

The vital reasons for drinking water



Hello and thank you from all of us at Isabel's Beauty Blog. Your support is well appreciated, it helps us to continue to research and invite new contributors. We take the time to bring you quality information, products and authorities in the subjects we post. We wish for you, family and friends to enjoy and share, your choices with others.

Here we are in the subject of water, the post would have been too long if we wrote all the information we gathered, so with that been said, we decided to do a few posts on this subject with the point of view of a few experts, enjoy.

Wishing you health, happiness and wealth from all of us at IsbelsBeautyBlog.com

Contributor [Paul Pitchford](#) from [HEALING WITH WHOLE FOODS](#)

Water is the most abundant nutrient in the body, comprising two-thirds of the body's mass. People make efforts to obtain unadulterated food but neglect to find water of similar quality. Every type of water has its own unique quality. Rain water tastes lighter, well water is more mineralized, river, lake, and spring water each has their own qualities.

One of the most important principals regarding our personal water consumption I believe is listening to the wisdom of our body, and drinking accordingly to our own thirst. So often we are told drink 8 glasses of water a day and other recommendations that perhaps are not for every individual constitutions or needs, not to mention any reference to the quality of water and the temperature of it when consumed.

If large amounts of water are ingested for reasons such as hard work or internal heat, is best done at least thirty minutes before or one hour after meals. Otherwise digestive enzymes and secretions are diluted, and food nutrients are not effectively extracted. When water is taken with meals it is best to drink small amounts and warm perhaps a warm tea is a great idea.

The optimal water intake varies widely, every persons requirement is different. Thirst is an important indicator of the need for water, this not always a conscious choice.

Key Factors that Influence Personal Water Needs

Water requirements are lessened by:

Sedentary lifestyle

Consumption of fruit, vegetable, and sprouted foods

Cold deficient conditions

Cold and damp climates

Water requirements are increased by

Physical activity

Consumption of more meat, eggs, or salty foods

Fever, heat, or excess conditions

Dry, hot, or windy climates

Major properties of water

Relaxing

Moistening

Soothing

Cooling

and dispersing

Too much water from any source can cause coldness sensations, actual dehydration, lost of minerals, weakness in digestion and lost of energy of the whole body. In Chinese healing traditions, states that an excess of water depletes the Digestive Fire of the spleen- pancreas and hinders the kidney-adrenals ability to provide warmth energy (yang qi). This applies especially to cold water and cold foods (salads,

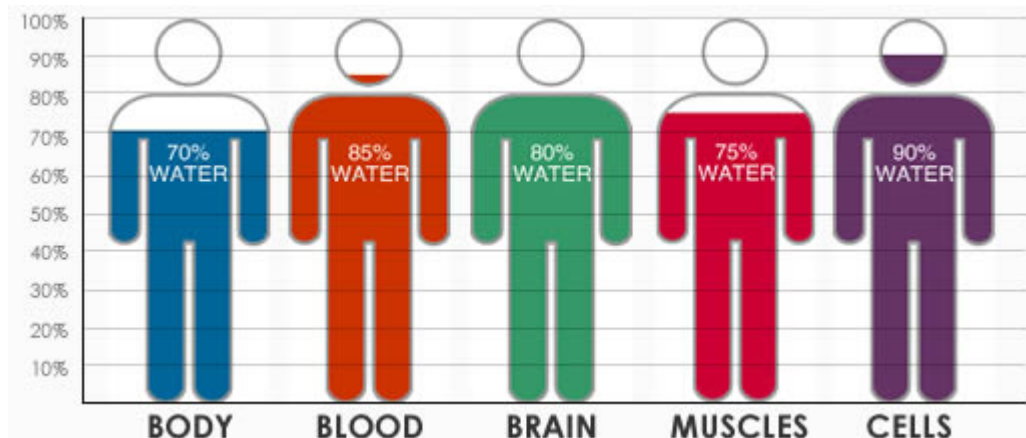
fruits etc)

In the other hand insufficient water consumption causes toxicity of the body as well as constipation, tension, tightness, overeating, inflammation, dryness, and kidney damage.

When drinking water it is recommended to drink slowly, this helps the body to absorb it better.

