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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!**

**What Every Woman Needs!**

**By Kim Beardsmore**

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As a woman, your body is very complex. Throughout every phase of your life you will require extra care and nutritional support. Today's scientific advances support a number of natural choices for women, like soy. Still, the fact remains that calcium, folic acid and iron continue to be the most important nutrients that can impact a woman's total health. All women should take a daily multiple vitamins with these essential nutrients.

Calcium is essential to strong healthy bones.

As a woman you have a much greater risk of developing osteoporosis because you have less bone tissue and lose bone more rapidly than men do. Be sure to consume adequate calcium throughout life, as this may reduce your risk of osteoporosis later in life. Calcium is essential to the health of bones, teeth and skin, yet few adults get enough of it in their diets. Make sure you find a high quality calcium supplement to ensure you receive a health-enhancing daily allowance.

Folic acid impacts women in many ways.

It plays an important role during rapid fetal growth and development. In fact, adequate intake of folic acid as part of a healthy diet before and in early pregnancy may reduce the risk of having a baby with a birth defect of the brain or spinal cord. All women of childbearing age are recommended to consume 400 mcg of folic acid everyday starting at least one month before conception into the early weeks of pregnancy.

Folic acid also plays a role in the maintenance of normal homocysteine levels; elevated levels of homocysteine are believed to be a risk factor of heart health.

Iron

## What Every Woman Needs!

Iron is a vital nutrient that plays an essential role in forming healthy red blood cells and transporting oxygen. It's estimated that as many as 62% of women over the age of 20 are not meeting the RDA for iron. Women also tend to be low in iron because they tend to eat foods low in iron and lose iron through menstruation.

Drinking a glass of orange juice with your cereal can boost iron absorption by the body. Vitamin C helps the body metabolize the iron. A high quality Vitamin C supplement rich in antioxidants to help fight the harmful effects of free radicals is a wonderful supplement not only to assist iron absorption, but also to combat ageing.

Vitamin C is coveted for its many benefits, including a contribution to healthy bones, teeth, blood vessels and the production of collagen.

In addition to taking a daily multiple vitamin, routine exams are key to prevention and healthy living.

You should have a yearly gynecological exam that includes a pelvic exam, breast exam and PAP test. Also, consider performing monthly self-breast exams to familiarize yourself with how your breasts normally look and feel. If you are over 40, you should have a mammogram every year.

(c) Kim Beardsmore

Kim is a successful weight loss coach who will cut through the diet-hype and help you reach your goal weight. No public 'weigh-ins', meetings that cost you money or fads...simply results you will love! You can receive a free consultation. Visit today:

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## **The Scent of a Woman**

**By Mike Yeager**

The scent of a woman can be one of her most appealing features. Hairstyle, clothes and makeup are all important, but the fragrance a woman wears provides a level of attractiveness that few other fashion features can touch. There's something about the scent of a woman that makes her stand out and get noticed by men, and what woman doesn't want that? Are you shy and quiet? Are you bold, outgoing and flirtatious? Well, the scent you decide to use will tell people a lot about your personality, before they even get a chance to talk to you.

The Scent of a Woman is enhanced by her personality.

## What Every Woman Needs!

Every woman wants to feel attractive, confident and appealing. One of the interesting features of perfume, and especially how its fragrance enhances the scent of a woman is this: different perfumes will react differently on each person. A fragrance is a blend of extracts, alcohol and water that is characterized by the ratio of its different ingredients. Who you are and what your personality is like will impact how each of these ingredients respond to your mood and character. Yes, the scent of a woman can be one of the most alluring and attractive features of your style.

Mike Yeager  
Publisher

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