

THE DAILY WISHBYTE RSS NEWSFEED ARCHIVES

This ebook is an indexed file of all the articles published on the The Daily Wishbyte RSS newsfeed.

The next volume will be The Daily Wishbyte Volume Two.

Please check back at the RSS Newsfeed page at:

<http://www.apluswriting.net/rssnewsfeeds/newsfeeds.htm>

Because of the links to articles and other information on the internet, and to keep the ebook to an easy size to download, I've only placed the first paragraph of each article here. I have hyperlinked the urls but..... due to the length of them the two-line ones may not open to the page giving you an error page. With these you'll have to copy and paste them into your browser.

The articles are listed according to date of publication.

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IMPORTANT NOTICE: This introduction page was updated on December 3, 2007, and supersedes the previous version published in December, 2006.

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APlusWriting: The Daily Wishbyte

The Daily Wishbyte is a daily tidbit of information. The Daily Wishbyte will be published regularly with articles that provides ideas, help, news, or information on health, gardening, hobbies, pets, childcare, environment, and many other topics. There is something for everyone.

12/21/2006 12:56 PM

[Free Ebook of Wishbyte Articles](#)

A free ebook of all the articles published on The Daily Wishbyte is now available at:

<http://www.apluswriting.net/rssnewsfeeds/newsfeeds.htm>

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/wishbyte01.htm>

10/25/2006 6:53 AM

[Important Notice: Daily Wishbyte is Moving!!!!](#)

Please read!!!

The Daily Wishbyte is moving, please change your reader to:

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte02/dailywishbyte02.xml>

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/wishbytemoving.htm>

10/23/2006 6:37 PM

[Mustard Protects Potatoes](#)

Mustard greens, grown as a green manure, or cover crop that is plowed under in the fall, release natural substances that can reduce or eliminate the need for synthetic fungicides in potato fields.

http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/Mustard_Protects_Potatoes.htm

10/22/2006 4:16 PM

[Mustard Greens for Organic Potatoes](#)

Mustard greens naturally fight fungal diseases which plague potatoes.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/mustardgreens.htm>

10/21/2006 4:16 PM

[Tips on Growing Potatoes](#)

Plant potatoes in your home garden and grow one of the most popular vegetables eaten today. Each American eats about 30 pounds of potatoes a year.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/potatotips.htm>

10/19/2006 8:18 PM

[Vitamin D and Breast Cancer](#)

Women who are at risk for breast cancer should be getting more vitamin D.

http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/Vitamin_D_and_Breast_Cancer.htm

10/18/2006 8:55 PM

[Snail Invasion](#)

Channeled apple snails are a threat to Florida waterways.

These snails are larger than the friendly native apple snails in Florida. While the native snails are food for birds and animals, the invader is baseball sized and quickly destroys aquatic plants.

http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/Snail_Invasion.htm

10/17/2006 11:10 PM

[New Species of Mouse Discovered](http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/New_Species_of_Mouse_Discovered.htm)

One mouse in the house is too many. Mice breed faster than the proverbial rabbits.

http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/New_Species_of_Mouse_Discovered.htm

10/17/2006 8:26 PM

[Prevent and Treat Hairballs Safely](http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/hairball.htm)

If you have a cat, you know how miserable hairballs are. Hairballs can be serious if kitty can't expel them naturally.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/hairball.htm>

10/16/2006 11:10 PM

[Are You Night Blind?](http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/Are_You_Night_Blind.htm)

Do you suffer from night blindness? If so, good eye nutrition is a necessity.

http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/Are_You_Night_Blind.htm

10/15/2006 8:51 PM

[Help for Eye Floaters](http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/Help_for_Eye_Floaters.htm)

Do you suffer from those annoying spots and lines that swim across your vision?

http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/Help_for_Eye_Floaters.htm

10/15/2006 10:12 AM

[Nutrients for Healthy Eyes](http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/eyehealth.htm)

Every year 3,700,000 visits are made to doctors' offices just for cataracts, not to even mention other serious eye diseases.

