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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!**

**Tips on Fly Fishing**

**By Nicky Pilkington**

There are thousands of live-bait anglers, who are excellent sportsmen, but the fly fisherman can practice better conservation from the beginning.

Basically, fly fishing is not only one of the fastest growing sports; it is one of the foremost forms of conserving natural resources as well as providing aquatic recreation.

Fly fishing is, very simple when three things are right: you must have a suitable rod; you must get a line to match it; and you must learn correct casting technique.

For people who wish to know some tips on fly fishing, here is a list of some pointers that could help anglers harness their fly fishing skills:

1. Material of the rod

For one of moderate means, and especially for the beginners, hollow glass is advised since it will require less care than bamboo and will not take a set if improperly handled or stored.

2. Line

Your fly casting skill will not progress with a mismatched rod and line. About 99 times in 100, the troubled fly caster has a line much too light to bring out the action of his rod.

That is why it is important to know that on any given rod, the fly fisherman should use the same size line for anything from small trout and bluegills up to the largest sea fish.

In choosing the size line, anglers should get a C level, an HCH double-taper, or a GBF three-diameter. This choice is based on the fact that a high percentage of fly rods bought nowadays are hollow glass, and that a great majority of these works best with lines of those sizes, almost regardless of lengths or weights.

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### 3. The correct casting technique

In casting, it is important to get about 20 feet of line out front. Anglers should always remember to cast a straight line. Avoid jerky movements even if it is on a faster mode in order to do so.

Best of all, the angler should be relaxed because taunt muscles will ruin his casting.

Boiled down, there should be no reason why you should not learn the fundamental principles just as easily as those who now enjoy fly fishing.

Probably, the best and surest way to learn to cast successfully is to spend a day on the stream with some fisherman who is a competent caster.

Lessons learned on the stream are the best tips you can acquire anywhere in your quest for learning fly fishing.

Find out more about fishing at

<http://aboutfishing.org>

## **Advantages And Disadvantages of Fly Fishing From A Canoe**

**By Niall Barco**

Some people like to fly fish from their canoe. But there are advantages and disadvantages to this unusual combinations of activities.

People usually fly fish from land, standing still in water or from a larger boat. Fly fishing from a canoe may seem crazy at first, but there are many advantages to be had. There are also disadvantages, but after you overcome them, you are sure to have a wonderful fishing adventure.

### Disadvantages

You will have to overcome some disadvantages before you even try to fly fish from a canoe. You might find it hard in the beginning to maintain control of your line since you are closer to the water than usual. If you catch a fish, you might find it difficult to reel in without tipping the canoe. Especially if it is a giant fish! Another disadvantage might be the tendency of the canoe to disturb the water. If you can stay motionless and are accustomed to the boat then disturbing the water will not be a problem. When you get over these few disadvantages, you will experience the best fishing ever!

### Advantages

The advantages of fly fishing in a canoe are significant if you can overcome the disadvantages listed

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above. Being in a canoe lets the fisher go over more water quickly. This is essential for good fly fishing. You can also get into untapped fishing holes that otherwise they would not have been able to reach. Such locations usually do not allow motor boats, so a canoe is excellent! Another advantage is the silence. They do not have loud motors or propellers, only smooth, quiet rowing. This is an essential factor for fly fishers!

If you have a canoe, you are ready to try fly fishing. It is helpful for you to own the shortest canoe you can get. A shorter boat will make fly fishing a lot easier. Try it sometime. It is relaxing and fun.

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