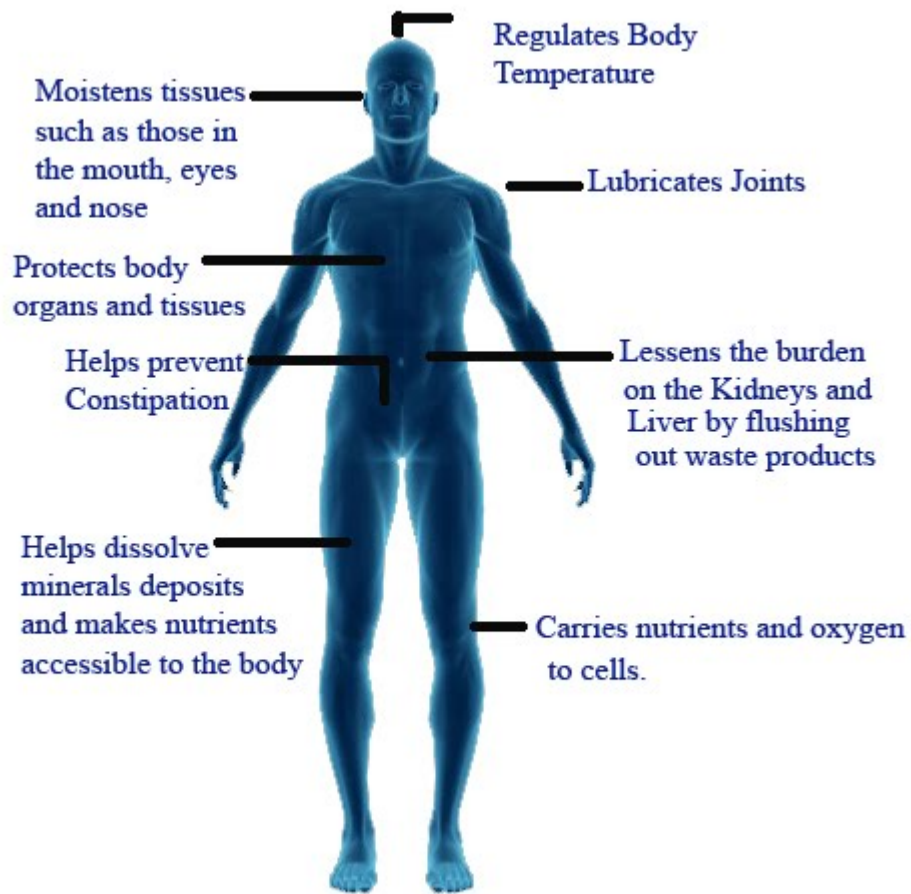
The amount of water intake will significantly influence longterm health

