

**Contents:**



**Procrastination Cure**

**2**



**The Mysteries to Acupuncture Revealed**

**3**



**Proven Benefits of Chia Seeds**

**4**



**4 Reasons Why Gold Is An Amazing Metal**

**5**



**What Are the Various Uses of Silver?**

**6**



## **Procrastination Cure** (reading – 1.10. - 7.10.)

by: **Christian Charles**

Let's take a moment to learn about how you can begin to automatically do all the important things that you must do on a daily basis. Doing the things that you need to get done will immediately release stress and improve your energy, having an overall positive effect on your health. It also provides you with more life energy to be present with the important people in your personal life as well as giving you a stronger ability to connect with influential professional people, which will of course automatically increase your income and put you in a position where you are able to focus on what's important and stop being distracted by things that don't matter, but continue to hold you back in many areas of your life.

One of the absolute best ways to make sure you complete your top priorities is to make the important things you need to get done a habit, like brushing your teeth in the morning, so that you can do it without even thinking. I just heard someone say, "Well, what if procrastination is my habit?" My answer to that is: Practice! Just like you became very good at procrastination or brushing your teeth, you can become very good at getting things done. We will use the magic number 21. It takes approximately 21 days in a row to make an activity a habit. If you are able to just practice your new activity for 21 straight days on the 22nd day you will do your chosen activity automatically from that day going forward.

So here is your recipe for success in a step by step format to help you cure procrastination. This will in turn release stress, increase your health & energy, and of course help you attract the people of influence, increasing your income:

- 1) Pick an activity (habit) that you would like to activate.
- 2) Pick a time that you'll do this activity daily (I suggest first thing in the morning).
- 3) Mark your calendar with this activity for the next 21 days and remember to focus on doing your activity before taking part in any distractions like social media sites, voicemail, email etc. (I realize these things have become a necessary part of our lives, I'm just saying take care of your priorities before you start reacting to outside things).

Ok ... It's time to take ACTION right now so that you can begin to put this new habit into place immediately! Remember WHY you are doing this ... to have more life energy, more money, more respect or whatever your reason is. Now, get a piece of paper or a journal and write out in specific detail exactly what your new activity will be, when, where, how, and what will be the expected outcome. If your new activity is meditation. When will you do it? What room and where in that room will you do it? What type of meditation will you do? What will you wear? What will be the effects of you creating this productive habit? After writing everything down, prepare your space for the next day, get everything that you will need ready the night before and then place a note where you will see it first thing in the morning reminding you to do your chosen activity. Finally, take a few minutes to actually see yourself completing your activity successfully. Many people have found that this approach is enough, but it's important to remember that focused action and daily practice is the key to your success.

### **About The Author**

Christian Charles is an expert Self-Help writer & reviewer. Learn more about overcoming procrastination and find some excellent alternatives at [www.hypnotistreview.com](http://www.hypnotistreview.com).

Article Source:

<http://www.articlebiz.com/article/1051344571-1-procrastination-cure/>





## **The Mysteries to Acupuncture Revealed** (reading – 8.10. - 14.10.)

by: **Bob D Willis**

Acupuncture and acupressure are two topics that bring attention to almost everyone, everyday. What exactly is it? How does it function? Is it helpful? How is it any different from acupressure? How often does it hurt?

What exactly is the procedure?

A system of health care involving placement of needles in every point of the body, to treat a certain ailment is what the treatment is all about. 15 to 60 minutes are the usual sessions for treatment depending on ailments. Placement of needles in certain points to treat a certain range of diseases, through trial and error can help you actually have huge improvements in regards to treatment of certain diseases.

Acupuncture and acupressure!

Stimulation of deeper structures, which cannot be reached by acupressure are often taken forward by acupuncture. In case you do know how to massage the right points of the body, acupressure will be effective enough to treating any ailments of the body. A little practice can help you develop, the effective points to the treatment.

Does the practice hurt?

