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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 Health Blogs – Adventures In The Blogosphere

By Sue Richards

Writing, as a form of therapy, is as old as ink itself. Universally understood as a transformative process, the simple act of putting pen to page can effectively jump start personal growth and healing.

Over the years I've had more than a handful of sessions on a therapist's couch sorting through the baggage I've built, bought, borrowed and inherited in my 48 years. Without exception, each qualified practitioner proposed the following recommendation: start and keep a daily journal.

Seems much angst and worry can be worked through with pen and paper. Yet for reasons that can only be explained as part of 'my personal charm,' my journal keeping would start and lapse in record time. Nevertheless, I knew the writing process to be powerful despite my inability to be consistent. Once, after managing to hold my journaling nose to the grindstone for 13 weeks, I leapt tall buildings made of artist block and landed on the other side, with renewed energy and fabulous paid work.

And yet, despite my success, I quickly discontinued putting my thoughts on paper.

Miraculously, last spring, my lifelong writing inertia evaporated with the click of a computer button. As easy as one, two, three, I started my own on-line journal, more commonly known as a blog.

A blog is a web log comprised of a series of posts, about the author's choice of subject, from professional to personal. Every entry is date and time stamped as they are published, giving the material the feel of a traditional diary.

Blog procedure is exceedingly simple and free for anyone with access to a computer. I type my thoughts, press the publish toggle and instantly my rants and raves go live on the World Wide Web. There is no middle person, web mistress, publisher or editor to be found. Blog control post, pace and frequency is in the blogger's hands.

However, there is one distinct motivating difference between your traditional hard copy diary hidden away, under the bed, and your blog. Blogging offers a possible audience.

My first thought was to use a blog to share the unusual adventure of my Calendar Girl life and draw attention to the Breast of Canada project. It took no time to realize that a following of fans was a big buzz, injecting tremendous energy into the somewhat relentless process of making, marketing and moving 3000 calendars every year.

My second blog took on a digest format offering alternative breast related news that was a simple by-product of my role of publisher.

Blog number three was born thanks to a peri-menopausal fit of memory and hair loss. Fondly called 'My Menopause Blog, How to Punctuate Life Without a Period,' This effort truly fits the therapeutic writing model and contributes enormously to my state of mind.

Writing publicly about my petulant period, in real time, is like inviting a bunch of menopausal women over for tea and a heart-to-heart. Not surprising, scaling the dome of silence surrounding menopause,

and talking above a whisper about 'The Pause' resonates deeply with women readers.

Shooting from the hip and funny bone, I share my findings of remedies, attitude shifts and my belief that menopause is not a disease. Thinking broadens with each entry; confidence grows as does understanding and a liberated sense of ageing. My Menopause Blog is like a cyber red tent for anyone interested in musing on maturity.

Eventually, curiosity lead to an on-line exploration of blog networks, blog rolls and search engines to see if other women were writing about their lives, health and well being.

Turns out, they are. Thousands of blogs are written by new moms, freshly divorced, empty nesters, the menopausal, survivors of cancer, stay at home parents, clinically depressed and chronically curious. Photos are up-loaded. Advice is sought. Human contact is collected by way of comments that reader's leave like cyber hugs. There's a whole lot of contact being made between people separated by geography, but connected by circumstance.

Clever blog names are common with blog owners. Ellie at This is My Body, This is My Blood offers a hilarious window into her peri-menopausal pity party. 'I'm Out of Estrogen and It's Not Pretty' provides a window into Victoria's menopausal life. A group blog that I randomly come across claims: "Running this blog is about 50,000 times cheaper than a good therapist."

This new cyber kid on the block follows a blogger code of conduct that creates a safe, encouraging and friendly zone where you can let yourself hang out, be human and be heard. Not everyone writes like a professional, although there are excellent pro bloggers leading many a parade of readers. Countless circles of similarly focused, differently skilled people gather in and share the Blogosphere.

My greatest blogging benefit comes from my daily commitment to write just like the psychologists suggested. I clear my head, sort out my hormone-scattered feelings, get cheered on and remind myself that life is dynamic. Indeed, the cyber trail documentation of my menopausal mood swings is time stamped proof.

Sue Richards, publisher of the breast health calendar Breast of Canada is a Social Science alumni from University of Guelph. A YWCA Women of Distinction and founder of the community arts project Art Jam, Sue currently spends her time Blogging about menopause and breast cancer prevention.

<http://www.mymenopauseblog.com>

<http://www.thebreastviewsblog.blogspot.com>

<http://www.breastofcanada.blogspot.com>

The Travel Blog Phenomenon

By Frank Johnson

Today, just about everyone has a blog. A blog, for those of you who don't know, is a web-based log (sometimes called a weblog) where entries are made, like a journal, on a regular basis. To cut to the chase, a blog is an online, public diary. People create blogs to chronicle their life, relationships, adventures, work, etc. and, in most cases, allow readers to leave comments on their blog entries. Many top business professionals also keep blogs to communicate their research and stir debate on hot issues. For consumers, blogs are a good source for first-hand experiences and opinions, and can provide insight on various products and services that can't be found anywhere else. So in the end, blogs allow people to express their "un-sponsored" thoughts on anything they want to talk about, and web surfers to read first-hand experiences and personal opinions on products, services, and even travel destinations.

That's exactly why travel blogs are becoming very popular in the online travel sector. A travel blog can provide you with details and personal experiences and stories that your typical travel guide book just can't offer. And for avid travelers, a travel blog allows them to share their adventures with everyone on the World Wide Web. They use their blog as a soap box, proclaiming to the virtual world their likes and dislikes about foreign cities, countries, and towns. The information you find on someone's travel blog can often help you decide where to go, what sights to see, and what to expect when you arrive at your destination.

Travel Blog vs. Conventional Travel Guide

In many cases, a travel blog blows conventional travel guides out of the water. Even though printed travel guides are written by professional travel writers, a travel blog can often express more emotion and detail regarding a specific travel destination. Travel blogs can also be updated instantaneously, reflecting the latest news and events that might affect travelers interested in journeying to that destination. Conventional travel guides, however, can go years without being updated, making them less accurate than a travel blog. And since anyone can start their own online travel blog, there will always be new and insightful first-hand travel information, experiences, and advice available.

However, conventional travel guides do have an edge over travel blogs - they're portable. All you need to do is slip your travel guide book in your suitcase or back pocket (some publishers actually have

pocket-sized travel guides) and you have a reference for your travels every step of your journey. Since travel blogs are web-based, you'd need a laptop or some sort of portable device to reference a travel blog when you're in-country. Sure you can print out parts of a specific travel blog, but most of the time it's just easier to have an all-inclusive guide book handy when you travel.

So what's the solution? Use both! Search the web for as many destination-relevant travel blogs and purchase a travel guide book. Use both resources to learn about your travel destination and discover personal experiences other travelers have had when they visited the country/city.

Travel Blogs - Use Them

Travel blogs have revolutionized the way we plan our vacations, business trips, honeymoons, etc. A travel blog can provide you with detailed travel stories, first-person experiences, and advice on what to

do and what to avoid. If you're planning a trip and want to verify that your travel destination will provide you with the experiences you're hoping it will, search the web for travel blogs and get a second opinion.

For more travel information and savings, visit

<http://www.cfares.com>

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cFares is the first choice thousands of knowledgeable travelers are using right now to save hundreds of dollars on low airfares. For more information on travel blogs and deals on airfare, visit

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