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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!

Women's Guide: Friends to let go!

By Kenia Morales

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Real friends are hard to find but once you find them they can bring so much joy in to your life. However, not everyone can be that special confidant. Just like other relationships it takes two parties to make it work and I am sure that you must know at least one person that instead of bringing light in to your being consumes your energy and time. Here are some people you should steer clear from:

Liar, Liar– Just like the Jim Carey movie where he played the part of a lawyer that was accustomed to lying on regular basis; well according to your friend her life is perfect. Her husband is the most romantic man in the World, her kids are the smartest, and she makes more money than any one you know. Oh! Did you hear she has a mansion but, rather live in an apartment. Yeah Right! You can stick around but all the lying gets annoying.

Racer - Have you tried taking a course, develop a new interest? Then, you find out you friend is also interested in the same area. At first you feel flattered and support her but, later you find out she's opposing you by hinting how much better she is or talented than you. Little did you know you were competing against her! A little challenge can be motivating but people should be able to relax around their friends.

Copy Cathy - You and your friend are a perfect match have the same taste in clothes, food etc. but, you find out it is too much once she starts repeating your own word. I do not know many people that would like to have a clone.

Needy Nina - Sure friendship is all about being there for each other in times of need. However, if you can predict that your friend will need a favor from you AGAIN; then chances are she might be taking advantage of you. We all have our own problems and should take care of them accordingly. It may sound harsh but, true.

Flirty Flora - She has reputation of being the biggest flirt. In her mind she thinks she is too hot because of the attention she gets from the opposite sex. However, the reality is that men are responding to the sexy signals she sends. Could she be flirting with your man too?

Two Face Tina - I will never forget the day that I was in a social gathering where someone approached me and made a comment: The food is awful! Even though, there was some truth in that statement I refrained from criticizing the host (my friend). However, when the host joined us for conversation she told her without anybody asking her "The food was wonderful! Honestly her comment was not a big deal but, was it really necessary to be a hypocrite? This person's behavior that day made me think twice about her character. I wonder to what extent she wears a mask.

Tormenting Terry– This person is nice to you one minute and the next is nasty. Has no boundary to what she says about you in your presence. Always has a cruel remark, do I have to tell you that this is not a friend at all. Her only purpose is to torment you and others around her in order to feel better about herself. Stay away from people like this and stand up for yourself if necessary.

Distant Dena - This is a friend that seems uninterested in spending time or communicating with you. She made had been a good friend before but, keep in mind that people change and grow apart. This is natural and you might just have to let go! Invest your time in developing new friendships.

Kenia Morales is the publisher of online magazine <http://kpatra.com> "For Every Aspect of Today's Woman. Visit her site to find a variety of women related issues and topics" [click here](http://www.kpatra.com/keniascolumn.htm) <http://www.kpatra.com/keniascolumn.htm> to find Kenia's little piece of heaven her inspirational column

Pregnancy Guide Selection Tips

By Mandy Robinson

>From the moment you find out that you are pregnant, expecting mothers immediately begin to worry about planning for a successful pregnancy and in addition for their bundles of joy. Planning is perhaps the most important thing you can do during your pregnancy, so finding a quality guide is of the utmost importance to helping you organize for success. You may be issued with some kind of brochures from your doctor at your first medical check– up where your pregnancy is officially confirmed, or you may be given something by friends who have already had babies. Read through the guide you are given, and see if it matches your ideal pregnancy in your mind.

1. Pregnancy Guides In A Nutshell

– Pregnancy follows a set pattern of development – What to expect with your body during each of the three trimesters – Hints on how to prepare for the actual birth of the baby – Diet advice – Exercise advice

2. Generic Pregnancy Guides

For many women, a generic pregnancy guide is sufficient to give them the information they require. Of course, depending on your personality you may want to explore other books to see if they are better suited to you. For example, do you want a pregnancy guide that not only informs but also encourages you to use the book as a record of your pregnancy by having space for you to write in your weight at

the various stages?

3. Teen Pregnancy

If you are a teen mother– to– be, or this is not your first child, then you may prefer a pregnancy guide that speaks to you and offers more specific advice. It could be that you prefer to know all the symptoms of the various complications of pregnancy so that you are prepared, or perhaps you prefer a book that doesn't give you nightmares.

4. Diabetes Also, Other Conditions

For those with diabetes or other specific conditions, there are pregnancy guides that will apply specifically to you and can help you to plan on adjusting your dietary intake for your condition.

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