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Alternative Medicine: Is It Worth the Risk

There has been a surge in recent years of people looking to alternative medicine for treatment of illness. It is a practice that generates a great deal of controversy both inside and outside of the traditional world of medicine, and an issue that some experts say does not receive enough attention.

What is alternative medicine?

The most commonly accepted definition of alternative medicine is a treatment or substance that is untested or unproven using accepted scientific standards. Common types of alternative medicine include herbs, supplements, therapies and activity programs that fall outside of traditional medical practice and are questionable in terms of safety and effectiveness. For example, acupuncture, massage, meditation, herbal teas, and plant extracts are quite popular forms of alternative medicine that many medical doctors say are ineffective at best and dangerous at worst for some conditions.

Why Is Alternative Medicine So Popular?

Alternative medicine has grown in popularity as more and more people face the inevitable aches, pains and illnesses that come with aging. In some cases, traditional medicine has failed to produce a cure and patients go in search of other options for treatment of their illness. In other cases, patients believe strongly that natural methods of treating illness are superior to traditional medicine so they seek treatment from alternative practitioners rather than medical doctors.

The Risks Of Alternative Medicine

Some of the greatest risks associated with alternative medicine come from the use of substances that are untested, ineffective, and sometimes unsafe. The makers of such substances often make exaggerated claims of effectiveness and/or misrepresent the science associated with the substance in order to convince consumers to buy their product, even if use of the product may endanger the consumer's health or well-being.

For example, some herbal remedies are promoted as having the ability to improve memory, increase metabolism, or even cure diseases like cancer and heart disease. In practice, though, some remedies may actually cause physiological harm when taken in excessive amounts, ephedra being one well-publicized recent example. Another risk is that a person with a serious condition such as cancer, heart disease or some other chronic illness will forego more traditional treatments that have been proven effective in favor of alternative treatments that are of questionable value. They may be literally risking their lives by treating illness with unproven alternative medicines rather than scientifically validated traditional medicines.

Another common risk associated with alternative medicine is when a patient uses both traditional and alternative methods of treatment but does not disclose this to their medical doctor. It is very common for prescription medications to produce negative interactions when taken at the same time as alternative medicines like herbs and plant extracts. These interactions may range from diminished effectiveness all the way up to and including toxicity that causes serious harm. If the medical doctor is not made aware of any other substances the patient may be taking, he or she may unknowingly prescribe a medication that produces an unwanted or harmful interaction.

How To Recognize Potentially Risky Alternative Medicines

A good rule of thumb to follow is that if a product, substance or therapy sounds too good to be true then it probably is. While you may already be familiar with this cliché, it is worth repeating because it is often true when it comes to alternative medicine. Beware of any product that claims to be “miraculous”, “a scientific breakthrough”, “amazingly effective”, “an ancient remedy”, “a secret formula” or possess some other attribute that supposedly makes it superior to more traditional medicines.

If you are considering an alternative form of therapy, such as reflexology, acupuncture, biofeedback or the like, carefully check the qualifications of the therapy practitioner before undergoing treatment. What kind of training has he or she received, and is that training from a reputable source? Research the treatment itself to determine if it is something that has been scientifically tested, evaluated, and found to be effective. Don't take the practitioner's word for it, and don't accept at face value the claims of anyone who stands to make money or benefit in some way if you choose to undergo the treatment.

Finally, ask your doctor about any form of alternative medicine that you are considering. If you don't feel comfortable doing so then find a doctor with whom you feel more at ease and discuss the alternative treatment you are considering. Remember that a trained medical professional has the education and experience to help you make good, safe decisions about whether or not to use alternative medicine.

Alternative Medicine for Women's Health

Since women's health is such a huge topic, I have chosen to concentrate on one aspect of women's health which continues to be an issue. There are over a hundred symptoms associated with PMS. Unfortunately, because each woman is different, there is no agreed upon cause or treatment for the effects of PMS within the medical community.

What they do all agree on is that a regular menstrual cycle is a sign of good health. Isn't that special? Doesn't help to know you're healthy if you are in pain or having mood

swings that cause you to have to make the decision to stay home for a day rather than risk the chance of having to call your best friend for bail money.

Well, conventional medicine can offer pain pills, water pills, and hormonal therapy, but alternatives to these forms of comfort can be more relaxing and have fewer side effects. And while I for one am not going to "run with the wolves", I would like to achieve some sort of balance between seeing cramps as a medical "problem" and a "gift of mother earth." Give me a break, I just want to not cry or punch out people at the drop of a hat for a week out of each month. Let's explore those options:

Acupuncture relieves pain and stress, and can leave you feeling so relaxed that you're feeling too good to punch anyone out. Same goes for massage, and your massage therapist can show you self massage to do on your lower abdomen any time you need to relax cramps. No medicine is involved, and both of these alternative therapies are non-invasive.

