

# LIGHT THERAPY for Health and Beauty



This Post is about one of my most favorite subjects, not only do I study about light function, source and its several uses, I use light therapy for close to 40 years and have personally experienced optimal results. Here we share a few machines that we have tried and done research on, and feel confident on sharing with you and yours. The benefits of light has been around for centuries and has improved with research and diversity of application.

Just as acupuncture is a very old system of medicine being rediscovered, so is light therapy, or phototherapy, a “new old” system, which promises to come further into the “limelight”. Phototherapy was practiced in ancient Egypt,

Greece, China, and India. The Egyptians utilized sunlight as well as color for healing. In the past 120 years, great strides have been made in research and development of colored light as well as full spectrum light therapy. In 1876 Augustus Pleasanton stimulated the glands, organs, and nervous system with blue light. In 1877 Seth Pancoast used red and blue light to balance the autonomic nervous system. In 1878 Dr. Edwin Babbitt published *The Principles of Light and Color*. He elucidated a system for applying colored light to the body, and used solar elixirs, which are colored bottles containing water charged by the sun. He was able to successfully treat many stubborn medical conditions, unresponsive to conventional treatments of the time.

## Light Therapy for Skin

As a Person's skin reaches a mature state, Facial Skin becomes THINNER, LESS Elastic and UNABLE to REBUILD itself as QUICKLY as it once did. The Facial Muscles become WEAKER, Skin LOSES it's Luster, and Collagen/Elastin Production DECREASES. You can REDUCE the Signs of AGING Skin by getting SUFFICIENT Sleep, AVOIDING EXCESSIVE Exposure to U-V Rays, Exercising, drinking PLENTY of Water, and by NOT Smoking. Even if you do ALL of the above, however, by the time you reach the age of 35, your Skin may develop FINE Lines and Wrinkles.



## Clear Bi Light

Acne | Anti Aging LED Treatment

*Clear skin is possible...* A clinical study shows that treating the skin with the combination of special wavelengths of blue+red light clears mild to moderately severe inflammatory acne *better and faster:*

*"We found a final mean improvement of 76% in inflammatory lesions using a combined blue±red light radiation which was **significantly superior to those achieved by blue light or benzoyl peroxide.**" [July 2000 – British Journal of Dermatology](#)*

Red light therapy has also been shown to rejuvenate the skin, stimulate collagen production, prompt cellular repair and increase circulation for a more vibrant and youthful complexion. Brightened skin tone and improved skin texture have also been reported.

This same technology used by dermatologists is now available in the *Clear* BI-LIGHT for home use. Using this superior combination of special wavelengths of blue and red light, *Clear* BI-LIGHT clears and prevents acne breakouts, calms inflammation and rejuvenates the skin better and faster. And does it in a way that's completely safe.

### *The Power of Light...*

*Clear* BI-LIGHT represents a true breakthrough in the treatment of mild to moderately severe inflammatory acne! The secret is the two forms of light energy – blue and red – that make the *Clear* BI-LIGHT so uniquely different from other light therapies that use only blue light to treat your acne. Clinical studies show that phototherapy with combined blue-red light – by combining antibacterial and anti-inflammatory action – clears mild to moderately severe inflammatory acne *better and faster* than blue light only or 5% benzoyl peroxide cream. [July 2000 – British Journal of Dermatology](#); [2007 Lasers in Surgery and Medicine](#); [2006 Journal of Cosmetic and Laser Therapy](#); [2007 Lasers in Surgery and Medicine](#).

Blue light has been shown to kill acne causing bacteria both on and under the skin. But Blue light does not calm the inflammation that triggers acne breakouts. That's where the Red light comes in. Red light reaches down into all the layers of the skin to calm inflammation enabling the skin to heal more rapidly. Red light therapy has also been shown to rejuvenate the skin, stimulate collagen production, prompt cellular repair and increase circulation for a more vibrant and youthful complexion. Rosacea skin flushing is calmed within a few treatments. Brightened skin tone and improved skin texture have also been reported.

*Convenient and easy to use.* Clear Bi Light does the work for you. Hold it against your face, the lights turn on. Take it away, the lights shut off. And when you're done, the product shuts off. Large powerful treatment heads treat large areas of your face and body in the shortest amount of time. And, the rechargeable battery makes it portable for complete freedom of movement. Use the Clear Bi Light while your watching tv, studying, almost anywhere...anytime

*Safe and painless.* Clear BI-LIGHT is **not** a LASER, does **not** use damaging ultraviolet light and does **not** require any downtime. Helps clear blemishes quickly and prevent future breakouts without the potential side effects of antibiotics or harsh topicals like benzoyl peroxide (which can cause sensitivity to sunlight and increase redness, irritation, dryness and flakiness of the skin).

Used as directed, you can see noticeable improvement within days with 76% clearance in as little as 8 weeks.



## TRIA Skin Perfecting Blue Light

Tria's patented Blue Light penetrates deep within the skin to eliminate acne-causing bacteria at the source. With more than

8 times the bacteria-destroying light energy than other devices, Tria delivers an effective dose in the shortest time to clear breakouts fast. Unlike most cleansers and lotions that use benzoyl peroxide to fight breakouts, Tria is gentle enough to use every day without harsh side effects such as redness or irritation. Now you can get the most effective and safest dermatologist-preferred treatment for clearing acne breakouts quickly at home.

The Tria Skin Perfecting Blue Light is an incredible, easy to use, home treatment method for acne breakouts that stops breakouts right at the source. Most anti-acne products work on top of the skin in order to treat acne and blemishes, however the Tria Skin Perfecting Blue Light uses light energy that causes the bacteria deep within skin to self-destruct, essentially eliminating the bacteria that causes breakouts right at its source and preventing new breakouts from forming. The Tria Skin Perfecting Blue Light contains more than 8 times the light energy as other devices and provides the most effective dosage in the shortest time in order to clear breakouts faster. The Tria Skin Perfecting Blue Light is a safe and dermatologist-preferred treatment for clearing and ridding the skin of acne breakouts at home and does not cause redness or irritation like other topical treatments. It is FDA approved, allows for multiple ways to treat skin, and contains a patented 2 Month Cartridge that powers the Blue Light for 60 days of treatment.

### **How To Use:**

**Step 1:** Cleanse your skin thoroughly. For best results, use the Skin Perfecting Foam Cleanser. This cleanser was formulated specifically to prepare your skin for the Tria Blue Light. Skin should be free from makeup, oil, sunscreen, and any other impurities that could interfere with the Tria Skin Perfecting Blue Light.

