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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 magic of pain free good health

By John Wedlake

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Has the use of aromas and herbs, only recently been appreciated for their healing, and recuperative qualities? Most certainly not.

Aromas had been used for medicinal, spiritual, and magical purposes going back as far back as Egyptian times 3000 B.C. Even further back in time 5000 B.C. the Tassili cave paintings showed women wearing fragrant flower garlands. There are frequent mentions of the use of potions throughout history - Pliny the 1st century Roman historian, mentions in his Natural History narrative, 32 remedies prepared from roses, 21 from lilies, 17 from violets, and 25 from pennyroyal. Ancient Indian cultures used sandalwood for genito-urinary infections.

Nostradamus, at the age of 21 received a licence, having studied in Montpellier France, to practise medicine. One of the formulae which he used as a remedy for several conditions, has survived to this day, and was compounded of rose petals, cloves, lignum aloes, and the dried roots of iris and sweet flag.

The ancient Greeks also contributed to the origins of herbal medicine. Dioscorides, a military doctor was the author of De Materia Medica a book on herbal medicine, which was the foundation of all subsequent books for a further 1600 years. Galen another Greek doctor also wrote a major book on herbal medicine De Simplicibus in the 2nd century which was used up to the middle ages by the Islamic physicians.

The word of herbalism was carried to Europe via the crusaders, and the texts were translated into Latin, which when printing was developed, the information became more widespread, though only if you could read. So herbal folklore passed on from generation to generation, by word of mouth. In the 16th century John Gerard published in 1597 the "Herbal or General Historie of Plantes". He had been greatly influenced by the great medical scholar Paracelsus.

Now in recent time the medical fraternity is becoming aware of the benefits of some of these ancient methods, and in the United Kingdom some areas are becoming available on the National Health

System. I would invite you to visit the sites included in www.magicure.com and see for yourself the benefits that are available.

A UK war–pensioner happy to be leading a healthy life.

Magic For Beginners

By Preston Houer

Are you constantly amazed by disappearing acts, card tricks and other magic wonders you see on different occasions? Children's shows, magical exhibitions, trade shows, parties, and carnivals are some of the events where magicians are popular.

Because of the effect of magic on people, many would like to somehow try the basics of magic. There are a lot of online sites that offer tips on how to get started with magic. Others just content themselves with ready–made gimmicks they found at magic shops. But for those who are really serious about trying magic, these magic–filled sites offer different services for newbie magicians. In their sites, they offer free videos that will help you become trained in simple card tricks and other vanishing acts with the use of coins, rings and other magic props.

Before starting to learn magic, you have to know the essence of magic. First, magic or magic shows should provide happiness to people. Magic ought to be truly enjoyed by people watching and by the magician performing. Second, a truly good trick should be remembered. Different methods can be tried in order to make your tricks stand out even more.

The best place to get excited about your first magic trick is in a local magic shop. Talk to the magician of the shop, if there is one, and try asking him basic questions. Then, request him to show a couple of tricks to you. Usually, magicians are very eager to help beginners.

A good magician does not mind putting in a lot of effort to learn and continuously practice his magic tricks and constantly reinvent. Good magicians don't repeat tricks to the same audience. Your audience may figure out your secret. It is not long before people notice familiar moves and can get bored quickly.

Here are some tips:

a. Regularly practice your magic. Allot time every day for your practice. b. If you are trying to videotape your act, be sure that you have no mirrors around you as they change views and the audience would not see what they ought to see. And remember do not appear as though you are unsure of what you are doing because your audience might easily lose interest watching when the magician looks not confident.

c. Ask other people to watch intently while doing your tricks, then ask for feedback.

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d. Master one trick first before learning a new one.

e. Anywhere you go, make it a habit to bring magic props. Take some coins and a deck of cards with you so that if you have extra time, you can use it to practice the tricks.

Preston Houer has been involved with the art of illusion and sleight of hand for over 30 years. Let Preston show you how to Have Fun With Magic. Visit His Site Today!



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