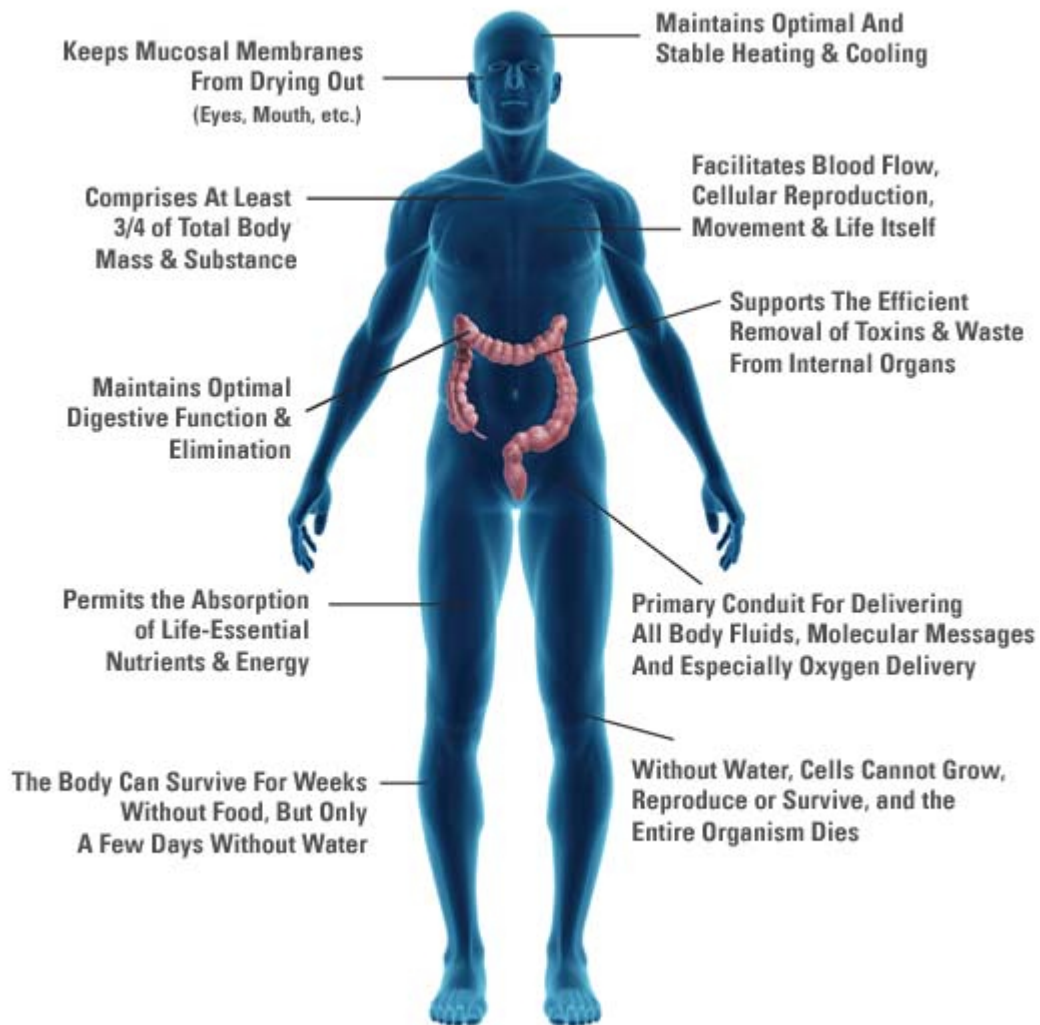
Figure: Water composition in different parts of human body

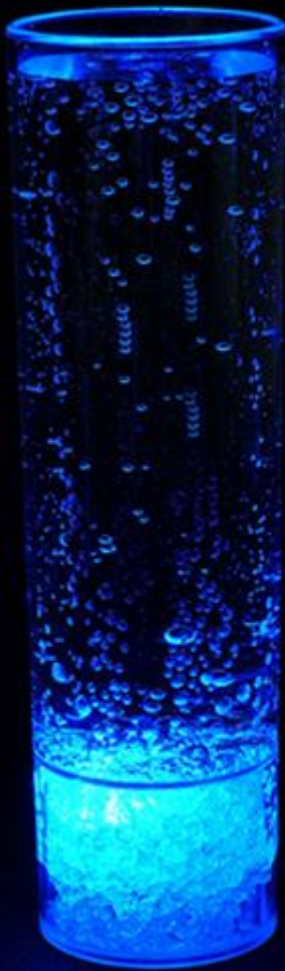


[Photo courtesy to solutionsfitness.ca](http://solutionsfitness.ca)

Water is responsible for dissolving most of nutrients, minerals, and substances in the biological processes in human body. It transports the required amount of essentials to different parts of body and also provides a moist environment for our ear, nose and throat tissues. Water is also play a vital role in flushing waste and toxins out of bodies.







The Health Benefits Of Drinking Water :

- **Helps To Lose Weight**
- **Healthy Skin**
- **Kind To Teeth**
- **Fight Infection**
- **Get Rid Of Body Toxins**
- **Healthy Hearth**
- **Prevent Joint Pain And Arthritis**
- **Boost Energy**
- **Prevent Constipation**
- **Reduce The Risk Of Kidney Stones**
- **Improve Productivity**

www.guptaranjan.com

H₂...OH REALLY?