**Step 2:** Place the Tria Blue Light to your skin and gently

glide the treatment tip over the entire affected area. Treatment should last for five minutes and be used once daily. You may choose to treat the entire face area or a specific area of concern. The Tria Skin Perfecting Blue Light may also be used on the chest, neck, and back areas as well.

**Step 3:** After the Tria Skin Perfecting Blue Light Treatment, users should apply a nutrient rich serum to the skin that contains antioxidants as well as other ingredients that will aid in skin renewal and restoration. The Skin Perfecting Serum is designed for this exact purpose and will help combat blemishes, brighten skin discoloration, and calm any irritated skin.





## NutraLuxe MD Red Nutra Light Skin Rejuvenation

reVive Anti-aging Light Therapy™ Handheld System. Stimulates natural production of Collagen and Elastins resulting in reduction and reversal of wrinkles and fine lines. Produces a

firm youthful appearance in skin tone by smoothing out blemishes and skin texture.

reVive Anti-aging Light Therapy™ Handheld System. Stimulates natural production of Collagen and Elastins resulting in reduction and reversal of wrinkles and fine lines. Produces a firm youthful appearance in skin tone by smoothing out blemishes and skin texture.

- Regular treatment, as recommended, is known to reduce or eliminate of fine lines and wrinkles.
- The non-invasive light therapy works deep in the tissue, and is engineered to be a powerful handheld and cost-effective at-home treatment.
- The FDA-cleared reVive Light Therapy has no downtime and is extremely easy to use.
- Plugs directly into an AC outlet, so there is never a need to charge.
- Detachable cord makes it convenient to maneuver.
- Includes a travel bag and goggles



# NutraLuxe MD Red Nutra Light Skin Rejuvenation

A study from NASA and many more clinical studies have shown that RED light in a certain Spectrum helps promote the COLLAGEN Production, diminishes fine LINES and WRINKLES, firms& tightens the skin and reduces Sun / Age spots and Skin discoloration.

Nutra Light Red Clinical Rejuvenation Treatment System is a handheld Light Emitting Diode (LED) device for the treatment of crows feet. This technology bathes the skin in red and infra red light stimulating the deeper skin tissue, leading to the reduction of fine lines and wrinkles. The Clinical Rejuvenation Treatment System has been tested to international standards to ensure that its outputs are safe for use on the skin.

Nutra Light Red penetrates deep down into the skin and stimulate the cells to increase collagen levels, by promoting collagen and elastin production naturally. Restore your skin's youthful radiance and appearance, diminish fine lines and wrinkles, firm and tighten your skin. Nutra Light Red is the latest development in skin phototherapy, designed for home use.

A study from NASA and many more clinical studies have shown that RED light in a certain spectrum helps promote collagen production, diminish fine lines and wrinkles, while it firms and tightens the skin, and reduces sun / age spots and skin discoloration. In an independent study over 80% of subjects reported a softening of fine lines after treatment and 75% reported improvement in skin softness and smoothness.

Light at specific wavelengths is known to stimulate tissue and

influence restructuring of collagen to firm skin tissue and minimize fine wrinkles. As we grow older, the cells that manufacture the skins supportive structures begin to slow down. Environmental damage from the sun speeds up this process and produces free radicals that damage the skin and the cells that synthesize collagen and elastin.

Nutra Light Red stimulates natural processes to rejuvenate your skin, and stimulate the cells that help counteract the effects of aging. Years of clinical studies have shown and proven that a certain spectrum of HIGH INTENSITY RED LIGHT at certain wave lengths improves complexion by promoting collagen production and diminishing wrinkles. Photo Therapy with Nutra Light Red is an effective and safe cosmetic treatment, helping you diminish the effects of aging, while making you feel and look refreshed and rejuvenated!

#### Research Study

- 94% Reported Firmer and Tighter Skin
- 89% Reported a Smoother Feel
- 87% Saw More Radiance
- 96% Experienced Less Fine Lines and Wrinkles
- 93% Saw a More Uniform Complexion
- 86% Reported deep wrinkle reduction in UV damaged skin after only 3 weeks

The Nutra Light Red system package contains:

- 1 x RED Light Phototherapy Unit
- 1 x 9 Volt Medical Grade Universal Power Adaptor/Charger
- 1 x Protective Eye Goggles
- 1 x 1 oz / 30 ml – Vitamin C Botanical Stem Cell Serum\*

- Restores your skin's youthful radiance and appearance
- Diminishes fine lines, crows feet, and wrinkles
- Firms and tightens your skin

- Promotes increased collagen and elastin
- Reduces sun age spots and skin discoloration.
- Increases the life of skin stem cells
- Repairs and prevents free radical skin damage
- Brightens the skin tone and color
- Stimulates and boosts collagen production
- Protects from future free radical skin damage

1. Place protective eyewear comfortably over your eyes. Ensure they are worn for the total duration of the treatment process, failure to do so may result in headache.

2. Press the Power button once while the device is NOT in contact with the skin. Place the device directly over the area to be treated without making contact for 20 minutes.

[Clear BI-LIGHT](#) from [Michael Todd](#) on [Vimeo](#).

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**Happy Holidays From Around  
The World**



Thank you again for the generous support from you all, it is overwhelming the thousands of views and connections we receive, we work many hours some times seven days a week to offer you our extensive research.



# Christmas in the United States of America

from <http://www.whychristmas.com>

The United States of America has many different traditions and ways that people celebrate Christmas, because of its multi-cultural nature, many customs are similar to ones in the UK, France, Italy, Holland, Poland and Mexico.

The traditional meal for Western European families is turkey or ham with cranberry sauce. Families from Eastern European origins favour turkey with trimmings, keilbasi (a Polish sausage), cabbage dishes, and soups; and some Italian families prefer lasagne!

Some Americans use pop-corn threaded on string to help



decorate their Christmas Tree!

In New England (the American States of Massachusetts, Connecticut, Rhode Island, Vermont, New Hampshire and Maine), there are shops called 'Christmas Shops' that only sell Christmas decorations and toys all the year round!

People in America like to decorate the outside of their house with lights and sometimes even statues of Santa Claus, Snowmen and Reindeer elf .

Towns and cities often decorate the streets with lights to celebrate Christmas. Perhaps the most famous Christmas street lights in the USA are at the Rockefeller Center in New York where there is a huge Christmas Tree with a public ice skating rink in front of it over Christmas and the New Year.

In Hawaii, Santa is called Kanakaloka!

In the Southwest USA, there are some special customs which have some similarities to those in parts of Mexico. These include 'luminarias' or 'farolitos' which are paper sacks partly filled with sand and then have a candle put in them. They are lit on Christmas Eve and are put the edges of paths. They represent 'lighting the way' for somewhere for Mary and Joseph to stay.

