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Traveling Disability Do's and Don'ts

By Maxine Greco

Traveling with disabilities just requires a little more advance planning. Be sure to mention your

disability and ask if there will be easy access when making your reservation. This is important whether you are traveling by plane, train or boat. If you will require assistance, research to make sure that it is available when you require it. Make advance reservations whenever possible and insist that your special requirements be noted. It's usually best to have your medical information on you at all times. You can ask your doctor for a Medical Certificate which is a statement of your health and says that it is safe for you to travel. Have him list all of your prescribed medications and have copies of your prescriptions. If you require medical equipment, bring along spare parts that you might need and have the information for simple repairs. Travel insurance can be a particularly good idea. There are also health insurance policies for travelers. Some plans may not cover other countries or even other states, so be sure to check before you travel. The quality of health care in the area you are visiting can easily be ascertained before travel.

Be sure to check on your hotel or living accommodations prior to making your reservations. They should also be told about your disability so they can make recommendations. Any restaurants or museums or other public places you are planning to visit can also be telephoned ahead. It will save time and energy to know the ease of accessibility beforehand. Many places will be very accommodating to your requirements, as long as they can make advance preparations. Travel agencies can be particularly helpful in these instances. There may even be tours especially available to you that are designed for others with disabilities or handicaps. Be honest about your needs with everyone you speak to. Find out if your dietary needs will be sufficiently met at any hotels or restaurants that you're planning to visit. Remember to also ask about restrooms.

It's also a good idea to have addresses and phone numbers of nearby hospitals or doctors that can see you in an emergency. Your doctor may be able to make some recommendations. Be sure to tell him where and when you are traveling, as he may have some necessary suggestions. Advanced preparation can save many hours of important time if you should need any medical assistance. It will certainly be imperative to have done your homework prior to the trip if you are visiting a country where there will be language barriers.

Traveling Disability Do's and Don'ts

Find about any security screenings and know your rights prior to making your plans. There's more to traveling with a disability than just using the required TSA locks on your luggage. If this first time traveling with a disability, plan a short trip and one not too far from home. There are many books and articles written today that can assist you in planning a pleasurable trip. The Internet is a wealth of knowledge and allows you to research every scenario. The travel industry is more aware today, and glad to accommodate any and all travelers. Talk to other travelers who would have prior knowledge of the area you are researching.

Now that you've done the necessary research you can grab your luggage and start packing! Begin by making a list so you will not forget anything that is necessary or that will make your trip more comfortable.

Maxine Greco has been in the luggage and travel business for over 35 years. She currently works at Village Luggage and Gifts

Holiday Beauty Do's and Don'ts

By Lorene Radenz

Why is it that whenever you go to a holiday party, you can always find someone who doesn't look how you would expect? Is it because you think they overdid their fashion or make-up, or is it a touch of envy?

Beauty queen or fashion disaster, it's up to you. If you want to shine for the holidays, take note of these do's and don'ts to spruce up your look and receive raves from your friends and family.

Beauty Do's

Do Experiment.

Check out the latest in make-up and fashion trends and give them a try. This will update your look and chances are, you'll find something that enhances your skin tone and flatters your figure.

Do accentuate your finer features.

Play up your best features while drawing attention away from your problem areas. For example, do you have sleek shoulders but think your hips are too wide? Wear a sexy off-the-shoulder dress to show off your finer assets.

Do consult professionals.

If you're the do-it-yourself kind of gal, you can benefit from professional opinions now & then. Why not

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get a makeover for the holidays? Keep in mind, salons are booked tightly for the holiday season, so call well in advance for your appointment and use your time in the waiting room looking through magazines for updated hairstyles and fashion that best suit you.

Do simplify your beauty routine.

Unless you're headed out to a holiday party, forgo unnecessary extras that take up valuable time. Keep your hairstyle simple and make-up to natural colors that will look good with anything you wear.

Beauty Don'ts

Don't be afraid of change.

Dazzle your friends with a new look. Whether it's a new hairstyle, hair color, or just a dress, you'll get attention! Think of it this way, models look different for every shoot and are very versatile. Don't they always look great?

Don't wear too much make-up.

There's a fine line between a little extra holiday pizzazz or downright heavy makeup. Choose colors that compliment your face and blend it in well. Double check your face in bright lights before heading out the door.

Don't forget accessories.

Add the finishing touch to your overall appearance. The holidays are festive, so glam it up with accessories and jewelry. Splurge on that handbag you've been wanting and don't feel the least big guilty.

Don't let stress get the better of you.

It's no secret that the holidays can be most stressful time of the year. Use your time wisely and learn to say "no." Your face can easily reveal stress and lack of sleep, so designate some of your duties to family members and be sure to get your beauty rest.

Lorene Radenz is a freelance writer and the founder of

<http://www.beautytipsonline.com>

– Your

All-In-One Beauty Guide.

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That;s Funny, You Don't Look Like You have a Disability
People with DisABILTIIES
Should I Appeal My Social Security Disability Denial?
Bed Wetting Do's and Don'ts for Parents

Disaster Preparedness and Crime Protection Manual
Build Your Own Mail Order Empire
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