Good nutrition is a must for good health but even a general multivitamin may not be enough to maintain eye health.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/eyehealth.htm>

10/8/2006 4:12 PM

[Eggs Maintain Healthy Eyes](http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/Eggs_Maintain_Healthy_Eyes.htm)

Eyes need carotenoids to remain healthy. However, the human body cannot produce the two carotenoids that the eyes need. So they must be obtained through food or supplements.

http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/Eggs_Maintain_Healthy_Eyes.htm

10/3/2006 2:49 PM

[Garlic For Health](http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/garlichealth.htm)

Before modern medicine garlic was used for almost whatever ailed you. And today's scientists are discovering that what the ancients knew was true.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/garlichealth.htm>

10/1/2006 3:32 PM

[Selenium for Good Health](http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/selenium.htm)

Selenium is a natural nutrient that most people aren't even aware of. Almost everyone is aware of the basic vitamins and other minerals but selenium isn't one of them.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/selenium.htm>

9/24/2006 10:07 PM

[Shopping Bags in Landfills](#)

Most items which usually decompose in the environment under the natural elements of air and water are unable to decompose in landfills.

http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/Shopping_Bags_In_Landfills.htm

9/24/2006 3:08 PM

[Plastic vs. Paper Bags](#)

Paper or plastic? That is the question. But either one you choose has a negative impact on the environment.

Here are some facts about paper and plastic shopping bags:

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/canvasbags.htm>

9/19/2006 3:45 PM

[An Orange a Day](#)

The old adage "an apple a day keeps the doctor away" may now be joined with "an orange a day keeps the doctor away."

http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/An_Orange_a_Day.htm

9/19/2006 2:13 PM

[Carotenoids for Better Health](#)

Carotenoids are a natural substance produced in many natural foods that are necessary for good health. People who don't eat daily servings of vegetables and fruits are likely to be unknowingly deficient in these wondrous food chemicals.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/carotenoids.htm>

9/17/2006 2:50 PM

[Tips for Growing Garlic](#)

Fall is the time to plant garlic. Here are some tips to make next summer's garlic harvest a bountiful one.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/garlictips.htm>

9/10/2006 3:01 PM

[Proper Tire Care for Safe Driving](#)

Tires are one of the most important parts of your car for safe travel. Here are some tips on how to keep them in good condition so they last a long time.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/tirecare.htm>

9/5/2006 7:06 AM

[Long Work Hours Equal High Blood Pressure](#)

The more hours you work the more likely it is that you will have high blood pressure.

http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/Long_Work_Hours_Equal_High_Blood_Pressure.htm

9/4/2006 2:39 PM

[Exercise and High Fat Food](#)

While no one is advocating that people should be eating high fat foods, there is good news for those who like to indulge now and then.

http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/Exercise_and_High_Fat_Food.htm

8/29/2006 2:03 PM

[Tips For Wearing Perfume](#)

Perfumes can be fun to wear. Here are some tips on buying and using perfumes.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/perfume.htm>

6/24/2006 3:32 PM

[Magic Mulch Yields Bountiful Tomatoes](http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/redmulch.htm)

Growing tomatoes with red plastic mulch can increase harvests of high quality fruit by 10 to 15 percent.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/redmulch.htm>

6/18/2006 1:31 PM

[Tips For Growing Lilacs](http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/lilacs.htm)

For beautiful spring flowers with fragrance nothing beats the old fashioned lilac. Here are some tips on how to grow lilacs like your grandmother did.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/lilacs.htm>

6/17/2006 2:10 PM

[Health Benefits of Growing Tomatoes](http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/tomatohealth.htm)

Tomatoes aren't only nutritionally healthy for you, they also benefit your health to merely grow them.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/tomatohealth.htm>

6/11/2006 1:09 PM

[Tips for Summer Car Care](http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/summercarcare.htm)

Most people are more concerned about taking extra special care of their cars in the winter. But summer care is just as important.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/summercarcare.htm>

3/20/2006 6:35 PM

[Tips For Growing Fruit Trees](http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/fruittree.htm)

Tips on how to start and maintain fruit trees.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/fruittree.htm>

2/18/2006 2:39 PM

[How To Plant and Grow Bulbs](http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/bulbtips.htm)

Tips on how to plant flowers that grow from bulbs.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/bulbtips.htm>

2/16/2006 8:03 PM

[Tips for Growing Beautiful Roses](http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/rosetips.htm)

Tips on how to grow Beautiful Roses.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/rosetips.htm>

2/12/2006 3:01 PM

[How And Why To Use Row Covers](http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/rowcover.htm)

Tips on Using Row Covers in Gardens.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/rowcover.htm>

2/5/2006 2:41 PM

[Beneficial Lacewings For The Garden](http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/lacewings.htm)

See how Lacewings can keep your garden pestfree.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/lacewings.htm>

1/28/2006 10:22 AM

[Warm Up Your Car In Winter](http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/warmupcar.htm)

Tips on warming up your car in cold winter temperatures.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/warmcar.htm>