A popular food at Christmas in the Southwest USA are tamales. You can find out more about Christmas traditions in the Southwest USA on [www.lonestarwesterndecor.com/vibrant-christmas-traditions-of-the-southwest.html](http://www.lonestarwesterndecor.com/vibrant-christmas-traditions-of-the-southwest.html)



## **Hindu: Pancha Ganapati**

*21–25 December –*

modern five-day festival in honor of Lord Ganesha, celebrated by Hindus in USA.

Think of this as the Hindu Christmas, a modern winter holiday full of family-centered happenings, but with five days of gifts for the kids, not one. From December 21 to 25 Hindus worship Lord Ganesha, the elephant-headed Lord of culture and new beginnings. Family members work to mend past mistakes and bring His blessings of joy and harmony into five realms of their life, a wider circle each day: family, friends, associates, culture and religion.

Pancha Ganapati includes outings, picnics, feasts and exchange of cards and gifts with relatives, friends and business associates. A shrine is created in the main living room of the home and decorated in the spirit of this festive occasion. At

the center is placed a large wooden or bronze statue of Lord Panchamukha (“five-faced”) Ganapati, a form of Ganesha. Any large picture or statue of Ganesha will also do. Each morning the children decorate and dress Him in the color of that day, representing one of His five rays of energy, or shaktis.



## Hindu: Makar Sankrat/Pongal

From <http://www.cookinglight.com>

This January 14 Hindu holiday celebrates the new solar year, considered to be the beginning of the new day for the gods and the end of their six-month night. It is observed and named differently in each region—Pongal in the south of India and Makar Sankrat in the north. But most festivities include a common theme of ceremonial cleansing, offerings, and celebrations of the harvest. Pongal, which means “to boil over,” refers both to the concept of bounty and to the traditional dish of rice boiled in milk, which is given to the

gods as an offering. Sesame seeds, or til, are looked upon as a symbol of health and friendship. Sweets made from sesame and jaggery—a special kind of sugar—are exchanged on the holiday along with the saying, “accept these sweets and speak sweet words.” The tradition reminds people to resolve past quarrels so that friendship can thrive.



## **Muslim: Eid ul-Fitr/Hari Raya Puasa**

Ramadan is the month long Muslim holiday celebrating the revelation of the Koran to the prophet Muhammad. Devout Muslims fast each day from sunup to sundown for the full month and then break the fasting period with a three-day festival. Because the Muslim world spans many countries and cultures, the celebrations, foods, and even the name of the festival change from place to place—in Arab countries, it's called Eid ul-Fitr, and in Malaysia it's called Hari Raya Puasa. The dates change from year to year (falling sometime between October and December), depending on the Islamic calendar. Although the festival reaches a broad group of people who celebrate it in diverse ways, there are general things that all Muslims do during Eid," says Rabiah Ahmed, spokesperson for the Council on American-Islamic Relations, such as preparing the house, getting dressed up, and gathering with family and friends for a feast. After 30 days of fasting, food

is shared in abundance, and children exchange gifts and receive money from their elders.



## Iranian: Shab-e Yalda

In Iran, the winter solstice, which falls on December 21, is hailed with Shab-e Yalda—the birthday of the sun. It's a celebration of the triumph of light over dark, good over evil. It is thought that on the longest night with evil at its zenith, light needs help to overcome darkness. On this day, families build a bonfire outside and gather until sunrise for a night of storytelling, dancing, and food. In Iranian culture, certain nutritional properties of foods are considered hot and others are considered cold (regardless of temperature or level of spice), much like Chinese yin or yang. Balance between the two is important. Summer foods are preserved throughout the year for the Shab-e Yalda feast,

where they mingle with the foods of winter to symbolize the balance of seasons. Saffron and carrots, for example, are warm foods served during Shab-e Yalda to counter the cold of winter.



## **Jewish: Hanukkah**

More than 2,000 years ago in Palestine, Judas Maccabee and his followers triumphed over the tyrant Antiochus and his army, despite overwhelming odds. But when they returned to Jerusalem, they found their temple desecrated with pagan idols. In order to purge the temple of its defilement, the Maccabees rebuilt the altar and cleansed the temple, rededicating it during eight days of ceremonies. Tradition holds that there was only enough sanctified olive oil to light the temple for one day, but it burned miraculously for all eight days of the celebration. Today, those of the Jewish faith celebrate this victory during an eight-day holiday that begins on the 25th of Kislev (in late November or December). Each night of Hanukkah, people light one candle on the menorah in memory of the miracle of the oil. Since antiquity, the festival has also honored the significance of olive oil to the ancient Jewish culture as fuel, food, and even medicine, and



it shows in the foods of the feast. Dishes cooked in olive oil, and latkes (potato pancakes) in particular, are celebratory symbols of this gift of sustenance.



## African: Kwanzaa

First celebrated in the United States in 1966, Kwanzaa was created for those of African descent around the world to reconnect with their common heritage. The name is derived from traditional harvest celebrations in Africa called *matunda ya kwanza*, literally “first fruits,” which were seven days of gathering, reverence, commemoration, recommitment, and celebration. Beginning on December 26 and lasting for seven days, modern Kwanzaa celebrations esteem one of the seven core principles of African American unity, the *Nguzo Saba*, on each night. Karamu, a lavish feast of traditional foods from African cultures around the world, takes place near the end of the holiday.



## Different Ethnicity Santa Claus

Hoteiosho, Japan

Japan's holiday gift-giver is a fat Buddhist monk with eyes in the back of his head. Some say he travels with a red-nosed reindeer and some say he works alone, but he doesn't arrive on Christmas in either hybrid Christian-Buddhist tale. Christmas in Japan is spent with family doing charity work. But on New Year's Eve, the real action begins: the house is cleaned and decorated, then family members throw beans for good luck and await their gifts from the benevolent monk.



## **Native American – Hopi (Soyal, Soyala, Sol-ya-lang-eu)**

From <http://www.brownielocks.com/nativeamerican.html>

The date of this observation is on December 22. It is celebrated by the Hopi Indians. Although a black Plumed Snake is the basic symbol of this ceremony. But it is not based on snake worship. (Just like their Snake Dance Ceremony isn't either.) It is a ceremony related to the sun as it relates to the winter solstice. It is one of the Hopi's most sacred ceremonies and is also called the "Prayer-Offering Ceremony" because it is a time for saying prayers for the New Year and for wishing each other prosperity and health.

# CHRISTMAS FACTS

1 Each year, 30-35 million real Christmas trees are sold in the United States alone. There are 21,000 Christmas tree growers in the United States, and trees usually grow for about 15 years before they are sold.