Well, the practice of insertion of needles in specific points of the body to treat a certain range of illness. This can be done in variety of methods, by a variety of people who can belong to almost any age group and having a variety of practice styles. The level of comfort to the patient depends on the level of experience of the practitioner.

Sometimes and in regards to a few ailments, the pain caused by the procedure of the treatment can last for minutes starting from an instant. Also sometimes, no matter how careful the practitioner is, the insertion of needles might actually bring you some discomfort.

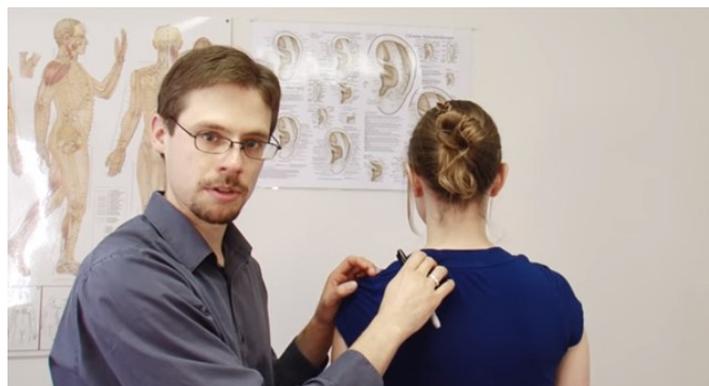
A few practitioners, though, believe that there should not be discomfort, as it is actually the same as sewing needle through a ball of yarn. The metaphor used in this case, sure makes it sound wonderful, particularly to first-time acupressure users, but at the end of the day a twinge of pain is actually felt by anyone taking the practice for the first time.

Ideally, a careful practitioner should exercise enough caution in inserting the needles in a patient's body. He is also supposed to stop the moment he is told of pain by the patient, and must wait for a few seconds to several minutes before the patient can actually relax and be ready for the next insertion. The pause actually makes way for the smoother insertion of the next needle.

### **About The Author**

Bo Wha Oriental Clinic offers you holistic services in regards to Meditation and Relaxation Classes Brisbane. We also help put you on a new and improved lifestyle by our Best Acupuncture practices in Brisbane.

Article Source: [http://EzineArticles.com/expert/Bob\\_D\\_Willis/1972929](http://EzineArticles.com/expert/Bob_D_Willis/1972929)





## **Proven Benefits of Chia Seeds** (reading – 15.10. - 21.10.)

by: **Nick Shutts**

Looking at a bag of chia seeds, you have to wonder how these tiny little pieces are considered super-foods around the world. These small black seeds offer you a host of proven benefits that you can rely on to improve your overall health and enjoy a healthier lifestyle now and moving forward.

The first benefit of chia seeds that you will find is that they are brimming with nutrients. Adding these tiny seeds to your diet daily will give you a host of nutrients your body needs each and every day to ensure you enjoy a healthy lifestyle. Consider adding them to a salad or make a muffin with them, however you want to eat them, ensure you get the proven benefits which are guaranteed to make your heart sing and your body thank you in the long run.

Next you will find that they are brimming with antioxidants. In fact these tiny seeds can make such a difference to your overall health as they are filled with antioxidants that your body needs to remain healthy day after day.

These seeds are so rich in fibre which is very beneficial to your overall health. In fact an ounce of chia seeds offers your body twelve grams of fibre that is pretty impressive, especially when you see the size of these seeds in person. If you are unsure of whether these are the choice for you, think of the fibre you are giving your body that you may not get from your daily diet.

While on the fact that these seeds are rich in fibre, it is worth knowing that they are also very rich in protein, making them the perfect choice for vegetarians and fruitarians, along with those who are anaemic. In fact the chia seed is fourteen percent protein, which improves your health daily.

In addition to all this, one of the reasons that the chia seed is growing in popularity is that it can help with weight loss. In fact many people are turning to this tiny seed to help them fight unwanted fat and reduce their dress size accordingly. Of course you cannot expect this little seed to provide you with miracles, you will need to make use of a healthy exercise routine to ensure that they work together to help you achieve results.

