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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!

Verruca – Will It Affect My Dancing

By Maisy Day

If ballroom dancing is a past time of yours that you enjoy but you suffer from a verruca, then you will

understand the importance of wearing the right shoes. However, even though the right footwear is worn on the feet it is still no guarantee there will be no discomfort. Treatment is needed so that you may continue in upping your performance on the dance floor like that of Mr Gene Kelly. If your dancing has been put on hold because of this problem, then speak with your doctor for advice on how to ease the discomfort so that you can dance again.

A verruca (plantar wart) is a type of wart found on the lower limb (sole of the foot). It is no different to that of a common wart as we know them – but because of the body weight pressing down onto the verruca it then becomes painful and sore. The appearance of this foot wart – is slightly raised and round with a thickened edge of surrounding skin. Other signs and strong points to look out for – to decipher this type of verruca is that of fine tiny black dots. It is not uncommon to find a cluster of them to appear all together.

A mound/clump or clusters of small warts are referred to as 'mosaic warts' – these you will be happy to hear are usually painless. If you are a concerned parent and worried about the children developing warts then do not worry because, this type of verruca in minors – tend to appear and then disappear. I don't want to burst any ones bubble but warts on adults can persist for a long time (years) if left unattended (not treated).

Just like other warts, a verruca can stem from the strains of the papillomavirus.

Do not be alarmed but papillomavirus is present in huge amounts on a vast majority of different humans which is carried on the surface of their skin. This will not cause any harm or cause problems unless it pierces the skin. Unhealthy and neglected skin e.g. skin with fine cracks on the surface may well be the likely place for this to happen.

There is no real proven guarantee that a verruca is picked up in swimming pools as a great many people are led to believe. In saying that, there is without a doubt plenty of papillomavirus around swimming pools etc, particularly so in the shower area. Remember you are very unlikely to get a

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verruca if your skin is without flaws. A good idea to minimize any risk if this is a big worry for you is, to consider wearing flip-flops or open sandals in the shower. Try not to swap shoes.

If those dancing shoes are left on the shelf for too long – you may just forget how to tango or rumba. Some good advice is to pop along to the doctor so that he/she can check you over.

Worried about your health

<http://www.cosmeticcautions.com>

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<http://www.medicaldilemmas.com>

Better

yourself for a better future

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For The Beginner Dancer

By Sara Jenkins

As a newcomer to dancing you undoubtedly have an uneasy feeling about how you should conduct yourself at a dance class. You possibly wonder if you are going to experience difficulty learning. Well first, please be assured you have no reason for concern. dancing is easy and you will not have serious difficulty learning. Everyone in the class is a beginner, starting on the same base, and you will all learn together. The following comments may make it easier for you to understand a few basics concerning the dance activity.

- 1) DANCING IS FUN! Your instructor will be doing his best to help you realize this from the very first night.
- 2) dancing is a casual activity. You need no formal introduction to those you have not met. There are no strangers among dancers. Just step right up to anyone and introduce yourself. In dancing we are all on a first name basis. It's friendlier that way. Wear your "NAME TAG."
- 3) Later you may wish to dress "themed"; but for the classes, just dress comfortably.
- 4) dancing is a close contact sport. Please use good judgement in your choice of jewelry, belt buckles, etc. Sharp or rough edges may scratch or catch on someone's clothing.
- 5) On a very delicate subject – extra physical exercise or possibly the slight nervous tension of learning may cause perspiration. Use of deodorant is advisable, to avoid the embarrassment of body odors

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which may be offensive to others.

6) On a personal note – the use of alcoholic beverages, just prior to or during a dance, is not permissible.

7) Gents – Remember! You have both strength and weight advantage over the ladies and you should always, even in your enthusiasm, be conscious that the ladies do not like to be handled roughly. Let them enjoy dancing too!

8) IMPORTANT. Listen carefully to instructions and be sincere in your efforts to follow instructions. GOOD LISTENERS LEARN EASIER!

9) If, during the class, you do not understand an instruction, do not hesitate to ask for an additional explanation from the caller.

10) There is no reason to feel shy or embarrassed – just listen and follow instructions. Sooner than you think, you will be dancing to the calls.

11) dancing is relaxing. Take it easy! You do not have to work hard at it, you have plenty of time.

ENJOY YOURSELF!

12) Please be on time for every class and HAVE FUN!

Just when you thought you knew how to dance! Now you have the chance to learn so many things about dancing, please visit: <http://www.dancingguideu.com> to get free

dancing lessons

today!



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