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What's in This Issue?

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- A Great Low-Calorie Treat
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A Bit of Laughter...

An engineer was crossing a road when a frog called out to him, "If you kiss me, I'll turn into a beautiful princess." He put the frog in his pocket.

The frog said, "If you kiss me and turn me back into a beautiful princess, I will stay with you for one week." Then the frog asked, "What is the matter? I've told you I'm a beautiful princess. Why won't you kiss me?" He said, "Look I'm an engineer. I don't have time for a girlfriend, but a talking frog, now that's cool."

Preventing Heartburn



There are times when the lower esophageal sphincter (LES) doesn't work as it should. After you eat, the LES is supposed to close the stomach off from the esophagus, the pathway from your throat. But sometimes it doesn't. That might be because it's weak, but often it's because you ate too much of the wrong stuff. The result is heartburn, a burning sensation behind the breastbone, bloating, and an acid taste in the back of your throat. Here's what you can do to prevent it.

- Especially before bed, skip acidic foods like tomatoes and oranges, which add to the acid your stomach produces.
- Don't load up on fatty foods like onion rings and french fries. They are difficult to digest and remain in the stomach longer, says the National Heartburn Alliance.
- Be wary of restaurant dinners. They are usually high in fat and portions are huge. If heartburn is a problem for you, take part of the meal home. A very large meal makes the stomach produce more acid.
- Watch what you drink. Soda, wine and coffee relax the LES. So does chocolate.
- Don't eat a big meal just before going to bed. Lying down makes it easier for acid to slip into the esophagus.
- Lose weight. Obesity causes stomach pressure.
- Stop smoking. It causes the LES to relax.
- Loosen your belt to decrease pressure on the abdomen. Avoid tight clothes.

Buy Event Tickets Online

The number of online ticket sellers has been exploding but if you want to be sure you get a genuine ticket at face value, stick to the box office or Ticketmaster, according to Smart Money magazine.

Ticketmaster, the leader in the so-called primary ticket market, sells legitimate tickets at face value. Primary market sellers, which includes box office sellers, sold \$21 billion in tickets in 2007.

Second choice: The wild west of ticket sales. Hundreds of person-to-person ticket sellers and brokers are popping up online where, experts say, it's easier to get a counterfeit ticket than from the scalper outside the venue. Reputable secondary market ticket sellers (a \$5 billion

market) such as StubHub, Onlineseats.com, or TicketExchange.com offer hard-to-get seats. Season ticket holders are typical sellers.

Remember you are buying from a secondary market seller, you'll pay more. According to Forrester Research, Super Bowl, tickets sold for an average of \$3,540 on StubHub versus \$700-\$900 at face value. If you buy from a secondary seller, use PayPal or a credit card for added protection.

Finally, if you are dying for a hot ticket, there is always the street, where the free market reigns and an hour before the event, prices may well drop.

Bonds: Municipal or Treasury?

If the stock market and the economy have you wondering where to invest, remember that cash is king in such times. Investment strategists at Merrill Lynch say, while there's nothing wrong with stashing cash in CDs and money market funds, the yield will be low in most cases. They recommend only a six-month investment.



One option is Treasury bonds, which on a total-return basis have outperformed stocks in five of the past eight years. Municipal bonds are another attractive investment right now. Munis almost never beat Treasury yields, but the income is tax exempt.

New OTC's For Allergies

In addition to Claritin and Alavert, there are now two more over-the-counter options for the 50 million allergy sufferers in the United States. They are Zyrtec (for 24-hour relief) and Zyrtec-D. Both contain antihistamines to relieve a runny nose and itchy eyes. Zyrtec-D also contains a decongestant to treat nasal congestion. In most people, neither of these causes drowsiness, however, in about 10 percent of people, drowsiness may occur.

Always see your doctor about allergy symptoms to rule out other causes such as asthma. Discuss your treatment options.

A Great Low-Calorie Treat

Freeze fresh fruit, berries and cubes of melon with a little sugar and water. They are a great substitute for ice cream.

Take the Trivia Challenge and you just might Win!

Each month we'll give you a new trivia question. The first 10 people to e-mail us with the right answer will be eligible to win. At the end of the month we'll draw one lucky name. That winner will win a surprise gift. Here is this month's trivia question:



Q. Cape Horn is considered the southern tip of what continent?

A) Africa B) Antarctica C) Asia D) South America

Send your name to: [Contest](#)

Note: Limit one gift per winner per year

Congratulations to last month's winner!

Last Month Answer:

Daisy is the name of Donald Duck's girlfriend

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