The chia seed has proven that it is rich in omega three, which is usually a beneficial fat found in certain fish. It also lowers your risk of heart attack and type two diabetes. Obesity and diabetes are growing concerns on a global scale. Both of which lead to long term health issues and countries are literally focusing their efforts on finding effective weight loss options to reduce obesity and type two diabetes. The chia seed isn't a cure on its own but it is able to reduce the risk and therefore ensure your overall health moving forward.

The final benefit you will find when you buy chia seeds is that your performance will be improved. Whether you are heading off for an afternoon exercise session or you are at your desk focusing on some urgent tasks, you will find that your performance is improved as you are healthier, your body is energetic and your mind is focused.

It is important that you only buy chia seeds from a reputable supplier who focuses on health products and can provide you with a top quality products that you know is the real deal and will provide you with the benefits you deserve and expect.

Grape Tree is a United Kingdom based health specialist company that has sixty nine stores throughout the country offering an extensive range of health foods that their customers can rely on and trust. The company has their warehouse in West Midlands and provides an online service, helping their clients get their health food order with ease and without delays.

### **About The Author**

Grape Tree offers free delivery on orders over L35 and as of 2016, they have introduced their Guarantee, enabling all their clients to buy with complete confidence. They provide clients with an extensive range of high quality products and their website is overflowing with valuable information including recipes and so much more. To find out more, visit <http://www.grapetree.co.uk>.

Article Source: [http://EzineArticles.com/expert/Nick\\_Shutts/2256219](http://EzineArticles.com/expert/Nick_Shutts/2256219)



## **4 Reasons Why Gold Is An Amazing Metal And How to Recognise Fake Gold**

by: **Stewart Gillham**

(reading – 22.10. - 28.10.)

These are just some of the reasons why gold is so amazing.

### Plasticity

Gold is a soft, yellow metal with a beautiful lustrous sheen. It is the most malleable and ductile of all the elements. Gold is so malleable that it can be rolled into semi-transparent sheets and so ductile that it can be pulled into wires small enough to use in semiconductors. One ounce (28 g) of gold can be beaten out to 300 square feet. You could say gold is the Play-Doh of metals.

### Conductivity

Gold is a very good conductor of heat and electricity. Among all precious materials, silver has the highest thermal conductivity and the highest light reflectance. Although silver is the best conductor, copper and gold are used more often in electrical applications because copper is less expensive and gold has a much higher corrosion resistance. Since gold never corrodes and can be moulded to any shape, it's used to make long lasting electrical connectors in all types of devices.

### Reactivity

Gold is one of the least reactive elements on the Periodic Table. It doesn't react with oxygen, so it never rusts or corrodes. Gold is unaffected by air, water, alkalis and all acids except aqua regia (a mixture of hydrochloric acid and nitric acid) which can dissolve gold. In fact, gold's acid resistance is one of the reasons why our acid assays are so accurate. Gold does react with halogens. It will, for example, react very slowly with chlorine gas at room temperature to form gold chloride,  $\text{AuCl}_3$ . If gold chloride is heated gently, it will decompose to release the pure elements again. Gold is also resistant to most bases with the exception of potassium cyanide.

### Energy Reflectance

Surface reflectance of a material is its effectiveness in reflecting radiant energy. It is the fraction of incident electromagnetic power that is reflected at an interface. Gold is a good reflector of electromagnetic radiant

energy, including radio waves, infrared, and ultraviolet radiation. The characteristic optical properties of gold, combined with its complete resistance to attack in any surroundings and its ability to be applied as very thin films, make gold a very versatile material for diverse industries' applications. For example, gold is often used in aerospace applications to provide protective coatings for satellite components and space suits.

As a refinery, we deal with high volumes of gold in all manner of shapes, weights, and purity levels. Thanks to our technologies we're able to leverage several types of assays to authenticate the melt-value of anything a customer may bring us.

However, there are also several quick and easy ways to identify alloy from pure gold.