2 Today, in the Greek and Russian orthodox churches, Christmas is celebrated 13 days after the 25th, which is also referred to as the Epiphany or Three Kings Day. This is the day it is believed that the three wise men finally found Jesus in the manger.

3 In the Middle Ages, Christmas celebrations were rowdy and raucous—a lot like today's Mardi Gras parties.

4 From 1659 to 1681, the celebration of Christmas was outlawed in Boston, and law-breakers were fined five shillings.

5 Christmas was declared a federal holiday in the United States on June 26, 1870.

6 The first eggnog made in the United States was consumed in Captain John Smith's 1607 Jamestown settlement.

7 Poinsettia plants are named after Joel R. Poinsett, an American minister to Mexico, who brought the red-and-green plant from Mexico to America in 1828.

8 The Salvation Army has been sending Santa Claus-clad donation collectors into the streets since the 1890s.

9 Rudolph, "the most famous reindeer of all," was the product of Robert L. May's imagination in 1939. The copywriter wrote a poem about the reindeer to help lure customers into the Montgomery Ward department store. 10 Construction workers started the Rockefeller Center Christmas tree tradition in 1931.

# Holiday Recipes



## Lentil and Mushroom Shepherd's Pie

### Ingredients

- 8 large or 10 medium potatoes (Yukon gold works well)
- 2 tablespoons Earth Balance or other vegan buttery spread
- 1/2 cup unsweetened rice milk or other nondairy milk
- Salt to taste
- 2 tablespoons olive oil
- 1 large onion, finely chopped
- 2 cloves garlic, minced

- 6 ounces cremini or baby bella mushrooms, sliced
- Two 15-ounce cans lentils, lightly drained
- 2 tablespoons dry red wine, optional
- 1 to 2 tablespoon reduced-sodium soy sauce or Bragg's liquid aminos
- 2 to 3 teaspoons all-purpose seasoning blend (such as Spike or Mrs. Dash)
- 1/2 teaspoon dried thyme
- 3 tablespoons cornstarch or arrowroot
- 8 to 10 ounces baby spinach or arugula leaves
- Freshly ground pepper to taste
- 1 cup fresh bread crumbs

## Directions

Peel and dice the potatoes. Place in a large saucepan with enough water to cover. Bring to a simmer, then cover and simmer until tender, about 20 minutes. Drain and transfer to a small mixing bowl.

Stir the Earth Balance into the potatoes until melted, then add the rice milk and mash until fluffy. Season with salt, cover, and set aside until needed.

Preheat the oven to 400° F.

While the potatoes are cooking, heat the oil in a medium skillet. Add the onion and sauté over medium heat until translucent. Add the garlic and mushrooms and continue to sauté until the onion is golden.

Add the lentils and their liquid and bring to a gentle simmer. Stir in the optional wine, soy sauce, seasoning blend, thyme, and pepper. Cook gently for 5 minutes. Combine the cornstarch with just enough water to dissolve in a small container. Stir into the lentil mixture.

Add the spinach, a little at a time, cooking just until it's all wilted down. Remove from the heat; taste to adjust seasonings to your liking.

Lightly oil a 2-quart (preferably round) casserole dish, or two deep-dish pie plates. Scatter the breadcrumbs evenly over the bottom. Pour in the lentil mixture, then spread the potatoes evenly over the top. If using two pie plates, divide each mixture evenly between them.

Bake for 30 to 35 minutes, or until the potatoes begin to turn golden and slightly crusty. Let stand for 5 to 10 minutes, then cut into wedges to serve.

8 or more servings

Read [more](http://www.vegkitchen.com/recipes/lentil-and-mushroom-shepherd-pie/#KfpLlFEREyltxKZj.99) at <http://www.vegkitchen.com/recipes/lentil-and-mushroom-shepherd-pie/#KfpLlFEREyltxKZj.99>





# Organic farmer Beverley Thurber shares her snappy-tasting ginger cookies.

## Ingredients

1. 4 1/2 cups flour
2. 4 teaspoons ground ginger
3. 2 teaspoons baking soda
4. 1 1/2 teaspoons ground cinnamon
5. 1 teaspoon ground cloves
6. 1/4 teaspoon salt
7. 1 1/2 cups shortening, at room temperature
8. 2 cups sugar
9. 2 Organic Valley Large Brown Eggs
10. 1/2 cup molasses
11. large, decorative sugar crystals or additional regular sugar

## Directions

1. Heat oven to 350 degrees. Line two heavy baking sheets with parchment paper.
2. Use a whisk to combine flour, ginger, baking soda, cinnamon, cloves and salt in a medium bowl.
3. Place shortening in a large bowl. Cream the shortening with electric beaters at medium speed for 1-2 minutes. Continue beating as you slowly and gradually add the sugar, scraping down the sides of the bowl occasionally. After all the sugar is added, keep beating for other minutes or two.

4. Add eggs and molasses; beat well.
5. Reduce speed to low and beat in the flour mixture until just combined. Use a spatula to stir and “smooth out” the cookie dough.
6. Use a 2-inch-wide ice-cream scoop to make scoops of dough. You can scoop them directly onto the baking pans or roll the scoops into smooth balls first. Place them two inches apart on the baking pans. Sprinkle each mound with sugar crystals or regular sugar.
7. Bake until light brown and puffed, about 15-17 minutes.
8. Cool cookies in the pan on wire racks.

<http://www.organicvalley.coop/recipes/show/ginger-molasses-cookies/>

## Great Gift Ideas



### Honey Spa Treatment

Luxurious bee-themed spa products, as seen in InStyle and Vogue.


Give the gift of pure relaxation with this exquisite collection filled with upscale honey-themed products so luxurious that they rival the offerings in the most exclusive spas.

## Gift Includes:

- Golden Bee Lavender Filled Eye Pillow (Microwavable).
- Bee Shaped Luxury Bath Beads.
- Beeswax Candle.
- Spa Care Accessories: Body Massager, Hair Brush, Nail Brush, Pumice Stone, and Bath Sponge.
- Royal Jelly Soap, and more



# Capresso Electric Water Kettle

 Our convenient and affordable Capresso Electric Water Kettle boils water extremely quickly for tea, coffee, hot chocolate or instant soup. Made of durable, heat-resistant German SCHOTT glass, this fast boiling kettle has a large capacity and an automatic shutoff feature. It's perfect for home as well as on trips to anywhere with an outlet.



