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**ABOUT ME - USHA KRISHNAN**

Articles


Writer Biography

Hello!

I'm a Vancouver based freelance writer, who has just set up her own company- Write Choice For You (<http://www.writechoiceforyou.com>).

My passion includes green living and yoga and holistic lifestyles.

We currently live in Vancouver, a city we absolutely  
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**How to keep a long term relationship fun and fresh**

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of 124

Marriages and live in relationships often seem to follow a pattern. The first year is a period of adjustment for both partners, and it's one which can be peppered with bouts of fighting and tears. Most often, the make-up period is fun and exciting. But as the years progress, and family and careers gain priority, it often t... [More..](#)

[Home & Garden](#) > [Cleaning Products](#)

**Tips for making your own natural cleaning products**

1  
of 18

If you're planning to use natural and safe household cleaning products, then the first thing to do is stock up on some essential ingredients. Buying in bulk will probably work out better, and most of the products can be stored indefinitely in sealed airtight containers. The following are some useful ingredients to keep on han... [More..](#)

[Health & Fitness](#) > [Disease \(Other\)](#)

**Eczema: Symptoms and treatment**

2  
of 30


Eczema is often referred to in medical circles, as the itch that rashes' as scratching it can cause a rash. While eczema may look different from person to person, it usually appears as a dry, itchy, flaky patch on the sufferer's skin. Eczema is an inflammatory response of the immune system, to irritants, which can range fr... [More..](#)

[Health & Fitness](#) > [Disease \(Other\)](#)



**Remedies for eczema**

1  
of 13

If you suffer from Eczema or have a child who suffers from it, then you know how stressful and painful it can get, and how dry weather only seems to worsen it! My daughter suffered from atopic eczema, which afflicts roughly 10-20 percent of children and I have done a lot of research on it, to help her get through it. She has ... [More..](#)



**Usha Krishnan**

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## The road to green: How to reduce emissions from your vehicle

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Before we talk about reducing emissions from your vehicle, you need to know why this is important. All manner of activities, right from breathing to driving a car, generate carbon emissions in varying degrees. We need carbon dioxide, which essentially traps some of the sun's rays in the atmosphere, causing the planet to remai... [More..](#)

Business > Business News & Issues

## Making your business more eco-friendly

1  
of 8

Traditionally, businesses were the one place you did not think Green'. You could buy eco friendly cleaning products for your home and empathize with the tree huggers', but your office still consumed tons of paper, your cleaning service business still used non biodegradable cleaners and your company car was left running on th... [More..](#)

Home & Garden > Cleaning Floors & Walls

## Carpet cleaning methods

2  
of 14

When it comes to carpet care, the cleaning industry offers a number of options. All options may not be suitable for your carpet, and some may even damage your carpet's fibers. What you will eventually select is usually based on the carpet manufacturer or cleaning company's recommendation. However, knowing what's on offer can ... [More..](#)

Business > Customer Management

## Finding and knowing your target market

1  
of 7

Whether you're starting a new business, or trying to expand an already existing one, the first step is in identifying your target market. Usually, there are two types of markets you can sell to- consumers and businesses. If you are a retail clothing line, then most likely your primary customers will be the direct consumer. If... [More..](#)

Health & Fitness > Healthy Living & Wellness

## Best ways to cut down on life's stresses

4  
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If you wake up constantly tired and unable to face the day, then chances are you may need to seriously re-evaluate your lifestyle and workload. Stress is one of the leading contributors to heart ailments and strokes. Yet it often takes a serious situation to jolt us out of our daily grind and apathy. Try the following step... [More..](#)

Business > Website Marketing & SEO

## Ways to increase traffic to your website

1  
of 6

You've set up your site. Your family and friends have visited and commented on how wonderful it is. And now you're waiting expectantly for your real visitors' to show up. And nothing seems to be happening. If this sounds like a familiar scenario, then the following tips should help you draw traffic to your site and keep it co... [More..](#)

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