

Looking for a Part-Time Home Business Opportunity?



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Iyengar's Home Business & On-Line Marketing Reviews

Issue 3, September, 2016

Iyengars On-Line Opportunities

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The Benefits Of Green Tea :



You're already familiar with the more famous members of the superfoods list. That includes salmon and blueberries. But the many benefits of green tea suggest you may want to take a tea break in your near future too. Because among other things, green tea may help you lose weight, protect your heart, and may even let you keep a few marbles upstairs.

Granted, green tea won't fix a lifetime of bad living habits. But we just can't ignore the mounting evidence that supports consumption of this powerful drink. Researchers suggest two to three cups a day of green tea go a long way for both body and spirit.

The fact that it's delicious make green tea a logical choice for folks who want better health and perhaps a little more enjoyment on the way there.

[Read The Full Story.....](#)

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A REAL HOME BUSINESS OPPORTUNITY - REVIEW

If you're looking to generate additional income, then you need to think about your long term financial freedom. You don't need a financial "band-aid" ... What you need to do is create a real business that will continue to grow and continue to bring you income year after year after year.

What you need is to offer quality products that people passionately want! What you need is a system that will allow you to effectively use your available time to maximize your income.

So if you have been jumping from one "latest and greatest" product to another, if you have been bouncing from one "get rich quick" scheme to another ...

STOP IT!

It's Time To Build Yourself A Real Business!

It Is A Real Business Opportunity, Where You Have The Option To Choose Your Joining. Either you may join as a free member OR you may go with pro membership. Both offer a value for your time and investment.

What You Can Do With Your Products :

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Use Them To Build Your List.

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It Is An Opportunity For Those Looking For An Home Business, Where You Can Join Free & Up Grade Later.

[Learn More About The Opportunity:](#)

The Health Benefits of Ginger

Admit it, you've passed through the produce section at your local supermarket without giving ginger a second glance. Heck, we've all done it, myself included. But it's a mistake to ignore this ancient remedy used for at least 4,400 years in Chinese medicine – a wealth of new studies show that ginger can reduce inflammation, relieve nausea and perhaps even lower risk of colon cancer, among other benefits.

Go ginger!

Native to Asia, ginger is the root of the plant *Zingiber officinale* and used as a delicacy and a spice. Yes, it's true, evidence suggests that ginger can reduce morning sickness in pregnant women. They generally require less of it for relief than they would for anti-nausea pills too, because ginger is rich in active substances that promote a stronger immune system.

These findings are good news, because some anti-vomiting medications may cause birth defects. Ginger is generally well-tolerated too, though it may cause heartburn or acid reflux in some women.

Try making ginger lemonade: combine freshly grated ginger with lemon juice, cane juice, honey or water.

[Read The Full Report.....](#)

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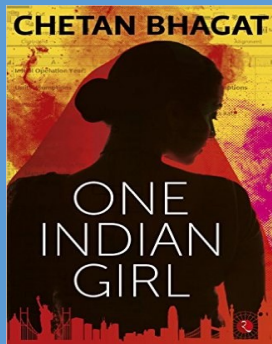


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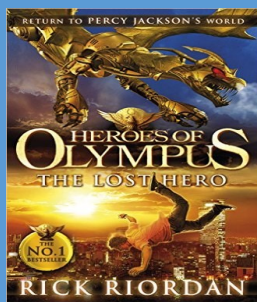
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Recommended Books :



Hi, I'm Radhika Mehta and I'm getting married this week. I work at Goldman Sachs, an investment bank. Thank you for reading my story. However, let me warn ...

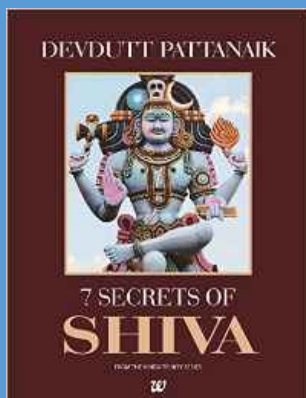
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Meditation - Know More About

Meditation is something that any one of you out there could practice at any stressful time in your lives and it will really help matters not seem so severe. There are many different books on the internet where you could learn more about meditation and start practicing it each day. This is important for you to do in order for you to feel better about your situation in life.

Set aside the necessary time. If you think you can't find the time, think again. There are almost certainly times in your day when you can find 20 minutes or so. Cut out watching the news for starters - that will have the beneficial effect of keeping you away from negative influences as well. Find a comfortable chair if you're going to listen to your guided relaxation whilst sitting down. Or find a bed to lie down on if that's the position you'd prefer.

Do some sort of meditation every day for a couple weeks and just see how much better you feel about things. It is going to really surprise you a lot.

Guided meditation is one of the best ways to start meditating.

[Listening to a soft music]

It is simple to Do, which if you're in need of relaxation is a helpful reason in itself.

Probably the hardest thing about using a relaxation meditation is actually making the time to listen to it.

That may sound odd, but we tend to place least priority on ourselves. We look after others, help others and generally do our best to help them to lead better lives.

Finding the time is far and away the most difficult part. And even that's easy when you set your mind to it.

Put on your headphones. If necessary, put a "do not disturb" sign on the door to your room.

Press play and let your mind wallow in the stress-free luxury of listening to a guided relaxation.

Finding the time is far and away the most difficult part. And even that's easy when you set your mind to it. Then switch the cell phone to silent. It's actually really simple to use a guided relaxation meditation to relax yourself.

Doing "Pranayama" is one more way of meditation, which is useful in many ways. Follow this simple steps.

Close your eyes. Focus your attention on your breathing.

First Step:

- Close the right nostril with the right thumb.
- Inhale slowly through the left nostril.
- Exhale slowly and completely with the right nostril.

Second Step:

- Close the left nostril with the right thumb.
- Inhale slowly through the right nostril.
- Exhale slowly and completely with the left nostril.

It's preferable to practice Pranayam in the morning.

If you prefer to do Pranayam in the evening, do it on an empty stomach