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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!**

**Top Ten Reasons to Get Organized**

**By Barbara Myers**

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by Barbara Myers

1. Enjoy more time for yourself. You'll run your home and office more efficiently. You won't waste valuable time looking for things.
2. Save money. You'll plan better. You won't buy a second because you can't find the first.
3. Improve your health. You'll lower your stress. You'll have a cleaner work and home environment.
4. Make a better impression. Improve your status at work. Look pulled together with an organized wardrobe.
5. Improve your mental health. Feel a sense of peace. Experience an uncluttered mind.
6. Increase your self-confidence. "Yes, I have my act together!"
7. Eat better. Plan your meals and grocery shopping. Enjoy cooking in your organized kitchen.
8. Make more money. You'll do your job better and be more likely to get a promotion. Also see number four.
9. Have control over your surroundings. Know where everything is located. Take control of your time.
10. Be a better parent. You'll have more time for your kids.

Free "50 Ways to Manage Your Time" tips booklet. Visit <http://www.ineedmoretime.com>

## **Top Ten Reasons To Give Blood**

**By Michael P. Westhead**

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10. Life is give and take. So take a break and give some blood.
9. When you give blood, somewhere in this world you have a blood brother.
8. It's better to give than receive. (Unless you're on the receiving end)
7. It's the only time at work, when you do something good, you get a cookie.
6. It's one of the few things you can do in this world that's free.
5. It's the only time you get to give someone a pint that doesn't cost \$5.00.
4. Action leads to personal satisfaction (And a positive and multiplied reaction).
3. You can't say no if you're A, B, AB, or O.
2. You're wanted whether you're positive or negative.
1. Giving blood creates a Survivor, and that's Reality IV.

Michael P. Westhead is a former Marine and the founder of [www.cutthroatcomedy.com](http://www.cutthroatcomedy.com)

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