THIRST

Thirst is a useful indicator of daily fluid requirements. Unfortunately, it's not fully reliable since the body is already mildly dehydrated by the time an average person starts to notice thirst.¹

MENTAL

Dehydration can degrade specific aspects of cognitive performance including visual vigilance, tension, anxiety, fatigue and visual working memory. Dehydration was also linked to negative mood rating, impaired motor performance and shortterm memory.⁶

SKIN

Dehydration results in dry skin and wrinkles.²

DEHYDRATION

A 1% loss of body mass due to fluid loss is defined as dehydration.⁷

KIDNEYS

Higher water intake is shown to have a protective impact on the kidneys, and there is initial evidence that CKD (Chronic Kidney Disease) may be inversely related to higher water intake.³

A study by Dai et al found a strong protective effect of fluid intake in preventing kidney stone formation in men.⁴

WEIGHT LOSS

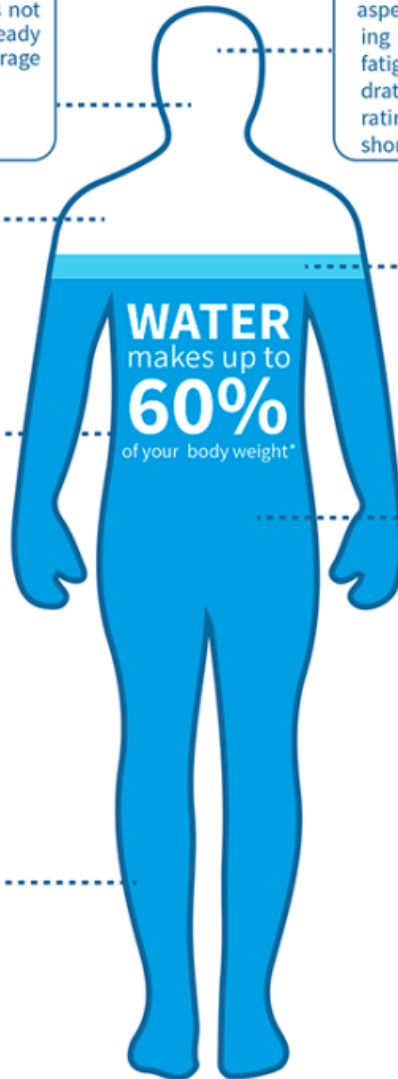
Opting for water instead of sugary drinks can help reduce body weight and fat levels. According to Stookey,⁸ just drinking 500 ml (17 oz) of water increases energy expenditure by 100kJ. Findings in the same study indicate that an absolute increase in drinking water to to $\geq 1\text{ l}$ (34 oz)/day was associated with $\sim 2\text{ kg}$ or 5 lbs weight loss over 12 months.

PHYSICAL

Studies have shown that the modest level of dehydration (2% of body mass) can result in around a 20% decrease in physical performance levels in temperate climates and up to a 40% decrease in hot temperatures.⁵

*WATER

Water plays crucial roles, in transporting nutrients and waste products between our major organs and helping regulate temperature.⁹



caktus

www.caktus.me

1) Kolasa, K.M., Lackey, C.J. & Grandjean, A.C. Hydration and Health promotion. *Nutrition Today*. 2009; 44: 190-201

2) Atlanta dermatologist Kenneth Ellner, MD.

3) Sontorp et al. (2013) *Am. J. Of Nephrology*

4) Dai et al. (2013). *J. of Renal Nutrition* (23) 2

5) Péronnet F PhD(2010) Healthy Hydration for Physical Activity. *Nutrition Today*, Volume 45, No. 65

6) Ganio et al., 2010; D'Ancl et al., 2009; Smith et al., 2012

7) Kleiner SM. Water: An essential but overlooked nutrient. *J Am Diet Assoc* 1999;99:201-7.

8) Stookey, J. D., Constant, F., Popkin, B. M. and Gardner, C. D. (2008) Obesity, 16: 2481-2488.

9) Jequier E & Constant F (2010) *Eur J Clin: Water as an essential nutrient.*

How much should you drink every day?

This question looks very simple but there are no easy answers. Over the period of time multiple recommendations are available to this question:

Before answering the question, let see what are factors involved for calculating daily intake of water:

1. The climate, where do you live?
2. What is the nature of your work?
3. How is your health status?
4. How active are you?
5. Does your activity make you sweat?
6. Are you an athlete?

After considering the above points, there isn't specific formula available at this moment, which can fit to everyone. Multiple research and studies have been produced on this subject, with different recommendations over the period of time. Here are some of them:

Daily Water Requirements: Drink 50-75% of your body weight in Ounces (Oz).

