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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!

WHEN YOU SEE RED

By Rhoberta Shaler

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When you are feeling angry at someone, what do you do? Do you know how to express your feelings in ways that are clear and assertive? Many folks don't. For that reason, one of two things happens: they hold the anger in, and, as we all know, it sneaks out in strange and often inappropriate ways, or, they explode and scatter their unhappiness over everyone, perhaps, destroying relationships on the way! Neither of these are healthy alternatives.

Anger is an arousal in the body that is triggered by frustration, fear or hurt. As that arousal escalates, your body goes into the stress response. When that arousal raises your heart rate to about 120 to 150 beats per minute, the blood from the frontal lobes of your brain, the centers of reason and logic, drains down to protect your vital organs. This is not good news. Why? Because the more angry you become, the more unable you are to think clearly! You have probably experienced that. Just when you are at your loudest, wanting to deal the death blow to prove your righteous position, you cannot think. Then, you often say one of the best things you'll ever regret! Right?

When the body goes into arousal, notice. If you are talking to someone at the time, think. It is important to your well-being and the health of your relationships to answer this question: What do I want from this exchange? If a potentially volatile volley of words, accusations, and threats are likely to erupt, leave. No, this is not "running away from a fight". This is just informed decision-making. There is one important difference, though: tell the person that you are leaving and when you will return to discuss the issue. This is the difference between being responsible and being a "hit-and-run" offender. Take care of the relationship. Do not abandon the other person. Simply say, "I'm too angry now and I'm likely to say things I

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don't mean. I'll be back in three hours and let's discuss this then. If it is in the work setting, acknowledge your desire to work out the issue, and promise to get back to them within three hours to set a time to talk further. This is not easy, but it is effective!

Why three hours or more? Simple. It takes a full ninety minutes for the blood to return to your centers of reason and logic and your heart beat to return to normal. It makes good sense to wait and it demonstrates that you care about yourself AND the relationship.

Dr. Shaler is the creator of the Living Richly T Programs. For further articles, free ezines, upcoming teleseminars and booking information, visit <http://www.OptimizeLifeNow.com> today!

Las Vegas Wedding Fashions Turning Red

By Renae C Judkins

Las Vegas has been known as a different sort of wedding town particularly for the drive through weddings, but now Las Vegas weddings are starting to be known again for something else.

Brides getting married in Las Vegas are starting to style their wedding dresses after the fabulous Sin City ... literally.

Red is the new color for brides to wear while walking down the aisle in Las Vegas. Most brides who choose to wear red are wearing wine red corsets with white, flowing, layered skirts. Some of the skirts even have detailed red on it: red sequins, red jewels, or even red ribbons.

Las Vegas wedding fashions may never be the same. Grooms are already dressing in red to match their brides dresses. But even more shocking is that someone else will be wearing the white?

It is fast becoming a custom in Las Vegas for the brides maids to wear the white while the Las Vegas bride sports the red. Though the brides maids dresses don't look like wedding dresses, it is exceptional to note that brides definitely stand out with their red wedding dresses.

Many Las Vegas brides have found their red wedding dresses online, but others have had them custom made. Custom wedding dress makers are far from scarce in Las Vegas.

Also surprisingly enough, these custom dresses usually aren't overpriced and are quite affordable to make a lady in red. Depending on the dress maker, a deep red Las Vegas wedding dress can run between \$500 to \$2,000.

While Las Vegas brides continue to peruse the Las Vegas strip with their bridal party, they now match the strip a little better, but stand out twice as much.

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Go to

<http://www.VegasWedlock.com>

to find Las Vegas wedding music, and

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Las Vegas wedding invitations.

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