



Iyengar's On-Line Opportunities.

In this issue:

- **Eczema Care Tips**
- **Positive Thinking Tips**
- **More About Heart Attacks**
- **Weight Loss Tips**
- **6 Yoga Postures At Your Work Place.**

Do You Know :

You Can Earn With Amazon / Flipkart & Other Shopping Sites, Simply Becoming An Associate.

OR

You Can Have Your Own Shopping Sites / Health Related Web Sites.

6 Yoga Postures to Master at the Office Desk

In the current scenario, most of us spend a majority of our time working on a desktop for long periods of time. This continuous sitting not only puts pressure on our back and spine but, a host of back problems & other medical conditions such as heart disease, obesity and blood Pressure
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Weight Loss Tips That Actually Works

Obesity is one of the most serious public health problems of the 21st century, with increasing rates in adults and even children. American heart association classified obesity as a disease. Being overweight or obese might put down your confidence levels too.

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POSITIVE THINKING – THE KEY TO YOUR SUCCESS

You Have Probably Had Someone Tell You To Think Positive When You Were In A Trying Situation. That Is Because The Power Of Positive Thinking Is Something That Is A Widely Held Belief. Most People Easily Accept That When You Give Off Positive Energy, You Can Infect Others With That Positive Energy And That They Will Return That Energy To You.

What Is Positive Thinking?

Positive Thinking Can Be Defined As Thinking Good Thoughts Or Being Optimistic. When It Comes To Positive Thinking There Is No Room For The Negative. When You Are A Positive Thinker, You Will Always Look On The Good Side Of Things. You Will Not Dwell On Bad Things; Instead, You Will Look For The Good In Them. Positive Thinking Involves No Negative Thinking. Instead Of Thinking About What Could Go Wrong, A Positive Thinker Thinks About What Can Go Right. A Positive Thinker Is Going To Look For The Good In Things. That Means They Will Always Try To Find Something Positive About Every Situation.

What Is The Threat To Your Positive Thinking?

You may believe, after reading this far, that negative thoughts are positive thinking's biggest enemy, but that is wrong.

As mentioned earlier positive thinking's biggest enemy is excuses.

When you make an excuse, you are opening a door for negative thoughts. Excuses are just your way of trying to trick your mind. You are trying to pass on responsibility for something every time you make an excuse.

Read about positive thinking and positive things.

Use positive words.

Never allow yourself to quit.

Identify fears that cause you to think negatively.

SOME THING TO KNOW :

CONTRARY TO POPULAR OPINION, HEART ATTACKS ARE NOT USUALLY HERALDED BY OBVIOUS OR CLASSIC SIGNS — SUCH AS THE INFAMOUS "HOLLYWOOD" HEART ATTACK, IN WHICH A PERSON CLUTCHES AT HIS OR HER HEART DRAMATICALLY, DOUBLED OVER WITH SEVERE CHEST PAIN.

HERE'S A SHOCKING BUT TRUE STATISTIC: IF YOU SUFFER CORONARY ARREST OUTSIDE OF A HOSPITAL YOU HAVE JUST A 7 PERCENT CHANCE OF SURVIVAL!

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Iyengar's On-Line Opportunities.

ON HIRE :

CONTENT WRITING, FOR BLOGS & WEBS, ARTICLES.

AD. CREATING FOR FACE BOOK & TWITTER.

GRAPHIC DESIGNING & PRINTING.

ECZEMA CURE :

Eczema Free Forever

How To Permanently Eliminate ECZEMA?



CLICK HERE

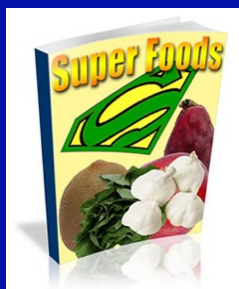
Eczema in Children: Daily Care Tips.

The guiding principle:

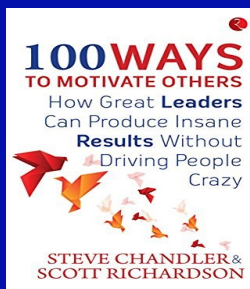
The most crucial aspect of Eczema / Atopic Dermatitis is the preservation of skin moisture. It is only through the maintenance of this moisture that we can break the itch scratch cycle.

General Care:

- Use Cotton Clothes, Avoid Synthetic Materials And Especially Wool. In Winters, The First Layer Has To Be Cotton And Then A Woollen, To Avoid Direct Contact With Wool.
- Keep Childs Fingernails Filed Short.
- Use Regular Laundry Detergent, But Rinse And Clean Well. No Bleach Or Fabric Softener.
- Wash New Clothes Before Wearing Them To Remove Irritating Dyes And Fabric Finishers.
- Avoid Drying Laundry Outside During The Pollination Season.
 - Air The Room Out In All Seasons.
 - Avoid Dust, Animal Hair Etc.
 - No Tobacco Smoke
- Writing A Diary To Note Any Triggers That Cause Flare-Ups.



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Making and keeping good friends is indeed a great thing to consider. Both or all of you share laughter and tears during your life. However, it can never be avoided to have issues of your friendships. Yes, it can give you the worth feelings when you are facing issues with your friends. That is why knowing and understanding where your friendships have issues is very important. If you know the reasons behind these issues, it will become easy for you to resolve them. **Down Load The Full Report From Above - For Free**