

The pleasure of smelling the roses.

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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
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By Hannah Chartwell

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With the amount of money spent by governments on anti smoking campaigns, the various controversies over cigarette advertising and the number of places where smoking is no longer permitted, ever cigarette smoker in the western world must be aware that it is a habit that at least damages their health and at worst will kill them.

And yet, depending on whose figures you take as the best estimate, it seems between 15 and 20% of the population still smoke cigarettes.

Even though I gave up my 30 plus a day habit nearly 20 years ago, I can still remember that `tight' feeling across my chest in the mornings and the need for a throat clearing cough after I had brushed my teeth.

I also never realised then that food had so much variety of taste and flavour or that actually being able to smell the roses was such a pleasure.

I guess there is little or no chance of my lone voice having any effect when I tell people they really should stop smoking, as they continue to ignore the severe warning metered out by the great and the good.

There has been a great many views expressed on the benefits or other wise of smoking so called low tar cigarettes and investigation into the subject does indicate that along with the habit forming nicotine and hundreds of other chemicals inhaled in the cigarette smoke, none of which do you any good, it is the sticky tar that leads to repertory difficulties and depressed sense of taste and smell.

There are a number of devises on the market that smokers can use to reduce the intake of tar and one of the most practical seems to be a mini, inconspicuous cigarette holder called targuard.

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A good friend of mine swears by them because without the use of chemicals or moving parts, they manage to take out well over half the tar before the smoke is inhaled.

It is all done by the centrifuge principal, or so he tells me, but whatever it is there is no doubting the disgustingly visible brown sticky deposit left in the filter and the certainty that it is better left in there than taken into the body.

He uses them for four or five cigarettes and then throws them away and he really does reckon that his breathing has improved considerably since he started using them regularly and he notices more subtle differences between the various red wines he is for ever sampling.

So from me one last plea to readers who still smoke cigarettes. Please do try once more to give up,

there are after all any number of courses, patches and other forms of help readily available.

To those that ignore this plea, at least smoke in a little less unhealthy way by using targuard or something similar to take out a substantial amount of the damaging tar before it enters your body.

The End

Article by author and journalist Hannah Chartwell who can be contacted at hbc@severnc.co.uk

More information on targuard can be found at www.healthiersmoking.co.uk

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A Beautiful Rose Is Natures Gift

By Mike Yeager

Roses are one of natures most beautiful and splendid gifts. Roses come in a variety of colors and scents, from deep, deep red to the brightest yellow. The many pedals on roses offer a texture and fullness to roses that far outshine any other flowers. Black roses, red roses and white roses have all been used in historical writings. Even Sherlock Holmes paused from his busy work while solving the case of "The Naval Treaty" and said, "All other things ...are really necessary for our existence...But this rose is an extra. Its smell and its color are an embellishment of life, not a condition of it. It is only goodness which gives extras, and so I say again that we have much to hope from the flowers.

It's interesting that something as beautiful as roses are also equipped with sharp thorns. An interesting play on our concept of taking the good with the bad from nature. The most esteemed of all cultivated plants, are the true roses. Rosa occurs indigenously in the north temperate zone and in tropical mountain areas, usually as erect or climbing shrubs with five-petaled fragrant flowers. The rose has been a favorite flower in many lands since prehistoric times. It appears in the earliest art, poetry, and

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tradition. It has been used in innumerable ways in decoration. In ancient times it was used medically. But, for many gardeners just being able to grow beautiful roses is reward enough.

You can search all over the web to find some great resources to help. Yellow roses, blue roses or climbing roses can all be found on the internet. Take your time to look around and consider what kind of roses you would like to have blooming in your garden.

Mike Yeager
Publisher

A Beautiful Rose Is Natures Gift
Rose Gardening
Learn About The Different Types Of Roses
Mini Roses Are Going To Change The Look Of Your Home
The Most Popular Roses

The Ultimate Rose Garden– Neighbors envy, owners pride!
Wonderful Wedding Favors and Wedding Gifts
Bread And Biscuit Baker's And Sugar–Boiler's Assistant
Leap Ahead
Valentine Day Recipes



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