**Discolouration:** Pure gold does not tarnish, so carefully check for any discoloration. Even slight shade variations can reveal fake gold.

**Magnets:** Gold (like most other precious metals) is not magnetic. If the piece in question reacts to the magnet, it can only mean that iron, nickel or other ferromagnetic material is alloyed with the gold so it may be a lower karat than advertised.

**Scratching:** Even without acid, a simple scratch test is enough to uncover many types of fake gold. A Porcelain Scratch test can be performed by using an unglazed tile or ceramic plate and scratching the object on the tile. If it leaves a black streak, the item is not gold. If the streak is gold in colour, the item is likely to be gold. This may scratch the piece, but should not cause much damage.

**Float test:** Check the buoyancy of the item by dropping it in a glass of water. Real gold is dense and will sink, but many alloys will float. Also, if your piece will rust or discolour, then it's plated or fake. Of course, this test is more effective on small samples, such as jewellery or alluvial flakes. Be aware that many metals designed to look like gold are still dense enough to sink, so even if the piece passes the float test, you should still try additional assays.

#### **About The Author**

Article Source: [http://EzineArticles.com/expert/Stewart\\_Gillham/2522659](http://EzineArticles.com/expert/Stewart_Gillham/2522659)



#### **What Are the Various Uses of Silver?**

(reading – 29.10. - 4.11.)

by: **Richard Fredrick Colson**

We have always known silver as metal used in the making of jewellery. Silver jewellery has always been popular among women. Apart from the jewellery aspect, silver bullion coins have been considered as the great investment. Also, they are an excellent collectibles. From Silver Britannia, American Eagle and Silver Canadian Maple, people world over invest in silver coins as they offer great returns on investment.

Apart from these uses silver is also used in various industries due to its unique properties. Silver is a precious metal, we all know that. But it is a noble metal as it resists corrosion and oxidation. Not just that, it is the most excellent thermal and electrical conductor of all the metals, so it is ideal for electrical applications. Its antimicrobial, non-toxic qualities make it useful in medicine and consumer products. It can easily be malleable, which means it can be easily flattened into sheets. Also, it's ductile, which allows it to be drawn into thin, flexible wire. This is the reason why it is the best option for various industrial applications. Not just that, its photo sensitivity has given it a place in film photography.

Silver will not lose its precious status in jewelry and coinage. And due to its unique properties like it can be powdered, made into paste, shaved into flakes, converted into a salt, made into alloy with other metals, flattened into sheets, drawn into wires, suspended as a colloid, or even used as a catalyst. These qualities make certain that silver will continue to be the king in various industries.

#### As Investment

As a precious metal, silver bullion coins is rare and valuable, making it a popular investment option. People invest in silver bullion coins and bars. Its malleability makes silver a great option for designing and minting local currency. Many people invest in silver by buying and storing 99.9% pure silver bullion bars, coins, or medallions.

#### As Jewelry

The qualities of being malleable, reflectivity, and luster make silver a great choice for making jewellery and silverware. As silver is less expensive than gold, silver is the first choice for jewelry and a standard for fine dining.

#### As an Electronics

The top most use of silver in industry is in electronics. Its unmatched thermal and electrical conductivity among metals means it cannot easily be replaced by less expensive materials. Silver is used in electrical switches. Electronics demand silver of the highest purity: 99.99% pure.

#### Other Uses

Traditional film photography relies on the light sensitivity of silver halide crystals present in film. The silver halide crystals alter to record a latent image when the film is exposed to light. It then is developed into a photograph. Silver is also used brazing and soldering while silver paste is used to make solar panels. Nuclear energy also uses silver. It is used in chemical production as well. Silver plays a major role in medicine since ages due to its antibiotic property and non-toxicity. It also act as a catalyst by absorbing oxygen, which kills bacteria by interfering with their respiration.

#### About The Author

Article Source: [http://EzineArticles.com/expert/Richard\\_Fredrick\\_Colson/2467464](http://EzineArticles.com/expert/Richard_Fredrick_Colson/2467464)