Sedentary people: 50%

Active people: 75%

See example for a person with 150 Pound

	Sedentary People	Active People
Body WeightFor example take 150 Pound	50% of 150 = 75 Ounces(2.2 Liters or 9 Cups)	75% of 150 = 112.5 Ounces(3.3 Liters or 14 Cups)
Hot or humid weather	+16 Oz($\frac{1}{2}$ Liter or 2 Cups)	+16 Oz($\frac{1}{2}$ Liter or 2 Cups)

	Sedentary People	Active People
Strenuous Exercise	+16 Oz($\frac{1}{2}$ Liter or 2 Cups)	+16 Oz($\frac{1}{2}$ Liter or 2 Cups)
Total per day	107 Oz(3.2 Liters or 13 Cups)	144.5 Oz(4.3 Liters or 18 Cups)

Note: This is only an estimate. This may vary person to person.

10 Benefits To Drinking Water

by [Gerek Allen](#)

10 Health Benefits of Drinking Lemon Water Every Morning

by [GirlyTipsEtc](#)

Why Drink Coconut Water? | Health Benefits of Coconut Water | The Healthy Grocery Girl® Show

by [HealthyGroceryGirl](#)

Alkaline Water

by Alka Viva



Free People Nomad Child Dress



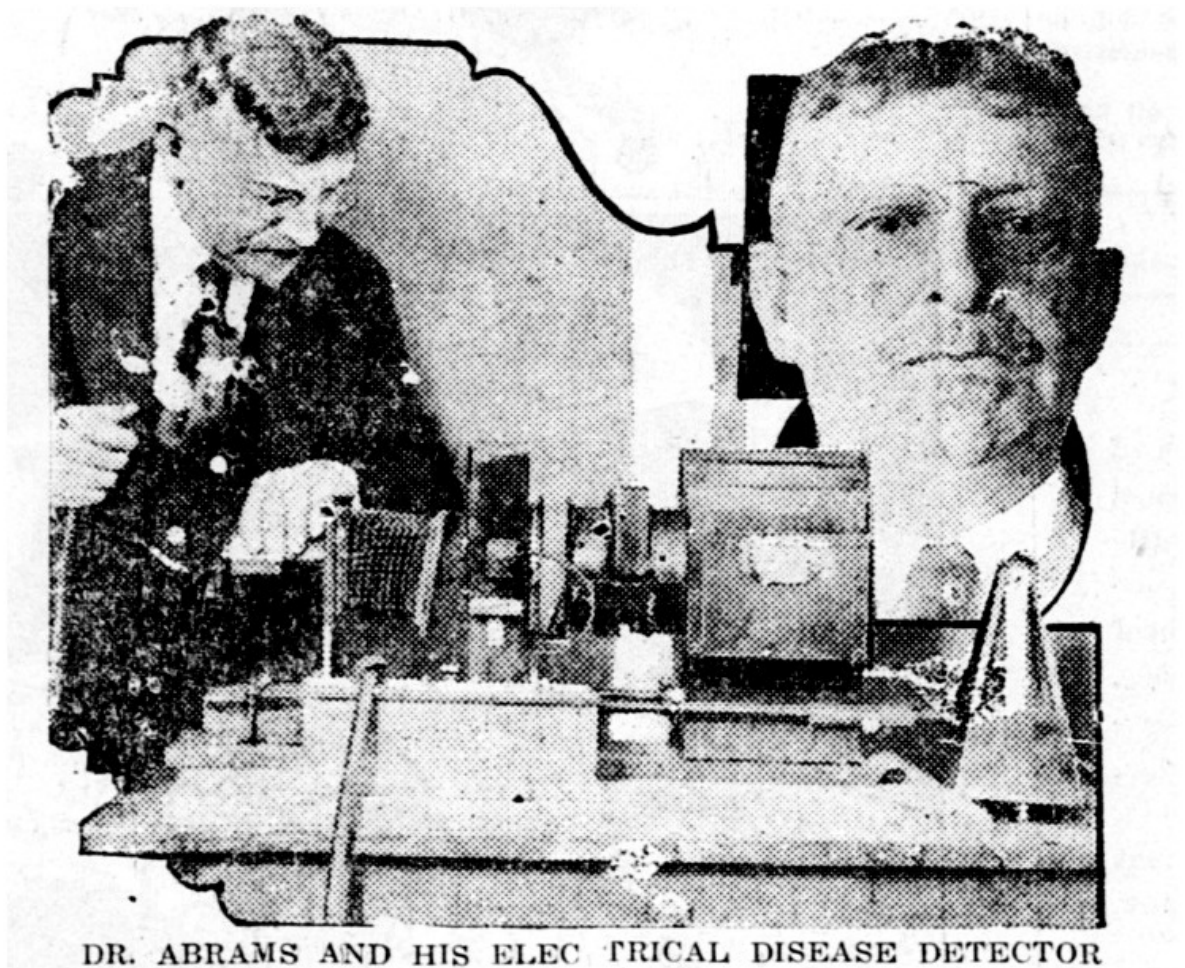
[Free People Flirt N Flare Dress](#)



