

healthy PHOTOGRAPHER

Great News!

In this issue...

- It Saved Marcia's Life!
- Top 10 Halloween Pic Tips
- New Photo Fitness Book
- Make Photoshop Movies
- Start Your Own Photo Biz
- 5 Fall Photo Foliage Favorites
- Get Free Gov'mint Art

TOP 10 TIPS For Halloween Pics

- **Jack-O-Lanterns...**
Use 3 candles or LED inside and 1 additional light out for skin
- **Get Closer...Even Closer!**
Fill the frame with scary faces
- **Higher ISO...400-800**
Shoot at dusk for natural light
- **Light with Flashlight...**
Hold flashlight above or to side of your subject for spooky shadows
- **Colored Flash Gels...**
Orange or red cellophane over flash creates cool effect
- **Tripods for Scenes**
House decorations show best with long shutter speeds
- **Shoot Kids Down Low**
Get down to eye level or below for little tricker-treaters.
- **Use Digital Backgrounds**
Edit your subjects into graveyard or other spooky scenes
- **You Dress Up Too**
Interact for better candid photos
- **Relax**
Kids want candy, not photos...
So go easy, don't pressure.

Robert Schwarztrauber is a professional photographer, author, speaker and teacher. A leading expert on the health & wellness benefits of photography.
Buffalo, New York



PHOTOGRAPHY SAVED MY LIFE!

Fishing Champ Finds New Angle

CHAGRIN FALLS, OH 2011

Two years ago, I had cervical disc surgery to deal with herniated discs I got after a car accident. A horrible complication during surgery left me with a paralyzed vocal chord. As a result, I was left without a voice, and I do mean *NO voice*.

It was horrible on every level imaginable, especially considering the fact that I made a nice income from traveling around the country giving fishing seminars. (I used to fish professionally).

A month before my surgery, a very close friend had given me a camera for my birthday. Little did he know exactly how much of an impact that little camera would have on my life.

In a nutshell... it saved my life!

My camera gave me a way to express

myself in a different way. Without that outlet, I think I would have burst.

Photography, combined with my passion for the outdoors pushed me to get outside when all I wanted to do was crawl in my "voiceless" little cave that had become my life. It brought me life, fresh air, wonders of nature, and physical health.

My photography gave me a reason to get out of bed. It distracted me from my personal struggles. It served (and contin-

ues to serve) as a great artistic outlet.

I can honestly say that photography saved my life. It got me through the roughest two years of my life.

Triumph!

Three surgeries later, and a permanent (continued on page 2)

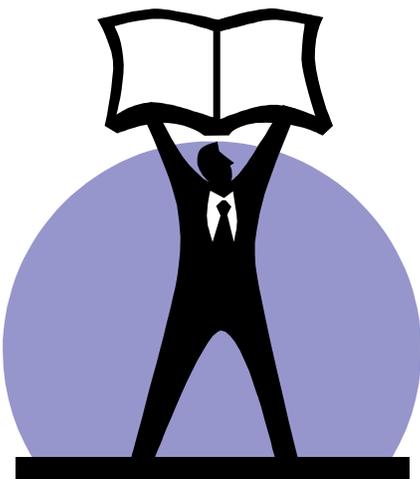


Marcia Rubin's Inspiring Triumph

"CHANGE YOUR LIFE...in a flash!"

Details on Page 2





GREAT NEW BOOKS
ROBERT'S
PHOTO FITNESS
PHENOMENON

Need The Ultimate
Drug-Free Medical Miracle?

If you suffer from depression, chronic pain loneliness, boredom, isolation, fatigue, or just need to lose weight... New study of over 100 amateur photographers reveals surprising health and fitness benefits from taking digital photos! Discover how to turn your camera into

**The Ultimate, Total-Mind-Body
Fitness Machine**

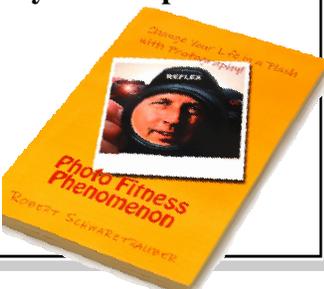
...then maximize your results by combining 3 common digital devices. It's the Photo Fitness Phenomenon!

