

Why is "Desperate Housewives" so popular?

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Why is "Desperate Housewives" so popular?

By Udo Vieth

Why is "Desperate Housewives" so popular?

Infidelity and extramarital affairs are rife.

TV shows come and go. "Desperate Housewives" being all the rage for a time. Oprah even raved about it, as many women swoon at the male stars. However now the men shake their heads in disbelief at the infidelity and other goings on....

But....

Is it all a sign of the times. Remember "Sex in the City"?

Women being more emancipated, have more freedom, and more resources than anytime in the past. So what does all that mean. Well for one thing, they are now more prepared to publically show their frustrations. They don't just accept that the man is out there doing his thing - which does not always consist of just going out to work to bring in the bacon. Men having always had the freedom to roam, have taken this to the extreme. They have often left behind trails of broken hearts and shattered families in their wake.

Now though, women are starting to get on the bandwagon.

Sexual emancipation is now no longer gender related. Both sexes are now equal. Infidelity is on the increase. Recent statistics suggest that up to 40% of women and at least 60% of men, have had outside relationship affairs at some time in their life. In studies performed recently, couple therapists however reported a 50% increase in female infidelity! The possibility thus exists that someone close to is, was, or will be cheating on their partner!

OK, so the women are fighting back - but most men have no clue that their wives are having an affair. Most men find out the day their wife asks for a divorce.

This is a life shattering experience, (trust me I know).

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Very few women become overnight cheaters though. The signs may have been there all along. There are usually stages of development, to the state of infidelity. Often, both partners contribute to these stages. Warning signs that not all is right, actually appear long before the actual physical act of infidelity. Usually most partners, don't spot them until its too late though.

Why do they do it?

Knowing the why, could be great help in protecting yourself from being at the wrong end of an adulterous relationship. Here are some reasons, which you may or may not understand. Just be aware that they can apply to men and women nowadays.

Trophy hunters. Am I attractive, powerful, rich (insert your own attribute) ..enough to get that person to have sex with me?

Lack of a truly intimate relationship. This may be either real or perceived. Some couples just don't have matching sex drives, leading to problems.

Revenge. As silly as it sounds, this is a huge reason for infidelity. He or she did this to me, so I will get back at them by having an affair as well. Totally illogical in your mind, but not in theirs.

Addictive behaviour, sexual tendencies, confusion or trauma.

Low self esteem. Am I really good enough. If someone is willing to have sex with me, that proves that I'm OK

Lack of love in the relationship. A feeling of not being cared for, lets the partner look for this missing feeling outside the relationship. This then often leads to sex.

Boredom.....etc.

So what are the signs?

Well if you are in a loveless relationship, you by probably already know that the potential for problems exist. There may of course be other signs as well.

A sudden interest to work more overtime, is a red flag. Spending less time at home. Receiving phone calls at strange hours and then not sharing the callers identity, are all suspicious. Etc etc.

Those are the obvious ones. Now you can play detective and look at everything with a suspicious mind. But who wants to live that way though?

Intelligent and committed partners, stay tuned into the relationship. They are aware of the pulse of how both feel about each other. All too often, relationships are just left to drag on, and eventually dies,even though the partners are still physically present.

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Remember to get the passion back in your life, by not letting this happen to you. Love is something too precious to just ignore.

Who is Udo Vieth? He is fast becoming an expert on love, relationship, romance, as well as being a qualified EFT and Biofeedback practitioner. He has a website:

<http://www.Toprelationships.com>

with

information regarding all aspects of relationships.

Curly Hair Is Back for Spring 2005!

By Janice Johnson

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CURLS ARE BACK FOR SPRING 2005!

Whether you have loose curls or tight coily locks you will definately be the talk of the town this spring!

We can see the evidence of the popularity of curls at the recent Golden Globe Awards. There were many celebrities sporting curls at this years gala event.

Halle Berry wore a loose French twist lightly curled in an updo. A very simple, yet elegant style. The list went on of celebs taking their straight hair and adding a little flare with curls. Best supporting film actress Natalie Portman's shoulder-length, naturally beautiful curls with bangs made her a star that night.

Our lovely "Desperate Housewives" Teri Hatcher, Eva Longoria, Felicity Huffman, Marcia Cross and Nicolette Sheridan of Desperate Housewives looked lavishing in their loosely tousled waves. 2005 is said to be the Year of the Curl! No straight styles were seen at this years star studded event. Curls are back with a vengeance!

Using the **right hair cutting technique** is extremely important when cutting curly hair. It's important to cut the hair in a way that creates the right amount of volume without the frizzies. It is also very important to go to the right salon and to a stylist who is experienced in working with curly hair.

To create a sassy hairstyle, simply wash hair and towel dry or use a diffuser. Once the hair is almost dry use a **moisturizing product** that is not too heavy and run fingers through hair to add more volume. Let hair air dry and style as desired with your fingers. If you use a brush or comb you may add too much frizz.

Give your curls a hot oil treatment every 2–3 weeks to add moisture to the hair. It is especially

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necessary to do this during the colder months where hair can become dry and brittle. Counter it with a hot oil treatment. The heat opens up the inner cortex and penetrates the hair shaft. You can find this product at your local drug store. A good hot oil treatment is Alberto VO5 Hot oil treatment. Each tube is 14 ml. It claims that if used regularly, it will lead to 55% stronger hair.

Get regular **trims every 8 weeks** to rid your curls of unsightly, stringy ends. Ensure that you visit a stylist that knows how to cut and style curly hair.

Add a touch of essential oils like avocado, coconut, jojoba or olive oil to your hair. This can be a great conditioning regimen to do prior to shampooing the hair. Place any of the above mentioned oils into the hair and place the hair in a bun for about 20 minutes. You can even wrap your hair under a plastic cap covered by a heat cap for added conditioning. You'll find that your curls will be more revived

and manageable.

Janice Johnson is the founder of the

www.CurlyHairSalon.com

website. An online multi-ethnic curly

hair magazine that offers information, tips and advice to care for curly hair.



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