1/7/2006 3:08 PM

[How To Prevent Varicose Veins](#)

Tips on how to prevent varicose veins which can become a serious health problem

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/varicose.htm>

12/18/2005 1:48 PM

[Walking Is The Best Exercise](#)

Walking is still the best exercise for health and weight loss.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/bestwalking.htm>

12/17/2005 3:59 PM

[How To Maintain Your Car Battery](#)

Keeping your battery well charged and in good condition means fewer starting problems-- especially in winter.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/battery.htm>

12/8/2005 1:05 PM

[Get Your Car Ready For Winter](#)

Tips on how to ready your car for harsh winter driving.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/wintercar.htm>

12/3/2005 2:10 PM

[Tips on How to Look Slimmer](#)

Expert tips on how to dress to look slimmer.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/lookslim.htm>

11/27/2005 6:23 PM

[Winter Driving Tips](#)

Tips on how to drive safely in winter conditions.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/winterdriving.htm>

11/19/2005 1:39 PM

[Keep Your Dogs Teeth Healthy](#)

Keeping your dogs teeth healthy keeps your dog healthy as well.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/dogteeth.htm>

11/15/2005 12:39 PM

[Christmas Tree Traditions](#)

Fascinating facts on how Christmas trees originated.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/xmastree.htm>

11/3/2005 12:42 PM

[The Many Faces of Santa Claus](#)

Fascinating ways that children receive gifts around the world.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/santaclaus99.htm>

10/23/2005 8:57 PM

[Christmas Trivia](#)

Fascinating origins of many of our beloved Christmas traditions.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/santamail.com>

10/20/2005 12:37 PM

[Car Color Trivia](http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/carcolor.htm)

Color of car determines safety and appearance concerns

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/carcolor.htm>

9/18/2005 7:15 PM

[How To Give Your Dog A Bath](http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/dogbath.htm)

Bathing your dog helps to keep it healthy as well as clean.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/dogbath.htm>

9/11/2005 11:46 AM

[How To Prevent and Treat Hot Spots](http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/doghotspots.htm)

Tips on how to prevent and treat these serious infections.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/doghotspots.htm>

9/4/2005 12:55 PM

[Clean Car for Good Gas Mileage](http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/cleancar.htm)

Simply keeping your car clean can improve gas mileage by more than 10 percent in some cases.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/cleancar.htm>

8/28/2005 4:10 PM

[Teach Cats To Use Scratching Post](http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/stickypaws.htm)

Cats need to scratch. Here are some tips on how to get your cat to use a scratching post.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/stickypaws.htm>

7/24/2005 11:46 AM

[Tips on Growing Lettuce](http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/lettuce.htm)

An easy to grow vegetable with slugs it's most common enemy.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/lettuce.htm>

7/11/2005 3:35 PM

[Use Ladders Safely](http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/ladder.htm)

Tips on how to use a ladder safely when doing chores around the house and yard.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/ladder.htm>

6/25/2005 3:23 PM

[Earthworm Friends in the Garden](http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/earthworm.htm)

Earthworm castings are safer and more beneficial than commercial fertilizers.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/earthworm.htm>

6/12/2005 2:43 PM

[Ginger for Upset Stomach](http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/ginger.htm)

Ginger soothes indigestion, upset stomach, motion sickness and morning sickness.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/ginger.htm>

6/11/2005 1:45 PM

[How To Save Money For Retirement](http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/retire.htm)

Tips on how to save money for the future.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/retire.htm>

6/5/2005 12:41 PM

[Control Flea Beetles Organically](http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/controlflea.htm)

Tips on how to control flea beetles without toxic chemicals.
<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/fleabeetle.htm>

6/2/2005 12:18 AM

[Reduce Cholesterol with Celery](#)

A mere 2 stalks of celery a day can lower your cholesterol without harmful drugs.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/celerych.htm>

5/30/2005 2:58 PM

[Celery Lowers Blood Pressure](#)

Studies show that celery helps to lower high blood pressure.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/celerybp.htm>

5/28/2005 2:34 PM

[Foxtail Grass Dangerous to Dogs](#)

Protect your pets. Get rid of foxtail now!

