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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!

Turning NMA to PMA

By Lisa van den Berg

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I recently re-read the amazing book by Napoleon Hill and W. Clement Stone entitled 'Success through a Positive Mental Attitude'. WOW, what an eye-opener.

Napoleon Hill's books are legendary in their message and this one is no exception and W. Clement Stone was one of the most successful salesmen in the entire Insurance industry. Together they weave a rich tapestry of ideas, formulas and principles by which to achieve exactly what it is you want out of Life.

The main thread running through the book is one of changing your mind from a predominantly negative attitude to a positive one. They say that we all have an invisible talisman that hangs around our necks, with a side for PMA and a side for NMA (positive and negative mental attitude). It is our choice, throughout our lives, to use either side of the talisman.

I sat and really thought about this. In my ruminations, I discovered that this is a principle which we basically all know about, but we don't have an idea how far reaching this premise really is.

When you start to really 'listen' to what you are saying to yourself all through a given day, you realize how innately negative your thinking is, even when you are a naturally positive person. Little things that that 'voice inside your head' says, that undermine you. Things like

'That'll never really work, so don't even try' or 'here he comes, he's going to say something nasty again and I'll have to say something nasty back,'cos I've got to defend myself' or 'I'm tired, I think I'll take a nap and finish this work tomorrow'.

In the book they identify NMA as feelings of frustration, depression, defensiveness, self-pity, anger etc. I have come across so many people who consciously try to steer their thoughts in a positive direction, but don't seem to 'see' the underlying little voice as a strong product of NMA.

I used to get frustrated and seem to be hitting my head against a brick wall, no matter how hard I tried. I got depressed when things went wrong and nothing seemed to be going where I thought it should. Now, I can 'see' that this is the NMA side of my talisman sneaking in while I'm not concentrating on the PMA side.

There is a strong quote in the book that says, "Direct your thoughts, Control your emotions and Ordain your destiny".

I used to be resistant to 'giving up control' of my life. Turning it over to God and the Universe. I now know that taking control, by giving it over to God and the Universe is the ultimate form of control you can have over your passage through Life.

I urge you to

Direct your thoughts
Control your emotions and
Ordain your destiny.

Today!

Lisa van den Berg is the author of 'Alleviate Stress - 11 Simple and Easy Ways to Transform Your Life!' Take the free online Stress Test at <http://www.Alleviate-Stress.com/web/ar12> to see how much stress you're under and why you need to do something about it right now!

Deadly Drugs Hit Schools

By Jeff Morelock

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The 18-year-old high school student died on Mother's Day. Her mother spent the night before helplessly watching. Her daughter's body temperature reached 108 degrees. Her blood cells boiled. She bled from her mouth. Was it a rare tropical fever that had caused such a horrible death? No. It was a little tan tablet called PMA.

Overview

PMA is an illegal hallucinogen with effects similar to Ecstasy. PMA is made in clandestine laboratories and has become popular with teenagers. The drug is usually sold in a tablet form with the Mitsubishi diamond emblem stamped into it. Most PMA tablets are tan, and are a little bigger than an aspirin.

Hidden Danger

Every year more high school students go to rave clubs. Once inside, drugs such as Ecstasy are easily purchased. Stricter control of chemicals used to make Ecstasy have made it expensive and difficult to buy. Illicit drug chemists sought alternatives. PMA was the answer.

Most dance drugs raise body temperature, but PMA can send it soaring to 108 degrees. Chemicals to make PMA are easy to find. It's cheaper to make. PMA is sold as Ecstasy for a healthy profit.

Drug dealers don't care if they hurt or kill, as long as they are making money. By the time a teenager realizes he or she has made a serious mistake, it is too late. Depending on purity and dosage, the teenager could spend the rest of his or her life boiling to death internally on a rave club floor.

PMA causes users to feel euphoric and energized. Users hug and kiss each other. This often leads to sexual activity –sometimes right on the dance floor. People who use PMA say that their sense of touch, smell, and sight are more acute. Others report mild hallucinations.

Purity and dosage varies from tablet to tablet. Even tablets from the same batch of PMA vary. One tablet provides a user with the expected experience, while the next one out of the bag kills the unlucky teenager who chooses it.

But That's Not All...

Yaba is a synthetic Methamphetamine-like drug. It produces disturbing hallucinations. Kids call these "eyelid movies." Yaba is dangerous because it is simple to make. Kids can find everything they need to make it around the corner at the grocery store.

The main ingredients are salt, household cleaning products, distilled cold medicines, and lithium from camera batteries. Any kid with a D in chemistry can follow an Internet formula using two of his mother's casserole dishes. Worse yet, food coloring, sweeteners, and artificial aromas are added, making Yaba

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look, smell, and taste like candy. This will make the drug more appealing to middle and elementary school students.

What Can be Done?

The police continue to take small amounts of drugs off the streets. But that won't make much of a difference. What will make a difference and save young lives are parents like you. Educate yourself about PMA and other drugs. Then educate your kids. You must make a difference.

About the Author

Jeff Morelock is a former police narcotics detective who worked undercover drug investigations. His undercover assignments included posing as a high school student to investigate drug sales in a high school

He is the author of an 18–chapter drug education and prevention guide for parents and teachers titled, "Drugs in High School – The Disturbing Truth." It has been nationally recognized by the National Clearing House for Alcohol and Drug Information. It is available directly from the author by sending a check for \$25.00 (shipping included) to:

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Jeff is a former police narcotics detective specializing in youth drug investigations. He is the author of the most effective drug prevention manual available to parents and teachers.



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