Chinese medicinal herbs are used in concocting teas and poultices for the relief of PMS symptoms. These include Kava Kava Chai and ginseng teas. The top recommended teas are made from Viburnum and help with cramping, irritability, and swelling. Dandelion helps with swollen breasts, muscle spasms, and acne. Your herbalist can recommend the appropriate combination of herbs for your individual symptoms, as well as bath soaks and foot rubs.

Osteopathy is an alternative medicine that can help with internal organ ailments and fight osteoporosis. The women's health center at Oklahoma State University (founded by the Osteopath society) sponsors the "Take Charge" program, which sponsors health education and alternative therapy forums for women across the country.

Chakra and crystal healing energy is used in a wide variety of ways to increase blood flow which (ironically, if you think about it) lessens headache and tension symptoms of PMS. This appears to work, but is a little touchy feely crystal dolphin wacko for me; I prefer yoga and herbal teas, pragmatic and to the point.

Although not considered alternative therapy, per se, exercise is a great way to relieve symptoms and lessen fatigue. One form of exercise which could be considered alternative is yoga. The slow stretching movements and low impact cardio of yoga is very good for menstrual symptoms.

Hypnosis is fast becoming the alternative medicine of choice for PMS sufferers. Hypnosis is geared toward finding out the causes and conditions of symptoms, therefore relieving the pain holistically, that is to say, removing the root cause of irritability and stress.

While it is obviously hormonal in nature, the mood swings of PMS can be brought under control with light hypnosis which focuses on teaching the patient that the moodiness is temporary, and not to be taken to heart. Now I don't know about you, but I am much more likely to believe a hypnotist when she says "It will be okay, you will get through this, it is temporary," than I am to believe my husband, who says "Are you on your period? That explains it..."

Alternative Treatments for Men's Health

There are many alternative methods of treatment in the world today, and many are geared towards men directly. For men, you want to ensure that you are using the best alternative method for you. There are three great alternative methods that work well for men and only men. Alternative treatments are made for men and women, but in some cases only certain methods of the same treatments work effectively for men.

Herbs For Men

Herbs can be used for men for several different purposes. For prostate treatment, the male reproductive system or infertility. There are many different herbs that can treat and help these male problems. There is a specific herb program that can help all of these problems. This program includes: relaxing herbs, aphrodisiacs, testosterone enhancers, circulatory stimulates and adaptogens. These types of herbs, taken regularly can cure the ailments that men encounter everyday.

Chinese Medicine For Men

Acupuncture is the biggest and most popular of all of Chinese medicine today. Acupuncture is becoming more widely used across the world with every passing year. Most men prefer acupuncture to all of the other alternative medical treatments. This form of Chinese medicine was created to treat all kinds of diseases and ailments and it has overwhelming results in any area. This is an art of release, and there are many men in the world, just as there are women who need a release of some sort. Acupuncture is the form that they choose and it works! This is one of the strongest forms of alternative medical treatments.

Yoga For Men

Yoga is not just a treatment for women, men can take part in this incredibly healing and releasing self therapy. Yoga is a great treatment for stress release and the release of the negative feelings that your body is holding onto. Yoga can be an art if you do it correctly. It is easy to learn and something that you will want to continue on a daily basis. The results that you will see are unbelievable and can only improve the more you practice your yoga. Men tend to bottle their emotions up the same as women if not more. This makes yoga a great treatment for men in many different ways. Yoga can cure and treat you in more than one aspect of your life. It is a holistic treatment that treats your mind, body and soul.

Men have the same stress and emotions in their minds as women. These need to be released. Alternative treatments like the ones listed above have the power to do this in the most natural way possible. Every year there are more men taking part of these effective alternative treatments for their diseases and ailments. The more comfortable the society becomes with these alternative methods of treatments, the more men you will see taking advantage of their amazing and instant results.

Men's health is much different from women's, yet the same treatments can be used in a different manner. The best way to take advantage of these treatments is to find a practitioner to assist you in your quest for alternative healing methods. When you begin your alternative treatments you want to ensure that you are using the correct methods for you. These correct methods vary with men and women. Different methods are used for each, and by using the right one you will find yourself with amazing results after the first session.

