

Losing Weight the Natural Herbal Way

(Syndicated News) According to the Center for Disease Control and Prevention, around 30 percent of the adult population across the country is obese. That translates to about 60 million people walking around with more than just a few extra pounds. It's also reported that over 50 million people go on diets each year. Unfortunately, diets are notorious for being unsuccessful. Today many people are turning to herbal remedies to take a more natural approach to weight loss.

"We offer a safe and effective way for people to get control over their weight," explains Valerie Hoffman, a certified herbalist and the president of Sunrise Herbal Remedies (<http://sunriseherb-farm.com>), located in Redding Ridge, Conn. "Our herbal weight loss system is a natural approach to losing weight and the response we have gotten back is wonderful."

This popular approach to natural weight loss is called the Skinny Mini Get Fit Weight Loss Kit. This herbal remedy weight loss kit comes with everything one needs for a successful weight loss journey. The system uses traditional herbs that are known to boost the metabolism, reduce fat, eliminate cellulite, assist with cravings, and

increase energy.

"This program is designed to help people safely lose one to two pounds per week," says Hoffman. "While losing weight there's the added bonus of the person seeing improvements in health and their well being, including having brighter, clear skin, white eyes, more energy, an improved mood, and much more."

This plan is so effective because it helps to improve the metabolism, while at the same time removing fats, toxins and cellulite. The design of the program also works to break the addictive cycle that so many people have on eating carbohydrates.

The difference in this natural herbal weight loss program and so many others is that this is not a diet. People still get to eat and never feel deprived. They just take the herbs that their body needs in order to help them use the fuel efficiently.

"People love our natural approach to getting healthy," adds Hoffman. "They no longer have to feel they are on a strict diet, being deprived, or following a boring routine. They simply learn to enjoy eating good food and let the herbs work to help them along the way.

Everything in this kit is a gift from Mother Earth's garden, and you can't beat that."

"Dandelion has always been one of my favorite herbs and it's an important ingredient in this weight loss kit," explains Hoffman. It is useful as a safe diuretic because it is so rich in potassium and many other vitamins and minerals such as iron, manganese, phosphorus, protein, vitamin A, cobalt, magnesium, niacin, riboflavin, vitamin C and more.

"This wonderful plant has so many uses and yet is often neglected in our society," adds Hoffman. "The primary use of the dandelion plant is for its superior liver cleansing qualities. The plant is a powerhouse of nutrients!"

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Turn to A Trusted Source For an Engagement Ring

(Syndicated News) Choosing an engagement ring is one of the most important purchasing decisions you will make during your lifetime. When it comes to buying the ring, most men aren't sure where to go, how much to spend, or what to buy. That's why it's so important to turn to a trusted source.

"People have trusted us with their jewelry and diamond needs for over 35 years," says Amit Jhalani, vice president of My Solitaire (<http://www.mysolitaire.com>) located in New York. "We have earned our place as a leader when it comes to engagement rings. People feel comfortable having their own personal jeweler that they can turn to."

My Solitaire offers diamonds at dealer prices, making their purchase that much more affordable.

"Most people have a lot of questions when it comes to purchasing an engagement ring," explains Jhalani. "We answer all their ques-

tions so they can make the most informed purchase possible."

The most popular questions people have are how much to spend and how to pick out the perfect ring.

"The standard amount that is recommended is to spend about two months' worth of salary on an engagement ring," says Jhalani. "That will get a good quality ring that is guaranteed and will last a lifetime."

When it comes to choosing the design and style, they recommend you be familiar with and pay attention to the 4 Cs: the diamond's cut, color, clarity, and the carat weight. Settings are a matter of taste, so it helps to have a feeling for the style your fiancée prefers.

"We are one of the few jewelers that allow people to design their own rings," adds Jhalani. "That way her engagement ring is one of a kind, just like she is."

Dandelion recipes from Sunrise Herbal Remedies:

Dandelion Salad

4 cups dandelion leaves
4 cups romaine lettuce leaves
2 cups diced tomatoes
1/2 cup chopped chives
1/4 cup chive flowers
1 cup chopped dandelion flowers

Dressing:

1/4 cup olive oil
1 tablespoon tamari
2 tsp. lime juice

Wash and dry the greens. Tear into bite size pieces. Place greens, tomatoes and chives in a large pretty bowl and toss well. Add the dressing and garnish with the chive and dandelion flowers.

Dandelion Fritters

1 cup whole wheat flour
2 tsp. baking powder
1 tsp. cinnamon powder
pinch salt
1 egg

1/2 cup milk
2 Tbsp. olive oil
1 cup chopped dandelion flowers
1/2 cup strawberry jam

Mix the dry ingredients. Beat egg and add milk and oil. Stir into the dry mix. Add the dandelion flowers and blend. Cook the same as you would pancakes heating until golden. Serve with strawberry jam.

Dandelion Sautee

1 lb. dandelion roots
3 tablespoons olive oil
5 cloves garlic
1/4 cup sesame seeds
1 tablespoon spicy sesame oil

Wash roots and slice thinly on a diagonal. Cook in enough water to cover until tender, about 10 minutes. Drain and sautee in the olive oil for five minutes, then add the sesame and garlic and sautee for five minutes more. Add the spicy sesame oil and serve.

How We Can Learn from General Motor's Mistakes and Toyota's Successes

(Syndicated News) You can't listen to the news lately without hearing some type of story about how General Motors (GM) is hurting. Stories of job cuts and money losses abound. Yet it's not like that throughout the entire auto industry. In fact, Toyota is increasingly becoming more successful and becoming an auto powerhouse. So where did GM go wrong?

The answer to that question is being tackled head-on in a book by William H. Waddell and Norman Bodek, titled "Rebirth of American Industry" (PCS Press, 2005). Their research conclusions provide detail and analysis of where GM went wrong and what Toyota did right. This information can easily be carried over into every segment of American industry today.

"We trace the evolution of manufacturing management along two lines," explains Bodek, "that pioneered by Henry Ford, then furthered by Toyota to its modern level of success, and that originated by

Alfred Sloan and others at GM, that is still in practice in most American companies today."

Bodek explains that there are some major pitfalls and mistakes that GM has made that Toyota has avoided making. One of the big mistakes analyzed in the book is how GM's main focus over the years has been profits for the quarter, while Toyota has a long term vision with a goal of pleasing their customers and delivering high quality automobiles.

"Henry Ford did a lot of things right," says Bodek. "But what has happened over the years is that his mission has been overlooked and people are now focusing on the bottom line. They have changed their focus, which has been a major downfall. Today they are primarily out to satisfy Wall Street instead of the consumer."

He explains that a major mistake that manufacturing companies are making today is to simply inflate their inventory. This is something GM is familiar with, as not too long

ago they inflated their inventory to show on paper that they made a lot of money. This caused people to take large bonuses, and the following year they were stuck trying to slash prices on vehicles to move inventory, which lead to a huge loss in revenue.

While it may make a company appear on paper during one year to make a large amount of money, the next year it can leave them in financial disarray as they scramble to move the inventory.

"It is imperative that corporations rethink their accounting system if they want to succeed," adds Bodek. "If they don't they will follow in the footsteps of GM and other corporations that have made some really big mistakes. Our book is an eye-opener and people will gain a great perspective from reading. We have laid out everything corporations need to understand the importance and urgency of rethinking their strategy."

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