Don't fight technology...use it for good! This book is packed with case studies, new survey result and simple action steps you can immediately use to get results fast while having fun!

If you're ready for change...

Search the title on Amazon.com
Or access directly at:

<http://tinyurl.com/photofit>



Marcia Rubin (continued from page 1)

vocal fold implant, I do have a voice. It's not "perfect", but it is a voice, and for that I am so grateful!

Here's more information that Marcia shared with me in conversation. (She's a dynamic, energetic speaker with a lovely voice and her words really don't do justice to her passion for life and photography!)

I see beauty in just about everything. I LOVE old barns, dilapidated buildings, nature, wildlife, mushrooms, macro, and so much more. I particularly love the post processing aspect. You could say I paint on top of my pictures. I take perfection and perfect it with Photoshop :-)

I'm taking photos just about every day. Sometimes it's just a walk in the woods behind my house, other times, it's a whole day of driving in rural areas.

In the world of "Professional Fishing", you are considered professional if you derive income the majority of your income from fishing. Right now I consider myself a Professional Photographer in Training. I have a few different outlets online where I sell my photographs. I also create fishing, boating and hunting graphics for T-shirts and other items and sell those online too.

My main photography site is <http://www.redbubble.com/people/outdooraddix>

My cool graphics are at: http://www.zazzle.com/outdooraddix*?tc=BOBSBLOG

Here is my Facebook profile <http://www.facebook.com/marciarubin>

Thanks so much Robert for giving me the opportunity to share my story. This in one story of my life that I have kept pretty private, but at this point, I am ready to tell the world :-)

Thank You Marcia!...

*Your inspiring story shows you really can
change your life in a flash with photography!*

[Be sure to check out Marcia's Award Winning Photos!](#)

Just Released!

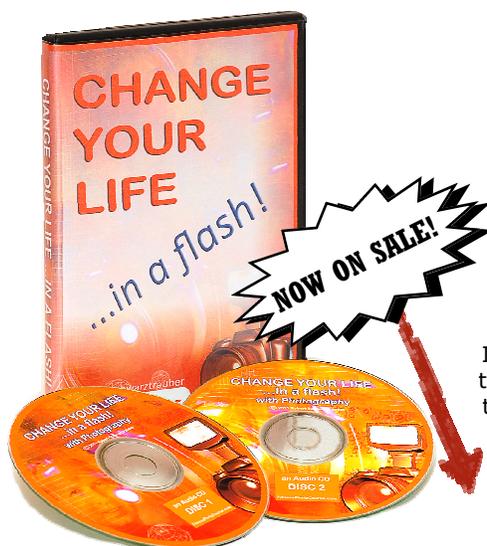
Turns your digital camera into

**"The Ultimate Total Mind-Body
Fitness Machine!"**

Over 90 Minutes of Audio
To Educate, Motivate
and Entertain!

Includes: Your personal action plan, choosing the best camera, taking better photos, editing tips, where to share, finding camera buddies, tips for better health and fitness and more!

FitnessPhotoCourse.com



Test Your Knowledge...

Who said, "Photography is more than a medium for factual communication of ideas. It is a creative art." (Answer on page 3)

SHOP TALK

Tips and Tricks to Fix Your Pix Create Movie Animation w/ Photoshop

Here's a nice YouTube tutorial
that shows both

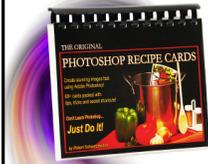
GIF Animation AND Puppet Warp
<http://tinyurl.com/PSanimate>

Here's a great tip [Scott Voelker](#) (featured below) showed me:

To add more depth and interest to your photos,
after all your edits are done:

1. Make a Composite Layer of Your Finished Work
2. Use Layer-New Adjustment Layer-Hue/Saturation
3. Desaturate to 0
4. Change the Hue/Sat layer Blend Mode to Overlay or Softlight
5. Adjust the Hue/Sat Layer Opacity

"Shop Talk" sponsored by [PhotoshopTipCards.com](#)



**COMING
NEXT...**

"ESCAPE TO PHOTOGRAPHY"

TAKING BACK SOME ME TIME

DIGITAL HOLIDAY CARD TEMPLATES

DIGITAL BACKGROUND
TEMPLATES MAKE IT EASY
TO LOOK LIKE A PRO!