Alternative Treatments for Children

There are many diseases and illnesses that children have which are difficult to treat. They are difficult to treat because it may be harder to administer the conventional treatments to a child or they may refuse to take their medication. This is where alternative medications and treatments come into place. Children easily accept these alternative treatments because they do not associate these treatments with medicine. These treatments are something new and exciting in their eyes.

Asthma is one disease in particular that is difficult to treat children for. The children do not enjoy using their puffers or any other type of treatment that is given. Before you begin choosing the alternative treatment for your children or child, you must remember to keep in mind that these treatments have no scientific research and are not equal to conventional medications. These treatments do work to an extent however.

Acupuncture:

This is a technique where needles are placed into key points of the body. Evidence suggests that these needles release endorphins in the brain, which help reduce pain. Children with asthma who endure this treatment may find it easier to breathe more calmly and relaxed.

Hypnosis:

This is a treatment that may give children more self-discipline to continue on with their medicine in a more regular manner.

Massage and relaxation techniques:

It has been suggested that stress or anxiety can constrict the airways even more for children or even adults with asthma. Massage helps reduce this stress, therefore making it easier for the child to breathe. You can also learn great techniques to do on your own to help control your own breathing patterns. This gives the child confidence that they are in control of their asthma.

There are many other diseases that children have where alternative treatment can be used. Perhaps used with conventional methods as well. Children with serious diseases such as cancer or diabetes may need to take advantage of massage or meditation techniques. Children with life threatening disease are prone to bottle up their stress and this can sometimes make their disease that much worse. By using alternative treatments along side of your doctor prescribed medications can be a great combination! Children with diseases need as much help as they can get.

As a parent a great deal of research and doctor's opinions are necessary. Depending on what your child has you must research carefully any alternative treatments you are considering. You want to ensure that the treatments will do something for your child and not harm them in any way. You may find with treatments such as acupuncture that your child will be reluctant to try it. That is why research for something that the child will want to participate in. These treatments are more about relaxation and making your child feel like they are in control and not helpless to their illness.

Children are more prone to need alternative treatments because they are more reluctant to follow through with their prescribed medicines. Children are hard to treat, but if they like the treatment, then it becomes that much easier! A great way to make your child excited for their new treatment is to describe it like it is a treat. Get them excited to go. The more excited they are to try something new the more willing they will be to make it part of their weekly or even daily routine. As a parent you know, that children need to enjoy what they are doing otherwise you will be defeated!

Heed this advice, but always ensure that you run your ideas past your family doctor just to be safe. Alternative treatments can make all the difference in your child's health and attitude!

Alternative Medicine for Cancer Treatment

If you have cancer or know someone who does, then you know that sometimes the treatment can be as disheartening as the disease. The effects of chemotherapy can reduce cancerous cells, but the side effects are nausea, loss of appetite, and hair loss, just to name a few.

It's no wonder that cancer victims look for alternative forms of treatment, and alternative medicine has come up with some options that are meant to be complimentary to the more "modern" forms of treatment. However, there appears to be no middle ground here; while the alternative medicine community is accused of overstating the validity of alternative medicine, the "conventional" treatment provider's tend to understate the effects of alternative therapies for cancer sufferers.

While there is no cure for cancer, the NCCAM (National Center for complimentary and Alternative Medicine has conducted studies showing that acupuncture relieves the

fatigue, nausea, and pain symptoms associated with both colon and breast cancer, as well as headaches and neck pain associated with surgery for brain tumors or throat cancer. Ginger is a good tasting treatment for the nausea and vomiting side effects of chemotherapy. Hyperbaric oxygen therapy is currently being studied as a relief for larynx cancer patients. (Hyperbaric oxygen therapy consists of breathing oxygen which is at an atmospheric pressure greater than sea level. It is being studied to compliment radiation therapy.) Massage is used to relieve fatigue for all forms of cancer.

Another form of alternative therapy used for fighting the symptoms of cancer is coupling pancreatic enzymes with chemotherapy for the use in pancreatic cancer treatment. Pancreatic enzymes are proteins secreted from the pancreas that help in food digestion.

There is a distinction between complimentary medicine and alternative medicine. Complimentary medicine is used along with conventional medicine; whereas alternative is used instead of. Studies show that better long term results were achieved with complimentary medicine on advanced stages of cancer, while alternative medicine seemed to help early stage cancers. The study is called CAM, (complimentary alternative medicine) and statistics show that 36% of adults with various stages of cancer use both therapies. If you include megavitamin therapy in this statistic the numbers almost double to 62%. 79% out of almost 500 cancer patients use some form of complimentary or alternative therapy for cancer symptoms. (Statistics taken from www.cam.com)

Possibly the most beneficial part of CAM therapy is that patients can feel as if they are taking some form of control over their cancer, and that increases the quality of life and chances for survival. Bringing relief of pain and increasing hope for cancer patients is reason enough for these foundations to continue to receive grants and continue their studies.