# Mighty Leaf Tea

## Master Tea Pouch Sampler



Drink in the moment with a selection of our signature artisan-crafted whole leaf tea pouches. The Master Tea Pouch Sampler is great as a stand alone gift or as a refill for the [Mighty Leaf Presentation Tea Book](#). This assortment of 108 Tea Pouches includes the following blends and number of pouches:

What's Inside:

**Black Tea** – Organic Darjeeling Estate (10), Organic Earl Grey (10), Orange Dulce (10)

**Green & White Tea** – Green Tea Tropical (9), Organic Spring Jasmine (10), Organic Hojicha Green Tea (10), White Orchard (10)

**Herbal Infusions** – Organic African Nectar (10), Organic Detox Infusion (10), Chamomile Citrus (9), Organic Mint Mélange (10)



## Fondue for Two with Chicken

# Soup for the Soul® Food and Love

- ☒ A special gift for the sweetest of people in your life
  - Chicken Soup for the Soul® has been featured on well-known television shows like Oprah and The Today Show, and is a recognizable brand worldwide.
  - The fondue set includes porcelain ramekins, fondue forks, and chocolate mix.
  - Items in this gift come packaged in a beautiful custom-made red gift box.



**From Ted Baker of London**

## ROCKALL Over ear headphones

Combining Ted's eye for detail and ear for precision, these stylish over-ear headphones offer truly immersive hi-fi sound quality, a smart foldable construction, textured tangle-resistant cable and tailored, deluxe materials for the perfect fit.



## Julie Tuton Jewelry – Long Chain Palliette Necklace

Exude your inner goddess with Julie Tuton's handmade collection, featuring elegant and refined pieces inspired by the Renaissance era. Pair this with a Nightcap "Long Sleeve Deep V-Neck Dress in Black" and gold heels for a sexy, night out ensemble!

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**Winter  
Medicine**

**Health**

**Chinese**



## According to Straight Bamboo by Alex Tan

<http://straightbamboo.com/how-to-stay-healthy-in-winter/>

**Element: Water**

**Complementary Organ: Bladder**

**Complementary orifice: Ear**

**Season Winter**

**Color: Black**

**Nature: Yin**

**Primary function: Regulating the aging process**

**Skin Concern: Premature aging, hair loss, bone health and health of teeth**

**Organs: Kidney, Urinary Bladder, Adrenal Glands, Ears, and Hair**

**Taste: Salty**

**Emotion: Fear and Depression**

**Primary Evil: Cold**

**Active Time : 3pm to 7pm**

Winter is the season of retreat and rest, when the *Yin* (night, female, cold) is now dominant and *Yang* (day, male, hot) energy moves inward. Winter is a time of stillness and quiet, amplifying any sound there is. It is the time where this energy can be most easily depleted. Our bodies are instinctively expressing the fundamental principles of winter – rest, reflection, conservation, and storage. The ability to listen clearly at this time of year is sharpest, not only listening through conversation, but listening to your own body and comprehending its needs, as well as having a deeper understanding of yourself and your interactions with others.

In winter, living things slow down to save energy while some animals hibernate. It is also the season where humans conserve energy and build strength as a prelude to spring. In Traditional Chinese Medicine (TCM), human health has long been considered to be closely tied to nature. The natural world is thought of as a holistic entity in itself, and man's health is determined both by his inner balance as well as in relation to the surrounding environment. Since ancient times, Chinese medicine practitioners have studied and developed complicated parallels between nature and health. TCM believes our diet



should be adapted to focus on enriching yin and subduing yang, which mean we should consume appropriate fats and high protein foods. Chinese yam, sesame, glutinous rice, dates, longan, black fungus, bamboo shoot, mushrooms, leek and nuts are common ingredients in the Chinese dishes this time.

It is advisable to eat more food with bitter flavors while reducing salty flavors so as to promote a healthy heart and reduce the workload of the kidney.

Since a person's appetite tends to increase over winter when they have a lower metabolic rate, absorbed nutrients from foods can be stored more easily. Energizing herbs such as **ginseng**, wolfberry, angelica, rhemannia root, **astragalus** and **medicinal mushrooms** can be used for this purpose. The principle of harmony between food and the weather is based on practical experience. It may seem to contradict principles stated elsewhere but the fact remains: foods eaten during the four seasons have different impacts on the human body. Foods become part of the body after being consumed but the four seasons (that is **environmental factors**) always impacts externally on the body. Chinese dietary philosophy suggests that you embrace your native foods in addition to eating locally-grown foods and those in season.



## Shellie Goldstein creator of the AcuFacial facelift

<http://www.hamptonsacupuncture.com/acufacial.shtml>

We highly recommend her book **Your Best Face Now**, extremely informative and well done, simply explained and she is a Dr in acupuncture.

Lets keep in mind if we compare this list of food with other sources, you may find small discrepancies do to the differing opinion as to whether some foods belong in the Yin or Yan category.

Pine nuts, anchovies, mussels, trout, walnuts and chestnuts are also warming. You can encourage circulation and transformation with warming herbs such as ginger, cinnamon, cloves, black sesame seeds, cardamom, fennel and anise, black

pepper, ginger, walnuts, turtle beans, black lentils, onions, leeks, shallots, chives, chicken, lamb, trout and salmon.,black olives, black tea (decaffeinated ), soy sauce low sodium, black vinegar,black trumpet mushrooms, nori seaweed, figs, dates, caviar, sesame oil, olive oil, clove tea, spearmint tea,

Foods in winter that build *yin* include beef, barley, turtle beans, millet, beetroot, wheat germ, seaweed, black sesame seeds, molasses, spinach, sweet potato and potatoes. Congees, stews and soups, bone-soups (stock) in particular, naturally support *yin*.

Avoid raw foods as much as possible; not to mention cold drinks and foods like ice cream.

Adzuki beans – remove damp and ease swelling



Celery – calms the liver and treats high blood pressure

Chestnut – strengthens kidneys, lower back and knees

Kidney Beans – strengthens kidneys and helps with lower back pain and sexual problems

Leek – warms the body Liver – nourishes blood and treats Liver deficiency

Pine nuts – builds the yin of the heart and lungs

**Root vegetables are great in general.**



**Harriet Beinfeld** at <http://www.drfranklipman.com/the-winter-season-a-chinese-medicine-perspective/> shares this information.

**The Kidney:** is the organ system that shares the power of Winter. Just as the bear survives upon accumulated reserves, the Kidney harbors our Essence that feeds and renews our life force. It is the Kidney that supports the reproductive organs governing sexuality, as well as engendering the structural elements of the body that regulate growth and regeneration. This is dependent upon an adequate store of Essence, which gives rise to the marrow, which produces the brain, spinal cord, bones, teeth, blood, and hair. Whereas Kidney Yin controls the juicy Essence, Kidney Yang kindles metabolic process. All the other organs depend upon the Kidney for moistening and regeneration (Yin), and for animation and warmth (Yang).