HOLIDAY GIFT AND CRAFT IDEAS!

MADE WITH LOVE

WHAT'S UP WITH WHITE BALANCE

...AND MORE!



NO STUDIO? NO PROBLEM!

Once upon a time, if you wanted to be a professional photographer you had to have a studio. You'd need a big space, with high ceilings and lots of lighting equipment to trip over. You'd have to stock tons of large and expensive backdrop scenes to keep variety in your photos. You'd also need big, bulky and expensive props you'd have to store when not in use.

Once upon a time...

it would cost you a fortune to start your own photography business!

Fortunately, digital photography has changed all that. Now you can start your own successful photography business with just a simple digital SLR and a photo editing program like Photoshop. You don't need expensive props or backgrounds. A simple white or black bed sheet can be your backdrop because now we can edit our subject out and put them into one of hundreds of digital background scenes. Our subject can be at the beach in one and at the park in another. Cute baby scenes like the one's Anne Geddes made famous can now be done by anyone! You can amaze and astound your clients with the most creative photos in town!

Scott Voelker has put together an amazing program anyone can use to get started quickly making money doing what you love. I highly recommend you take a look...



See Scott's Digital Portrait Biz at: <http://tinyurl.com/pstip6>

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TotalFitnessPhotography.com

Stay Healthy, Wealthy and Wise!

— Ansel Adams —
Answer from Test on Page 2

healthy PHOTOGRAPHER

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A "Good News" Newsletter Full of Fun and Interesting Facts for Photographers

OCT 2011

FIVE FALL PHOTO FAVORITES

- If your fall photos seem **too hazy**, use a Photoshop adjustment fix...reduce contrast to near zero and slightly lower the brightness
- **For a bit more "pop"** in your fall foliage shots, use a hue/saturation adjustment, up the saturation slider for more intense colors
- **Get out in the rain.** Shelter your camera from the weather, but the wet leaf gloss and diffused light make for some powerfully colored fall photos
- **Isolate** - while the colorful landscape mosaic is nice, get up close and occasionally feature just one leaf against an interesting background
- **Polarize** - use a polarizing filter on your lens for maximum contrast. As a cheap alternative, try underexposing your photos for more intensity



Robert's Ramblings

Left alone, at the far end of the museum, I was surrounded by greatness. A fine Salvador Dali hung less than three feet from my grasp. The lighting was right. The opportunity was there. No one could get in my way now. This was my chance...

So I took it!

What's this? No lights, no alarms, no guards chasing with guns drawn? Surely it couldn't be this easy to capture such a fine artistic masterpiece and take it home? But it is! Armed with only my Nikon (sans flash) I'm now able to display a copy of this fine painting on the walls in my home. Turns out, many art museums let you take photographs as long as you don't use a flash. So up the ISO baby and walk yourself out with some that FREE Gov'mint art!

INSIDE...

- > PHOTOGRAPHY SAVED MY LIFE!
- > HALLOWEEN PHOTO TIPS
- > MAKE MOVIES WITH PHOTOSHOP?
- > START YOUR OWN DIGITAL PHOTO BIZ



3,517
Photographers
Just like You...
Looking for
THE ANSWER!

Readership at my website just keeps going up!

More and more folks looking to use the new technologies in digital photography to bring immediate and long lasting change to their life.

Finding and delivering these amazing stories of change, and how it's done, is my mission in healthy **Photographer**.

Look inside to start finding your answers today!