If you are considering CAM therapy, there are some questions that you should ask the health provider before you begin treatment. One of the most important is will the treatment be covered under your health insurance and if so, are there any clauses you should know about? If the therapy is being sponsored as part of a clinical trial, find out who is sponsoring it so you will know if the trial is being conducted by an unbiased company with no marketing credits to be gained by the outcome.

You'll also want to ask if the therapy will interfere with any conventional treatment you might be receiving at the same time. Usually the answer is no-that's the nature of alternative and complimentary medicine-but you should have all the information before agreeing to any type of treatment. Ask also if there will be any side effects, or if the documented benefits outweigh the risks, if any, involved.

Losing Weight With Alternative Medicine

Weight loss is one of the big topics-no pun intended-on the late night television circuit. While flipping through the channels after 11p.m., you are apt to come across several

advertisements for weight loss pills and diet supplements, each promising to help you drop those unwanted pounds and remove stubborn belly fat once and for all.

Let's face it, if these pills really worked, America wouldn't be the top overweight country in the world.

There are types of alternative medicine which can help with weight loss, however, and with great results. While no alternative medicine is a magic solution, practicing these principles can help you become more limber, feel more energetic, and the end result-or side effect if you will- is weight loss.

Take yoga for example. The low impact stretching involved with yoga will help you feel less stressed, and as a result less likely to over eat as a result of depression or anger. Acupuncture has exact pressure points in the ear which help reduce cravings, and detoxifying teas and herbs can help you feel healthier, and the side effect would be thinking twice before deciding that you want to "pollute" yourself again with oily and fatty foods. In this respect, alternative medicine is wonderful for weight loss.

Most alternative medicines for weight loss come in the form of detoxifying teas, energy supplements, and vitamins. The exercise and diet plans are the basis-as they should be-for safe and effective long term weight loss. There is no magic potion to lose weight. Truly dropping pounds and keeping them off requires regular daily exercise and a change in eating habits, period.

However, to get you ready for weight loss, here are some alternative medicine detoxifying teas and interesting supplements;

Take turmeric, ginger, and lemon-about a half teaspoon each and the juice of half a lemon, and boil it all in 2 cups of water. Drink every morning as a detoxifier before you start your diet.

All diets should consist of fresh fruits and vegetables, and buying a juicer is a great way to make a habit out of eating healthy. Please see your doctor before starting any kind of diet plan.

Omega three is a fine source of nutrient, and can be added to any smoothie or juice that you're drinking.

Visit your local food co op or herbalist, they can get you set up with all sorts of alternative teas and nutrition advice, and can refer you to a good homeopathic doctor who will evaluate you as to what your individual nutrition needs are.

Bovine and shark cartilage are two dietary supplements to hit the alternative market. Both have been used for years outside of the United States and Britain, but now are big business in the health food stores.

The most popular form of alternative medicine for weight loss isn't really medicine at all, rather behavior modification through hypnosis. Hypnosis doesn't make you rely on will

power, that's one of the reasons it's so popular. How hypnosis works is that it investigates what is subconsciously holding you to the thinking and eating habits that keep you overweight.

Hypnotists believe that if the root cause of the obesity can be alleviated, the patient will naturally begin to lose weight. It is actually a very effective form of alternative medicine, and overall can cost much less than trips to day spas and expensive over the counter weight loss pills. Through hypnosis you can let go of fears that keep you from eating healthy, and begin to allow a positive energy flow through you, causing you to want to stick to the new way of eating and exercising.

Treating Neck and Back Injuries

Many people experience neck and back injuries on a frequent basis, either from work related injuries or from just moving the wrong way. Your neck and back are easy to injure. There are many pills that you will be prescribed to relieve the pain. But these pills do not fix the problem, they only dull the pain for a small period of time. More frequently, alternative treatments are being used to cure these injuries.

Injuries of the neck and back can be some of the more painful injuries and you will find yourself debilitated for that period of time while waiting for your pills to work. This is no way to live.

