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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!

Woman-to-Woman, a Skin Care Guide

By John Russell

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Due to the cycles in a woman's lifespan, her skin is different than a man's skin. Specifically, women have thinner skin than men which makes exposure to the sun critically more important to a woman. Always use skin care products that have sunscreen at least SPF8 level. The skin on the arms, back, and legs should be protected whenever the skin is exposed to the sun. Typically, the critical hours are 10am until 4pm, however, the closer to the Equator, the more critical the SPF level and exposure time.

It is said that women are said to age more quickly than men and the sun exposure issue is a major factor. The sun's penetrating UVA rays on under protected skin allow the sun's penetrating UVA rays to more quickly and deeply damage a woman's thinner skin. As a result of western women's dress, melanoma develops on different body areas than men. Because fashion dictates, women often wear skirts, the most common site for serious skin issues is the lower legs. In men, melanoma is most commonly found on the back. To protect yourself from skin cancer, remember to cover all exposed skin at all times.

A woman's skin also tends to change color and texture with age; while sun exposure is responsible for many of these changes, others are caused by the dynamic hormonal variations that occur around and during menopause. The hormone estrogen is responsible for maintaining the bony framework beneath the skin and helps keep the skin soft and resilient and works to keep a vibrant, healthy facial complexion. The issue of hormone replacement therapy is front and center in the news today. The use of all-natural progesterone creams provides many or all of the benefits hormone replacement therapy does, however, with natural products and without many of the side effects. More information about natural progesterone replacement can be found at www.realprogesterone.com.

A woman's skin is the largest organ of the body. It functions as a barrier to prevent the intrusion of toxic substance, provides a first line of defense against bacterial, viral, and fungal organisms, acts as a thermostat in regulating body temperature and acts as a sensor for stimuli through touch. Great looking skin begins early in childhood but requires careful attention throughout life to guarantee beautiful,

healthy skin as an adult. IH Distribution provides a complete, all-natural skin care line including makeup and sun screen with products that are developed in Switzerland for the spa industry and can be ordered at www.ihdistribution.com.

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Pure. Natural. Beautiful from IH Distribution. IH Distribution specializes in health areas such as acne skin care, anti-aging cream, anti-wrinkle cream, hormones and natural hormone replacement therapy, natural progesterone cream and skin care cream. We offer beauty care products such as natural cosmetics, facial products, skin care products, eye make up and dermatologist approved cleansing products.

Take Care Of Your Inner Beauty

By Hifzur Rehman

Let us talk about beauty from a different angle!

We have our own criteria for judging the beauty of a woman. We look the beauty of a lady from a certain angle and then pass the remarks whether she is beautiful or not. It's not fair. Let me tell every woman that she is unique and beautiful.

The business of beauty is thriving everywhere. Women are spending much of their time and money on buying beauty products. Even in the third world countries, women living below the poverty line, buy cheap and substandard beauty products, which give more harm to their skin than good.

It's the fundamental right of every woman to look beautiful. Every woman wants to listen the sweet words "you are beautiful". But the beauty of a woman is far from her looks or figure. Physical beauty is only one aspect while a beautiful charming personality is a complete blend of many fine characteristics such as good manners, etiquette, behavior, smile, intelligence, sense of humor, social and family values etc., all make a woman look beautiful and attractive.

Didn't you know that there is a marked difference between a carefully hand woven expensive Persian carpet and a cheap machine made carpet. Both of these cannot be equated. A beautiful woman is like an elegant hand-knotted Persian carpet. Each and every silky, colorful thread of her character, nicely woven into her personality, gives a woman an everlasting beauty and attraction.

Looks are very important indeed but the characteristics of a person are much more important. Besides taking care of your physical beauty, why not think of improving your inner beauty. The beauty which everyone admires is becoming a rare commodity these days. While on your way to a beauty parlor keep on thinking ways of improving your inner beauty.

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Take care of yourself and take care of your inner beauty. No doubt you are a beautiful person.

Hifzur Reman is the author of popular articles on self improvement. He is also the editor of his website:

which is a great source of self-improvement related information on

various aspects of life. A visit to his site will open the doors of success for you!

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Take Care Of Your Inner Beauty

The Scent of a Woman

5 Minutes To Silky Smooth Skin

The Hottest Beauty Trend Isn't for Women: It's Skin Care for Men

A Carnation Is Never A Wrong Idea

Hints for lovers

Tattoo Secrets

The Ultimate guide to a Multi-Orgasmic Male

Making money at online auctions

How Nice Guys, Shy Guys and Good Guys Finish First!



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