strangers without having any input into what is being done.

The Swan reflects society's superficial attitude towards cosmetic surgery as a cure all for everything from natural aging to an unhealthy lifestyle. It is not enough that millions of baby boomers are already flocking to cosmetic surgeons to graft an artificial spring over a natural winter, now they are fiercely promoting the idea to much younger women even in those in their 20s who admittedly should look far better than they do but could substitute restraint for butchery to improve themselves without outside help. Taking individual responsibility is a far healthier solution to the problem

A healthy person always looks 10 to 20 years younger than her peers. While many women would give anything for beauty, there is one thing that should never be sacrificed --health. Health and beauty are connected vessels: if you steal from one, you steal from the other.

Your inner and outer body are two sides of the same coin. If the colors and forms of your body are changing outwardly, do not be mistaken, for they are also changing inwardly. If surgery is needed on the outside, it might be an indication that surgery will soon be needed on the organs inside as well. Often, the exterior flaws that can be corrected by cosmetic surgery are the result of much more serious internal problems. If the cause is not addressed, the problem will recur.

The Swan on the Chopping Block

Cosmetic surgery will not make you younger. Any surgery drastically ages your body. In fact, biologically, you will get older. Facelifts and associated procedures do take years off your face temporarily but add years to your body permanently. Is it worth undergoing 10 to 12 hours of consecutive procedures, exhausting your body, and endangering your life for superficial changes that can largely be obtained through a healthy, disciplined lifestyle?

Think about the images of how the skin was separated from the underlying tissue; how it was lifted back and tightened; how excess skin was trimmed away; and the ear-to-ear incision was closed with surgical staples. Once seen, it is impossible to forget the sight of how the skin was torn or burned, how fat was sucked up, and how foreign materials were implanted.

Since beauty in its natural state requires no force or coercion, the procedures are so gross that it's difficult to perceive the final result as artistic. Beauty is incompatible with pain and horror. No matter

how widely accepted cosmetic surgery is, it will never be separated from the terrible ordeal the subject endured.

Facelifts do not last forever and the negative effects cannot be completely undone. I am asking you to give a new lifestyle a try. You might be surprised how few faults you see in yourself that you are willing to allow someone else to correct. The results will be so astonishing, you just might like yourself the way you are about to become. Beauty, health, and youthfulness are all connected. Your guide for deciding if you are doing the right thing should be—when you gain one, are the others victims?

There is no natural beauty without 100% natural food. The lack of beauty, especially in people over forty, is the result of the consumption of devitalized and denatured foods. Cooked food depletes the body's enzyme reserves and damages its rejuvenating power. On the hand, the Rawsome Diet of fruits, vegetables, nuts, and seeds in their raw state will help your body to make the most of its revitalizing abilities. By restoring the integrity of every cell and by facilitating the operation of every organ, it will bring your weight to its ideal mark, refine your features and add delicacy to your face.

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Tonya Zavasta is the author of the book "Your Right to Be Beautiful: How to Halt the Train of Aging and Meet the Most Beautiful You" and of the soon to be published its sequel "Beautiful on Raw". In these books Tonya comes across as an ambassador for plain looking women in their quest for physical beauty. Tonya knows firsthand what it is to be humiliated, face adversity and meet the complex obstacles of daily living with a congenital disability. In her forties facing several reconstructive hip surgeries to enable her to walk, she sought a way to offset the devastating effects of anesthetics on her health and appearance. She became convinced that the solution to her quest for health and beauty was to be found in the raw food lifestyle or the Rawsome Diet as she calls it. To learn more about how you can uncover your Rawsome beauty, visit:

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Butcher Block Kitchens – Pros And Cons

By Loreno Lepe

Butcher–block counter tops and tables give a beautiful effect to any modern kitchen. The woods used include Maple, beech and ash. If you are giving your kitchen a makeover then think about replacing laminate top work surfaces with butcher–block ones. Butcher block is made from strips of wood glued together to look like one solid piece.

The natural variation present in any wood gives interest and beauty to the surface. Work surfaces made from solid wood are never going to date, they just ooze quality and you do away with all the disadvantages of laminates. No more scratches, no more scorch marks or stains.

Maintenance of butcher–block tables and surfaces is what concerns most people. More maintenance is required than for marble, granite or laminate. Wood is porous, so the surface should never be left wet. Bacteria from meat and other foodstuffs will flourish if the surface is not cleaned adequately after each use.

Wash down with a dilute dishwashing solution after every use, then rinse this off and dry the wood thoroughly. After cutting meat or chicken on your butcher–block surface you should wash the surface with a 10% solution of a chlorine–based bleach. Leave the bleach on the surface for 10–15 minutes, then rinse and allow it to dry.

You will need to oil the surface with clear paraffin oil occasionally, just wipe the surface with a little oil on a cloth, leave it for about an hour, then wipe off any excess oil.

It is not a good idea to cut on your surface because it will soon be damaged, no matter what coating is applied. Buy a butcher block chopping board for this purpose, treat it in the same way, but the cutting board is easily replaced or sanded down and resealed if it is damaged.

Find out more at

<http://www.butchers–block.info>

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Loreno Lepe has a background in the chemical and construction industries. Find more articles at

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