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/foxtails.htm>

5/21/2005 3:12 PM

[How To Attract Hummingbirds](#)

Attract these beautiful birds to your yard and garden.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/humbird02.htm>

5/18/2005 12:18 PM

[Elderly Need to Drink More Water](#)

Dehydration is one of the most frequent causes of hospitalization among people over the age of 65.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/elderlywater.htm>

5/17/2005 12:55 PM

[Weed Dangerous to Hummingbirds](#)

A common weed is dangerous to hummingbirds.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/humbird01.htm>

5/10/2005 3:20 PM

[How To Control Ants Without Poison](#)

Tips on how to control ants in and around the home with natural products.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/antcontrol.htm>

5/9/2005 3:31 PM

[Health Benefits of Green Tea](#)

Green tea has been shown to help with diabetes, cancer, heart disease, AIDS, influenza and many more illnesses.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/teahealth.htm>

5/7/2005 1:59 PM

[How To Control Mice Without Poison](#)

Tips on how to control mice in your home and yard.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/micecontrol.htm>

5/1/2005 7:28 PM

[How Much Water for Baby?](#)

Do babies need water in addition to breast milk or formula? This article answers the question.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/babywater.htm>

4/24/2005 4:17 PM

[How To Treat Poison Ivy Rashes](#)

Tips on what to do if you get a rash from poison ivy.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/poisonivyrash.htm>

4/10/2005 7:42 PM

[How To Control Poison Ivy](#)

Tips on how to control the pesky rash causing weed in gardens and yards.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/poisonivy.htm>

3/28/2005 6:39 PM

[How To Grow Luscious Tomatoes](#)

Over one dozen tips on how to grow tomatoes.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/tomatotips.htm>

3/13/2005 8:37 PM

[Control Snakes in the Garden](#)

Snakes are beneficial creatures in the garden. But if you really want to remove them here are some tips on how to do it safely.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/snakecontrol.htm>

3/12/2005 1:39 PM

[Tips on How to Stop Smoking](#)

Tired of smoking? Want better health? Here are some tips to help you to stop the habit.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/stopsmoking.htm>

3/5/2005 6:55 PM

[Smokers Put Pets At Risk](#)

Need an incentive to quit smoking? How about the health of your pet?

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/smokingpets.htm>

3/3/2005 8:48 PM

[How To Control Deer in Your Garden](#)

Deer can be very destructive to plants. Here are some organic tips to protect your plants from deer.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/deercontrol.htm>

2/27/2005 2:29 PM

[Old Fashioned Flea Control](#)

Control fleas without harmful and dangerous chemicals.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/fleacontrol.htm>

2/27/2005 2:26 PM

[Black Walnut Trees Produce A Natural Insecticide](#)

A natural substance of the black walnut tree is a natural insecticide which also kills fleas.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/juglone.htm>

2/20/2005 12:45 PM

[How To Prevent Damping Off](#)

Expert tips on how to prevent damping off of your seedlings.
<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/dampingoff.htm>

2/13/2005 1:14 PM

[Dieters Need More Calcium](#)

If you are on a diet and are losing weight it may surprise you to know that you need more calcium.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/calciumdiet.htm>

2/13/2005 1:12 PM

[Rid Your Garden of Slugs](#)

Spring is coming and that means slugs will soon be awakening ready to chomp on your favorite plants and veggies.

Here are some tips to help protect your garden this year.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/slugtips.htm>

2/5/2005 2:39 PM

[Protect Your Car From Road Salt](#)

Road Salt used for de-icing of highways is very corrosive for your car or other vehicle.

Here are some tips to help protect your cars finish.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/roadsalt.htm>

1/30/2005 1:07 PM

[How To Jump Rope For Health and Fitness](#)

Rope skipping is an excellent cardiovascular exercise according to the U.S. Olympic Committee Sports Medicine Council. It is far less hard on the muscles and bones than jogging.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/jumprope.htm>

1/30/2005 1:05 PM

[How To Make Your Own Rooting Hormone](#)

No need to buy rooting hormone when you can make your own organically.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/rootinghormone.htm>

1/25/2005 10:46 PM

[Weight Loss Tips](#)

If you are struggling to keep your stomach from overlapping your belt then here are a few pointers for you.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/weightloss.htm>

1/25/2005 6:15 PM

[How To Make Money With Garage Sales](#)

Tips on How to have a Stress-free and Successful Garage Sale.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/garage.htm>

1/24/2005 10:13 AM

[Improve Gas Mileage Without Damaging Your Car](#)

Many gadgets and additives can damage your vehicle.

Improve gas mileage in your car or vehicle safely.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/gasmiles.htm>

1/23/2005 9:30 PM

[A Solution to Healthy Weight Loss](#)

Obesity is a serious problem today, for old and young alike. Before you fall for a scam or fad diet, read the facts.

<http://www.apluswriting.net/rssnewsfeeds/dailywishbyte/diettips.htm>