**Sleep and Rest More:** In winter go to bed early and wake up late. Nights are longer in winter, the sun sets early and rises late. So we go to sleep early and rise late, not asking our internal sun to do the job of the external sun. Therefore, one should refrain from overusing the yang energy. Retire early and get up with the sunrise, which is later in winter." Some of this advice for winter focuses on humans' natural circadian rhythms, a biological process noted in almost all living organisms that displays a change over a 24 hour period.

**Manage your stress:** Stress weakens the immune system, full stop. It's our response to stressors that we call stress, just as much as the stressors themselves. Some of us make everything stressful. Winter is a time for introspection as

well as celebration.

**Eat well:** Eat freshly cooked food with lots of vegetables. Freshly cooked food is just that; freshly cooked.

**Protect Your Body from the Elements:** Catching a chill weakens your resistance to the rhino-viruses that cause colds. So match your dress to the weather. We protect ourselves from the rain with rain gear. We also have to protect from the cold and wind with warm clothing. Especially keep your head, neck, upper back, and belly warm and safe from wind. Wear a hat and a jacket with a warm collar or a scarf. If you sweat with exercise, dry off as quickly as possible. If you do get a chill after being outdoors, drink **hot ginger or cinnamon tea** when you come in. Boil water, add 3 slices ginger root and simmer a minute. If not available get some masala chai at the cafe.

**Exercise:** is always healthy. However slow, repetitive movements with less exertion than usual must be preferred. Short walks and exercises to strengthen the lower part of the body (legs, hips, pelvis, low back) are the best choice. Physical exercises must always be balanced with energy work: guided energy meditations (internal alchemy), yoga that includes more than stretches. Qi Gong and Tai Qi Chuan are the ways to create that balance. It is advised to avoid sweating during the coldest months, as this is thought to cause injury to the kidney qi, or energy, an internal energy people should strive to preserve in winter. According to Huang Di, sweating will "cause weakness, shrinking of muscles, and coldness, and the body may lose its ability to open up and move in the spring." It is important to conserve energy in winter so that it can be put into action in spring.

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# Dry Skin Brushing



It only takes ten minutes a day, costs nothing, and helps restore your body, from inside and out. Dry skin brushing has a

number of health benefits and is so simple to do.

## So how does it work?

Dry Brushing according to Dr Berkowsky's Skin Brushing System

Your skin, the largest organ in the human body is an organ of elimination. Its primary functions include: respiration, excretion, blood and lymph circulation, immunity and the conduction of vital Chi( vital life energy) One third of your body's toxins are excreted through the skin and dry brushing helps to unclog pores and excrete toxins which can positively impact the entire body.

No other organ is more actively engaged in discharging impurities from the body than the skin; it is a close relative of both the lungs and the kidneys. Like the lungs it absorbs oxygen and expels carbon dioxide and water vapor, and like the kidneys, it excretes organic and saline matter in solution. The surface of the skin is covered with millions of sweat glands which constitute a vast drainage system whereby the blood, via perspiration, purifies its self. It also produces antibacterial substances to protect you from infection and enables your body to produce [vitamin D](#) when exposed to the sun. Another crucial role your skin plays is supporting optimal detoxification. But if your skin is overrun with toxins or dead skin cells, it will not be able to eliminate wastes from your body efficiently.





*Radical Sexy Self Care*

## DRY BRUSHING



- Re-energizes your skin by sloughing off dead, dull, lifeless skin cells
- Stimulates natural healing
- Facilitates detoxification
- Increases Circulation
- Stimulates the Lymphatic System
- Exfoliates & Invigorates
- FEELS FANTASTIC!
- Brush skin when it is dry, once or twice a day
- Just prior to a bath or shower is best
- Use long sweeping strokes, starting with your feet
- Always brush towards your heart
- Avoid sensitive areas
- End your shower with 3 cycles of hot/cold
- Add a few drops of essential oil to your shower
- Clean your brush regularly (at least once a week)

Nurture yourself by adding Dry Brushing to your daily self care ritual!

## The primary Benefits of Skin Brushing:

**Assist Exfoliation:**the outermost layer of skin cells which serve to protect the underlying skin layers are not living cells, thus, are continuously shed and replaced via the multiplication and upward movement of living skin cells.

**Excites Physiological Activities:**Which include lymph and blood circulation, nerve transmission, sweat, oil gland and skin pore functions.

Skin Brushing supports venous and lymphatic drainage of the skin. The lymph stream, unlike the blood stream, is not attached to a pump so its movement is dependent upon movement and contraction of tissues as well as the vitality of the