Alternative treatments are very reliable in this field and will fix your injury and heal your pain. These methods are not as obscure as they used to be. They are becoming more and more popular. Here are the alternative treatments that would be best for problems with your neck and back in particular:

Massage
Acupuncture
Meditation

These forms of treatment can be used each separately or combine one or two of them together. Acupuncture should be the first one that you try. If you are not familiar with this technique, let me explain. Acupuncture is the art of inserting needles into certain key points of the body. It is believed that these key points release the stress and tension from your body. Stress and tension are the root of all pain. Once you get rid of this, you will start feeling better almost instantly. Acupuncture involves no pain, only relief.

Massage is another great way to relieve pain. The art of massage is something that has been mastered by many people today. Massage will release all the tension from your muscles and put your body at ease. Massage is something that will need to be used several times in one month in order for it to be effective. Depending on the severity of your injury, you may have to go more frequently than this. Massage can help and it may even be a good idea to combine massage and acupuncture therapy together.

Meditation is a very strong method of healing used as an alternative treatment. Meditation is a treatment that should be used as well as another treatment. Alternative or otherwise, meditation is a method that cures the soul and the mind. This may sound like it will not do anything for neck or back injuries, but this assumption would be wrong. The condition of your mind and soul are just as important as your physical condition. Meditation is an art. It takes a lot of self-discipline and concentration. It can work, if you put the effort in to make it work. In regards to injuries, it is best to combine meditation with acupuncture or massage. Meditation is something that you might want to begin using daily. It can help you for injuries but not only this, for other illnesses that you may have.

Alternative treatments are great for curing injuries. Remember that it may be best to combine one or two of these treatments together for maximum effect. You can also combine your conventional medical treatments with one of these great alternative treatments. Maximum effect is what you are going for. It may be best for you to consult with a practitioner before you begin any alternative treatments. You can receive great advice and learn more and more about these alternative methods and feel more confident about using them. Finding a good practitioner is something that will help you get the full effect of alternative treatments. You can learn more than you ever thought about these methods and learn how to use them for your advantage. Alternative treatments can make a difference and cure your injuries with a great healing power.

Five Tips for Bringing Body, Mind and Soul Together

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What are you passionate about? What brings your mind, body, and soul together? Whether it's a daily meditation or prayer, a rigid diet system, or just a good book, the outcome of being able to combined these three aspects of yourself can bring about the balance that most people wish they had in their lives.

Although we talk a lot about balance, most people leave out the concept of the soul, mostly because it's not very well understood by Westerns. I submit that what moves your soul is also what causes you to feel the type of energy that can only be described as passionate.

That doesn't mean sexual passion, that means spiritual passion and the best example I know of is listening to Southern Baptist gospel music. That's what does it for me, anyway. This type of music lifts me up and reminds me that there is a much bigger world out there than the daily happenings in mine, so I ask you again, what makes you passionate? Here are five tips to help you decide:

Set Future Goals

Future goals are supposed to inspire passion, are yours worthy of your mind, body, and spirit?

Please don't tell me they have to do with money, which is great, if that's what you're into, but the process of attaining these goals should be what causes the passion, because what makes the goal so much sweeter was the journey that went with achieving it. Try picking a goal like exploring three new forms of spirituality this season, instead.

Remember Your Accomplishments

One of the best ways to nurture your body, mind, and spirit is to remember how much good you do, not get down on yourself for every little mistake.

The fastest way to crush your soul is to constantly tell yourself that you screwed up, that you're no good. The soul and mind will eventually believe you, and your body will follow by becoming sick.

Create Happiness Scenes

This is a form of meditation where you practice taking your mind to a safe and happy place that you either create or plan to go to someday. When stress rears its ugly head, go to your safe place for a minute. (Yes, this tip is made fun of in the movies all the time, but it works, it really does.)

Look Forward To Something, Plan to Get Away

Nothing seems to nurture the body, mind, and soul better than physically leaving and finding a new place to explore, even if it's for the weekend. Plan a weekend trip and get away to the mountains or the beach, whichever direction your heart takes you. Now here's the best part-go alone. When was the last time you spent sometime away with no one else but you? This can be very relaxing; you don't have to worry about entertaining anyone else but you.

Practice Affirmations; Find A Stress Reliever and Practice It

We talked a little about this in number 2, but pick three affirmations and say them out loud to your self in the mirror every day. This has been proven to work! If you tell yourself something about yourself enough times, you will make it true. It seems so easy for people to believe that when it comes to saying negative things to our selves, why is it so hard to believe that it works the other way, too? Three simple affirmations to get you started are:

"I am always safe and secure."

"The universe provides everything I need."

"My income is ever increasing."

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