[Free People Perfect Dream Dress](#)

**The Countless Benefits of
Microcurrent**

Microcurrent Science



DR. ABRAMS AND HIS ELECTRICAL DISEASE DETECTOR

Back in the early 1900's, Dr. Albert Abrams, M.D. was the first physician who used equipment capable of detecting specific frequencies of living tissue. Each organ and tissue within our body emits an invisible energy or vibration in the form of specific frequencies. This allows the cells to communicate with each other and to organize, monitor, and regulate complex living processes. When there is a disruption in this vibration or energy as a result of injury, illness, or

the normal age process, we begin to see the symptoms of this disruption in the form of skin atrophy and wrinkled deteriorating skin.

Microcurrent machines utilize unique technologies and specific frequency signatures to reenergize the cells and tissue back to their normal state of vibration. Microcurrent machines communicate with the cells of living tissue and muscle to resonate at a perfect harmonic tone allowing enhancement of the normal body's biological processes naturally and non-invasively.

according to <http://www.drwhitaker.com/what-is-microcurrent-therapy>

Microcurrent therapy simply restores normal frequencies within the cells, resulting in remarkable improvements in pain, inflammation and function.

At the cellular level, microcurrent therapy stimulates a dramatic increase in ATP, the energy that fuels all biochemical functions in the body. It also bumps up protein synthesis, which is necessary for tissue repair. The ensuing enhancement in blood flow and decrease in inflammation translates into reductions in pain and muscle spasms, as well as increased range of motion.

Microcurrent (often called MENS) is extremely small pulsating currents of electricity. Microcurrent units produce electrical current just above the levels of the electrical exchanges that occur at a cellular level in the human body. This is why microcurrent is readily accepted by the body's cells when applied to the body using conductive electrodes.

It is an ongoing process to heal damaged cells, and

microcurrent – like the body's own electrical current – likes to go around the injury, taking the path of least resistance. However by applying microcurrent to the site of an injury, the microamperes current is able to pick up where the body fails. Through regular microcurrent treatments, the current is able to gradually close the gap and help restore the damaged area. This helps stimulate healing and will accelerate the body's healing process, as well as increasing the level of ATP (Adenosine Triphosphate). It is important to note that each unit has varying specifications and it is necessary to match your device selection with your specific needs in order to improve the treatment outcomes.

According to

<http://prettyyoungerskin.com/best-home-microcurrent-machines/>



Microcurrent isn't new.

Microcurrent isn't new technology. It's been used for ages. I mean really, ages...

Electrotherapy – which, by the way, is the use of electrical currents to treat certain medical problems and diseases...

has an ancient history in the medical and other therapy-based professions.

It is said that the Romans used electric eels as a means for bringing about pain relief.

What is Microcurrent?

The Body

Microcurrent is naturally generated in the body to produce the energy required for muscle movement and nerve impulses. It is the body's own electrical system that provides the voltage for ionic exchanges across the cell membranes allowing for cell functions including the intake of nutrients from the blood, removal of cellular waste and movement of impulses along nerve pathways. The harmonious flow of these tiny electrical signals is also essential for healthy cell function and cell-to-cell communication.

