

Wheatgrass! The New Fountain of Youth!

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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!

Wheatgrass! The New Fountain of Youth!

By Beth Gabriel

Wheatgrass – The New Fountain of Youth!

Wheatgrass is everywhere these days, quickly becoming the "new age espresso," offered in smoothies and juices, salads and even in tablets and powders.

As many of you know, wheatgrass packs a nutritional punch, including (per 3.5 grams) 860 mg protein, 18.5 mg chlorophyll, 15 mg calcium, 38 mg lysine, 7.5 mg vitamin C, plus an abundance of micronutrients, such as the B complex vitamins and amino acids. Wheat grass enthusiasts boast its potential to help in the treatment of Chronic Fatigue Syndrome. Research suggests that a diet rich in fruits and vegetables can be "preventative maintenance" for many ailments, and wheatgrass is one more way to increase the veggie power of your overall diet.

Most people who have explored the avenues of self-healing have heard about wheatgrass. Wheatgrass juice has been proven over many years to benefit people in numerous ways: cleansing the lymph system, building the blood, restoring balance in the body, removing toxic metals from the cells, nourishing the liver and kidneys and restoring vitality.

One ounce of wheat grass juice has the vitamin and mineral equivalent of 2.2 pounds of fresh vegetables. Many of the benefits of wheat grass juice stem from the fact that it is a living food, which is a complete protein with about 30 enzymes and is approximately 70% crude chlorophyll.

Astounding success in the reversal of chronic degenerative diseases has been experienced through eating a diet of mainly vegetarian, living foods including wheat grass juice.

Give your body the gift of life – Wheatgrass! May the juice be with you!

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Identity Theft - Who is phishing for your information?

By Beth Gabriel

There's a new type of internet piracy called 'phishing' (pronounced 'fishing'). Internet thieves are 'fishing' for your personal information. They're looking for ways to trick you into giving out your Social Security Number, credit card number and other personal information that they can use to their advantage. You could become a victim of identity theft that could take years to clear your financial history and personal reputation. But understanding how these internet thieves work, will help you to protect yourself from becoming a victim.

How do these thieves get your information?

Typically, you might receive an email from a company that you are familiar with that looks 'real'. It has the company logo, they may call you by name, and the tone of the email is that they are looking out for your best interests. This email will warn you of some imminent danger to your account or credit card and that you need to take action immediately or you will suffer dire consequences. There will be a link (underlined writing usually in blue) for you to click on that will take you to their website. And guess what? The website they take you to will look like the real thing with the company logo and all.

Next, you will be asked to 'verify' your account, password, or credit card information. If you ever find yourself here, STOP! Do nothing. Do not fill in any personal information. Immediately exit from this website and delete the phony email that you received.

How to know that this is a 'phishing' email.

If you did not email this company asking for information about your account or for help with a problem, be suspicious. If you are still not sure because it looks so 'real', call the company yourself and ask. You can find these phone numbers on your monthly statement. If it is after hours and no one is there to take your call, wait until the next day when you can reach someone. Don't fall for the 'imminent danger' message and feel that you have to take action immediately. 'Phishers' are hoping that you will take immediate action - don't panic and let them trick you into clicking on their link.

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What can you do?

Never give someone your password over the internet or phone when it is an unsolicited request. Your credit card company knows what your password and credit card number is. They don't need to ask you for it.

Likewise, your bank knows what your account number and social security number, they won't ask you to repeat it verbally over the phone.

Review all of your monthly statements every month as soon as they arrive. Check for charges that you never made. If your statement is ever late in arriving in the mail, call and ask why. Protect yourself from these would-be thieves. Don't let them take your identity! Please remember to Bookmark

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