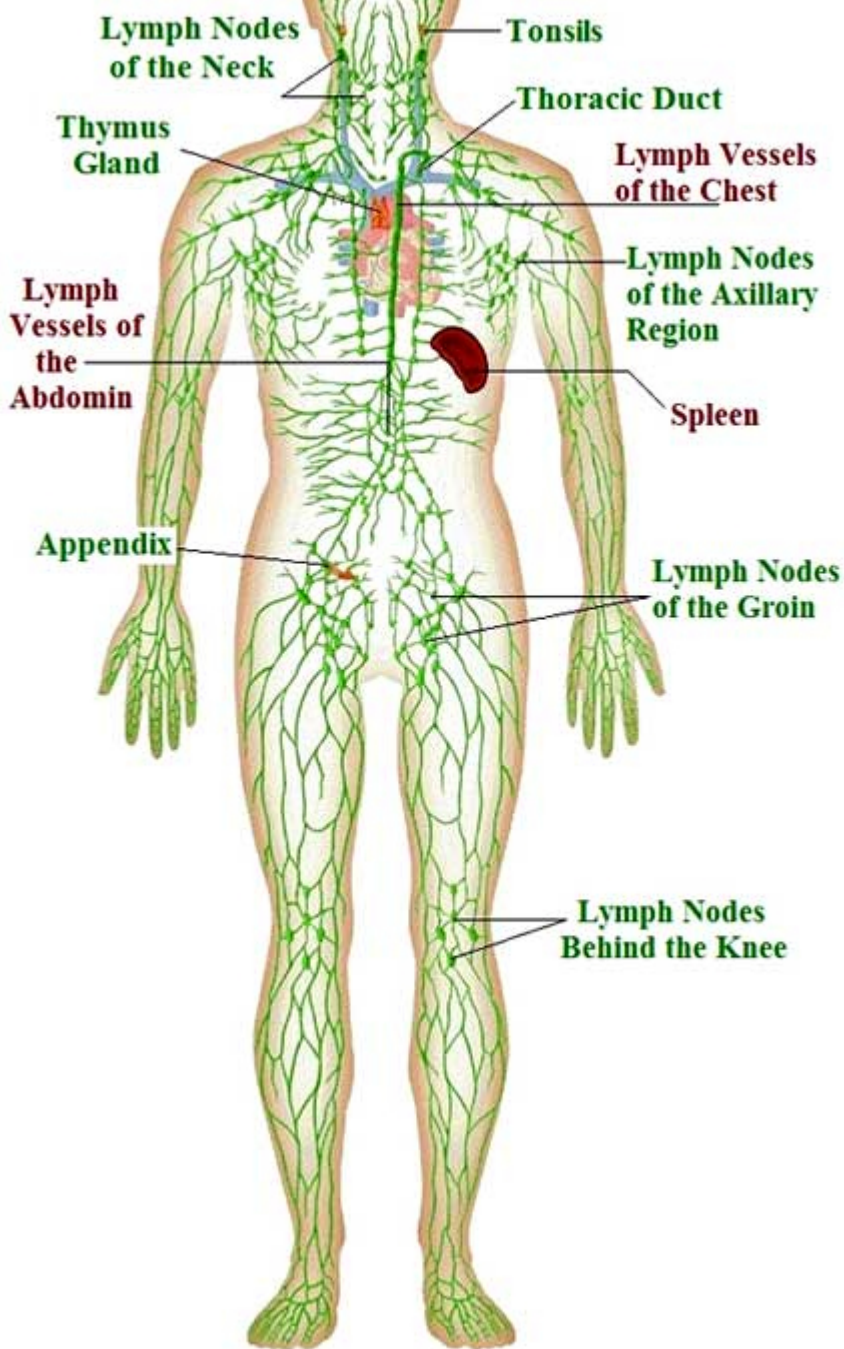
nerves which control the dilation and constriction of the lymph vessels. It also contributes to the strength of the body's immune system by producing certain white blood cells and generating antibodies. It also contributes to the strength of the body's immune system by producing certain white blood cells and generating antibodies.

Skin Brushing accelerates filtration into the Lymph vessels and emptying of the smaller vessels into a larger lymph vessels; also it assist in the flow of lymph through the lymph nodes.

**According** **to**  
<http://articles.mercola.com/sites/articles/archive/2014/02/24/dry-skin-brushing.aspx> **Dr. Mercola**

**The Lymph and Immune System  
network**

## The Lymph & Immune System



## Stimulate Your Lymphatic System

In your body, your lymphatic system is the system responsible for eliminating cellular waste products. Hundreds of miles of

lymphatic tubules allow waste to be collected from your tissues and transported to your blood for elimination, a process referred to as lymphatic drainage.

When your lymphatic system is not working properly, waste and toxins can build up and make you sick. Lymphatic congestion is a major factor leading to inflammation and disease. By stimulating your lymphatic system and helping it release toxins, dry skin brushing is a powerful detoxification aid by boosting your immune system and increasing circulation to help detoxify.

## **Increase Circulation**

When you dry brush your skin, it increases circulation to your skin, which encourages the elimination of metabolic waste.

## **Stress Relief**

The act of dry brushing has been described as meditative (especially if you do it in a quiet space) and may reduce muscle tension, calm your mind, and relieve stress. Many compare it to a light whole-body massage.

By increasing your blood flow reduces stressed areas of the body and stimulates nerve endings in your skin which in turn rejuvenates your nervous system.

Reduced cellulite: increasing blood circulation to the skin helps break down and releases toxins that cause cellulite in legs and hips.

Skin Brushing benefits Mature Skin: Decreased sweat and oil gland functions are part of mature skin. Skin Brushing stimulates both the sweat and oil glands, and in this way, contributes to the restoration of moist, supple skin. It also strengthens the skin through which the skin skin is

moisturized and cleansed and oxygen and CO<sub>2</sub> are exchanged. Aging and devitalization of the skin often results in pore enlargement and flaccidity due to loss of skin tone and depleted Chi (life force). Harry Benjamin ND says that through the practice of regular Skin Brushing one is assured of the possession of a healthy skin, as pores are then certain to be active.

Skin Brushing makes a strong impression upon the dermis, the layer that contains an abundance of blood and lymph vessels, nerves, glands, elastin and collagen fibers. The dermis provides nutrients and moisture to all the skin layers and lends contour and flexibility. When the Dermis ages, its connective tissue fibers reduce, rigidify, lose resilience and even break into pieces, causing the skin's support muscles to lose tone and volume and the skin dehydrate and collapse into sags, wrinkles and lines.

Healthy connective tissue and muscles are products of efficient nutrient support and oxygenation, a waste free , optimal water balance and moderate exercise, all of which are promoted by regular skin brushing.

## **Breaks down Cellulite**

Dr Jack Soltanoff notes: Because Dry Brushing also stimulates hormones and oil producing glands, your skin will be rosy, resilient and radiant, He maintains that Skin Brushing in conjunction with proper diet and exercise will tone and tighten the skin and will get rid of troublesome cellulite. Cellulite is a structural disturbance of fat tissue. The fat content of cellulite containing tissue is normal, but fibrous nodules surround the fat cells which gives affected skin areas their typical orange peel appearance. Cellulite formation is related, in part, to local vein and lymph congestion. Skin

Brushing definitely has a big roll in changing this condition.

**To get started, follow the simple steps below:**



### **Selecting a Skin Brush**

Start off with a natural bristle brush (Skin brushes are preferred) in addition, synthetic bristles do not harmonize with the body's bioenergy system. All the brushes used in Skin Brushing should have natural wooden handles. Avoid plastic and metal handles.

Main body brush is long handled and has vegetable fiber bristles. The long handle is necessary for reaching behind oneself to brush the entire surface area of the back.

As far as the long handled body brushes goes, boar bristles should be avoided, as their softness will not provide the optimal amount of exfoliation and stimulation of the vital processes of skin.

Cleansing your brushes a very important step There are two basic methods of cleansing skin brushes: dry and wet.

1. Quick dry method hold the brush bristle side down . Rapidly draw a comb back and forth over the bristles. This action flicks the bristles, encouraging accumulated dead skin cells to drop out from the brush.
2. Second dry method sharply tap the back of the brush with the comb to exert a similar action as before, the brush should be clean after every use.

