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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Why Is There "Egg" On My Hamburger?

By Jim Edwards

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Have you ever had egg and red beet root on your hamburger?

I haven't... in fact, when I pulled the top of the bun off my burger at "Hungry Jack's" and saw not the usual pickle, onion and special sauce, but beet root and a fried egg, you could have picked my chin up off the floor with a spatula.

HOW in the world does anybody eat egg and beet root on a hamburger?

I looked around the hamburger shop and realized that other people were eating egg on their hamburgers too... and to them it seemed quite normal.

Then I looked around the restaurant a bit more and realized the "Hungry Jack's" is actually "Burger King" (minus the "King").

On the way back to the hotel we stopped at Starbucks and I ordered a "venti half caf" (translation "large half regular half decaf").

My ability to order at Starbucks is one of the few things I do in life that makes me feel "hip" and cool. So I gave my order with my usual style and flair, and the girl looked at me and said "Excuse me?"

So, realizing that my American accent was probably getting in the way (it's my turn to be the one who "talks" funny), I told her again – "Venti half caf".

She looked at me for another minute and shook her head. She actually looked a little helpless with this foolish American standing in front of her.

So, I explained, "I want a large half regular, half decaf mixed together." A look of understanding instantly washed over her face and she looked at me and said "You want a 'weak' coffee."

This morning I went to Krispy Kreme and, after help with the translation from a very patient lady behind the counter, we figured out I wanted a "flat white" and Terri wanted a "flat black" coffee.

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The Australians have demonstrated enormous patience with me and their hospitality has been truly incredible!! One of the amazing things that's happening to me (right now, this very minute), is that since I've been thrown so far out of my comfort zone and familiar surroundings that my mind is absolutely on fire with possibilities, ideas, and new patterns of thinking.

I wanted to share with you some of the more interesting things I've seen and noticed here in (Sydney):** "Relax Mate" **People are a lot more laid back here. We're staying in the largest city in Australia, and people are still laid back and seem more relaxed than I'm used to in my own life in "small town" America.

What it's made me realize is that you can still succeed and you don't have to be stressed out all the

time!

I'm going to take a little of this relaxation home with me!

** The Fighting Father **

I met one of the most unique, colorful, caring, and just plain "cool" people I've ever met in my life, Father Dave Smith. Father Dave is the pastor of an inner-city church who does youth outreach through a boxing program and other innovative programs.

Father Dave is a model of innovation, purpose and thinking in non-traditional patterns to accomplish your objectives. He's reminded me that thinking "outside the box" combined with a clear and congruent purpose in your life can overcome basically any obstacle that may come your way.

Bottom Line: you're never defeated until you admit defeat... and a strong purpose (WHY) will overcome ANY "problem" that pops up.

As an added bonus, I got to stand on the "widow's walk" of Father Dave's house and see a gorgeous panoramic view of Sydney, the Harbor and surrounding area you could never buy... one of the true rewards of new found friendship. In the end, all you have is not the money you make, but the impact you have on other people's lives and the friendships you create.

** The Scenery Might Change, But People Are the Same **

People are the same everywhere when it comes to human behavior and how they want to be treated. I'm at a seminar where people paid thousands of dollars to attend... but even if they only spent \$29, they all WANT the same things:— They want you to tell them the straight story with no bullshit.

— When you talk to them, they want you to be yourself... your genuine self... with no airs, pretending, or trying to be something you're not.—

Manners still count... "please" and "thank you" can literally carry you around the world.—

STOP and THINK before you talk (especially if you're tired) and always be careful of other people's

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feelings.–

Understand that when you sell somebody something on the Internet, they are a real person... not "just" another sale. They have hopes, dreams, concerns, desires, and things that are important to them. You can NEVER, under any circumstances, betray that trust. –

Integrity is everything... and once that trust is gone, you can never get it back.

**** Love People! ****

If you're just on the Internet to make money and not to help people, your career online will be short-lived, if it ever gets off the ground at all. I heard a saying from Chris Bloor (a famous marketer based in Australia). In his speech he said "Even a dog knows if you don't like it!"

"How I took that was very simple... if you are just out to fleece people out of their money, they will find you out and you're done. It doesn't matter what you're selling, you have to love the people you're selling to... that's the true secret to making money on the Internet.

You might think that's a sappy, dorky sentiment, but to me, it's one of the most important discoveries I've made here in Australia. Getting outside myself... getting outside my comfort zone... may just be one of the best things that's happened to me in a long time.

I'm seeing people I've never met and learning a ton just by watching how they go about their lives and what is considered "normal" for them. But, most importantly, I've discovered that there's a whole wide world out there and every person I meet can teach me something really incredible!—

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Easy-Cheesy Casserole

By LeAnn R. Ralph

I have always loved mac-n-cheese, and this variation is one of my favorites! 1 pound of browned hamburger 1 1/2 cups of grated cheddar cheese 2 cups cooked macaroni (or egg noodles; I prefer to

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use egg noodles myself) Parmesan cheese to sprinkle on top 1 can cream of mushroom soup

Combine hamburger and macaroni (or egg noodles) in a large baking dish. Add cream of mushroom soup and mix well. Stir in cheddar cheese. Sprinkle Parmesan cheese on top. Bake in 350 degree oven for 25 minutes. Makes 4 to 6 servings.

LeAnn R. Ralph is the author of the book, *Christmas in Dairyland (True Stories from a Wisconsin Farm)* (trade paperback; August 2003). For more information, visit

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