

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Travelling Is Easier With A Pda And A Bluetooth Receiver**

**By Abby Johnson**

Traveling is always easier if you take as little with you as humanly possible. It's always the intention while traveling to carry only to what is most necessary. This is not always an obtainable goal, especially when you are venturing into parts unknown. In addition to the usual essentials, a sizable map and navigational equipment become necessary.

With the unveiling of GPS technology, traveling with maps and huge navigational devices becomes unneeded; a traveler need only carry a GPS receiver. A GPS receiver determines one's exact position on earth by deciphering the information it receives from GPS satellites. With the assistance of other electronic devices, the GPS receiver will precisely determine your correct location on a map.

For even more even more functions and ease of use, GPS receivers can be used with other mobile devices. The PDA is one of the most frequently used mobile products for this purpose. PDAs make the perfect partner to the GPS receiver because of their unique features, such as a colored screen to display maps and hard drive space for map storage. And PDAs are light compared to other mobile devices such as notebook computers.

There is a problem with using a PDA with a GPS device, however. They do not always integrate well. GPS receivers are normally connected to PDAs using a CompactFlash (CF) card or USB wires. Because some GPS receivers are quite large, attaching it to your PDA using CF can make it too large. Using the USB wires, however, can make your GPS receiver difficult to use and limit its usefulness.

So what could be the solution to this problem? A Bluetooth GPS receiver.

**The Bluetooth Solution**

Bluetooth wireless technology is the open standard for wireless communication. As long as the two electronic devices are within 10 meters of each other, Bluetooth technology will allow them to send and receive signals and transfer data. No wires are necessary.

**Bluetooth GPS Receiver**

The Bluetooth GPS receiver is simply a receiver that uses the Bluetooth technology and electronics to transmit GPS data to a mobile device. However, they must share the same technology. For example, if a Bluetooth GPS receiver will be used with a PDA, the PDA must have built-in Bluetooth technology.

The Bluetooth GPS receivers used with the Bluetooth capable PDAs offer many advantages over an ordinary GPS unit, which is connected to the PDA using CompactFlash or USB wires. These advantages include the ability to use wireless connections between the devices. Without wires to limit positioning between the Bluetooth GPS receiver and the PDA, you can place the two devices at their most advantageous locations. For example, if you are using your Bluetooth GPS receiver in your car, you can place the device where it has a clear view of the sky. Then you can place your PDA on your dashboard and have optimum screen visibility. Because the wires are not used to connect the two devices, their positioning will not hamper your driving. Also, because you won't need to use Bluetooth's CompactFlash slot, you can use it for other things, such as storing maps or software to optimize the

GPS navigation.

Aside from these two advantages, the Bluetooth GPS receiver units have other features, although most of them are brand or unit specific. Generally, Bluetooth GPS receiver units now have pre-stored US maps, point-of-interest (POI) databases and route recalculation functions.

Abby Johnson is a staff writer at

<http://www.lifestylegazette.com>

and is an occasional contributor to

several other websites, including

<http://www.travel-gazette.com>

.

## **Customise your Mobile Phone for Free**

**By Carl Harper**

### **Customise your Mobile Phone for Free by Carl Harper**

Hundreds of companies now offer you the ability to pay to download Games, Ringtones, Mobile Phone Wallpapers, Mobile Phone Screensavers, Operator Logos and more to your Mobile Phone.

Charges can vary but wherever you purchase them from, the costs will rapidly mount up if you like to update your phone often.

There are utilities available via the web that will allow you to create your own mid files (Ringtones) and you can use any paint package to resize your favourite picture into the format of your phone to use as a background (for example the Nokia 7210 can display jpeg pictures of 128 pixels by 128 pixels).

Also, websites such as

[www.c4rlh.com](http://www.c4rlh.com)

offer access to a multitude of free mobile phone files that you can save to your PC.

Once you have either created or downloaded the appropriate files to your PC, you can then transfer them yourself to your mobile phone by using one of the following methods;

(Please note – Refer to your phone manual to ensure that the file you are uploading is compatible with your phone.)

Data Cable – Via a data cable from your PC to your phone.

BlueTooth – Via a Bluetooth connection from your PC to your phone.

InfraRed – Via an infra–red connection from your PC to your phone.

The latter options are the most common as most phones now come with either infra–red or Bluetooth connectivity as standard. If your PC does not already have built–in infrared/Bluetooth, you can buy one for it quite cheaply.

You then use the software provided with your infra–red/Bluetooth adapter or download software from your Phone manufacturers website to transfer any compatible image, ringtone or freeware game that you have on your PC to your phone.

If you like to customise your Phone regularly then this will save you a lot of money....

.....that you can put towards the next new fancy Mobile Phone that comes along.

TIP – If you do not have the ability or inclination to use the free methods available then it is worth noting that you should only purchase Mobile Phone content using SMS or a Landline as using a Mobile Phone to ring generally incurs an operator surcharge.

Carl Harper is the author and freelance writer of a number of articles and tips on Mobile Phones. He is also the webmaster of the

Mobile Phone Portal

c4rlh.com



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**