## Wet method of cleansing the Skin brush

Use the dry method of cleaning the brush first and proceed to plug the drain of your sink add warm water deep enough to cover the brush bristles when facing downward. Add an organic soap and swish the brush around. Rinse well with cool water. Shake well the excess water from the brush and allow to air dry, if it is sunny, place it in the sun bristle side up, the ultraviolet rays will do their antiseptic work. Do not leave your brushes soaking in water, because, even if the wood is not submerged, water will wick up through the bristles and saturate the wood. Over time, this will cause the wood to mildew and otherwise deteriorate.

## Tips to find your Skin Brush

These days, the best way to find a Skin brush is by the internet, less running around and a better selection at your fingers. I suggest you use the following search terms: natural bristle body brushes; Tampico fiber body brushes; sisal fiber body brushes; palm fiber body brushes; boar bristle body brushes.

Dry skin brushing should be done daily in the morning, it is without question the best time of the day for best results, or even twice a day if you like. Try incorporating it into your normal daily routine, such as doing your brushing before your morning shower and then again after work (avoid doing it too close to bedtime, as it may leave you feeling energized).

How many minutes? it takes about 10 minutes, I personally think I deserve this for my self most of the days we donate hours to other activities that don't render us as much benefits.

Use only brush pressure that is individually comfortable, using relatively gentle pressure.

## Guide lines and Precautions

Pay attention to the described sequence of brushing

1. The armpit region is first
2. The groin region is after and before chest
3. The neck and head drain into the venous system in the upper chest, and to a small extent, into the axillary nodes, the armpit is brushed before neck and head regions.
4. The upper body is worked BEFORE the LOWER, because the fluids of the latter must course upward to the chest. Hence, it is logical to reduce resistance in the

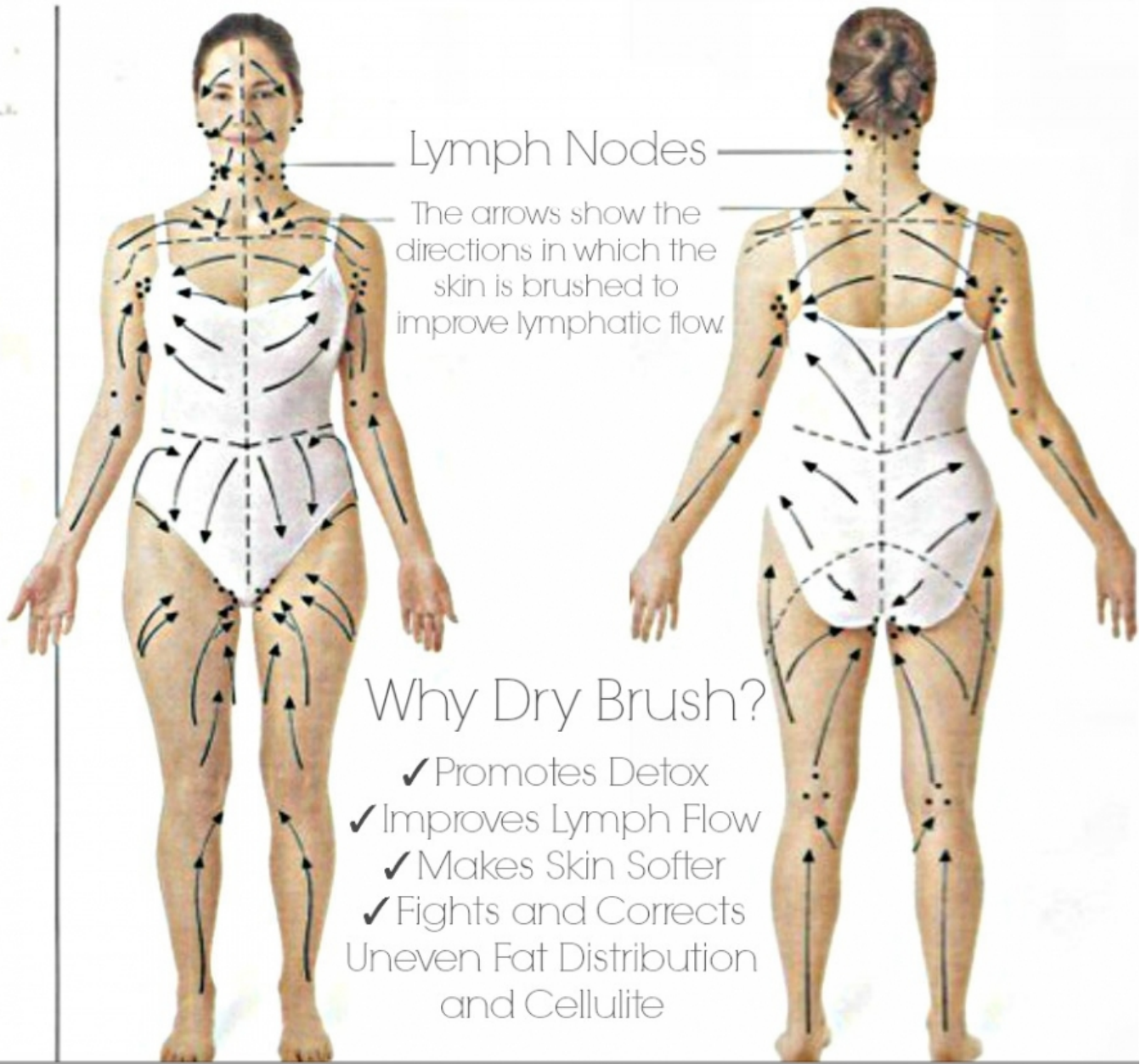


upper body before attempting to propel against gravity the fluids from the lower body toward the upper torso.

5. Since vital Chi runs very powerfully and close to the surface in the hands and feet, they are brushed BEFORE treating the rest of the limb. This initiates powerful circulation of vital Chi energy in the limb, and so, makes ensuing treatment of limb more effective.
6. Stroke direction always conforms to the route of lymphatic drainage.
7. Never brush areas of active inflammation ( like varicose veins, inflamed joints, open wounds, irritations, skin eruptions etc use common sense on this and when in doubt consult your health care provider).
8. Never brush over enlarged or hardened lymph nodes.
9. Pregnant women, should seek the advice of their physician.
10. The genitalia are never brushed.
11. Do not brush after sunbathing.

**Bellow is a chat of the direction and location of the strokes for detail Skin Brushing visit <http://naturalhealthscience.com>, a great site with all details and many insights, enjoy it in ideal health and happiness.**

# Guide to Dry Brushing



Lymph Nodes

The arrows show the directions in which the skin is brushed to improve lymphatic flow.

## Why Dry Brush?

- ✓ Promotes Detox
- ✓ Improves Lymph Flow
- ✓ Makes Skin Softer
- ✓ Fights and Corrects Uneven Fat Distribution and Cellulite

Front

Back