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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Tips On Caring For Your Valentine's Day Flowers

By Gerry Belvedere

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With Valentine's Day just around the corner, we thought this would be a great time to share a few tips on caring for cut flowers.

Imagine it's Valentine's Day and you've just received a glorious bunch of roses. You put them in your best vase and you stand back to admire them. You'd love to make them last as long as you possibly can, but other than keeping them out of direct sunlight, you're not sure what to do.

Here are some tips on how to extend the shelf life of your roses:

1. Remove the roses from the vase and put them in a temporary container.
2. Clean the vase by washing it thoroughly in water with household bleach.
3. Fill the vase with fresh water and add a half teaspoon of household bleach for each litre (16 fluid ounces) of water.
4. Remove your roses from their temporary container and lay them flat on a counter top.
5. Remove any leaves which will show below the waterline in the vase.
6. Cut about 20 mm (3/4 inch) from the base of each stem immediately before placing it in the vase. This removes any air bubbles.
7. Don't place roses in drafts or direct sunlight, or near fruit, heaters, TVs or refrigerators.
8. Change the water daily to extend the vase life of your roses.

Freshly picked roses can last up to two weeks with a little extra care.

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Enjoy!

Gerry Belvedere is a former artist who now runs her own online florist service at <http://www.rosaflora-flowers.com>. Rosaflora delivers flowers Australia wide and overseas and offers tips on getting the most out of your cut flowers.

~Happy Valentine's Day~

By Patricia *Lite* Hickman, RM

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"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.strongwoman.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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