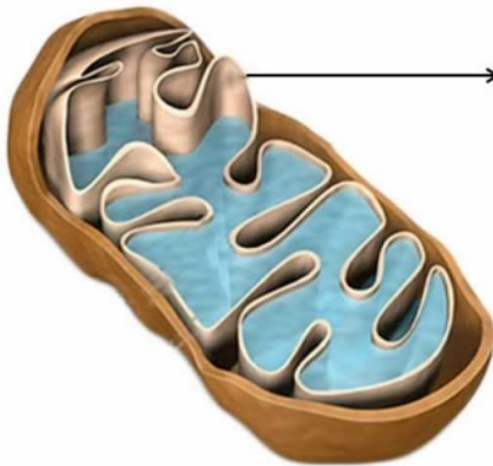
Cells are similar to miniature batteries and electrical generators by this action they conduct electricity, create electrical fields, and are powered by a very low level of electrical voltage known as Microcurrents. The unique bi-polar membrane surrounding each cell serves as medium that separates intracellular and extracellular fluids. In the inside of this membrane are channels that allow for communications in and out of the cell. The opening and closing of these channels are very well regulated in order to influence cell function.

Either single molecules or complexes of molecules within the channels allow for the passage of positively and negatively charged atoms (ions) such as sodium, potassium, chloride and calcium. Membrane potentials the name for the voltage difference in electrical potential across cell membranes .This is the *Discovery of ionic channels*

This method invented by German Nobel prizewinners, Erwin Neher and Bert Sakmann. These two scientists were able to record how a single channel molecule alters its shape to control the flow

of current in and out of the cell, all within a few millionths of a second .

Anatomy of Mitochondria



Inner Membrane

- Contains greater amount of proteins
 - ETC, oxidative phosphorylation and transport proteins
- ❖ Relatively impermeable
 - ✓ Only to small uncharged compounds ~ O_2 , CO_2 , H_2O
 - ✓ Transport proteins ~ ATP, ADP, pyruvate, P_i , H^+

Adapted from: <http://micro.magnet.fsu.edu/cells/mitochondria/images/mitochondriafigure1.jpg>

Mitochondria

Mitochondria is essential to the growth and function of all cells and accomplish a multitude of metabolic tasks.

There can be as many as 500 to 2000 mitochondria scattered throughout the cytoplasm of a cell. The amount is specific to the location of the cell in the body. Mitochondria are the sites for aerobic respiration and energy production and contain their own DNA. They act as storage units for energy converted from food nutrients. Chemical energy is stored as sugars, amino and fatty acids and is used for conversion into ATP (Adenosine Triphosphate).

Energy is manufactured in the form of ATP through the

collaboration actions of proteins located in and on the inner mitochondrion membrane that is called the electron transport chain. Electrons are passed down this transport chain releasing energy at each step of the conversion process (Krebs Cycle).

This complex electrochemical process is known as ATP synthesis.

According to <http://microcurrent4people.com/articles/Microcurrent-Therapy.php>

ATP (Adenosine triphosphate): ATP is considered by some biologists as the “currency of life.” It is a reservoir of energy that is integral and dynamic to the function of nearly every cell in the human body. In one instance ATP is used in muscle contraction, protein biosynthesis, and nerve transmission. One of the elements of microcurrent therapy is that research has shown that application of microamperes can increase the level of ATP production by up to 500%. This is crucially important at the site of an injury ATP supplies can often become diminished. Also, unlike other forms of electric therapy, microcurrent has a cumulative effect on ATP levels. Therefore by applying microcurrent ATP levels can be increased and in turn the body's healing process accelerates, by repeated use.

New research reveals that the role of the mitochondria in health and disease is crucial. Once defined as an energy factory, mitochondria also have specialized responsibilities that adapt to each phase of our life from embryo to mature age. They are closely involved with most of the major metabolic pathways used by the cell to build, break down, and recycle of its molecular building blocks. It is also

these progressive metabolic changes that become so significant when assessing the actual biological age of cells and the state of their health.



Microcurrent in Esthetics

Low level of electrical current (500 microamperes) works in harmony with the body's natural healing processes. At a cellular level, microcurrent stimulates activity in the cell to create massive amounts (a 500% increase) of adenosine triphosphate (ATP), known as the "energy of life". ATP drives a number of biological processes including muscle contraction, re-education and protein (collagen and elastin) synthesis. Facial toning is achieved through muscle re-education, working a muscle from its origin and insertion inward to shorten slackened muscles (such as in the cheeks or forehead), and working from the belly outward to lengthen contracted muscles (such as the muscles that pull the corners of the mouth

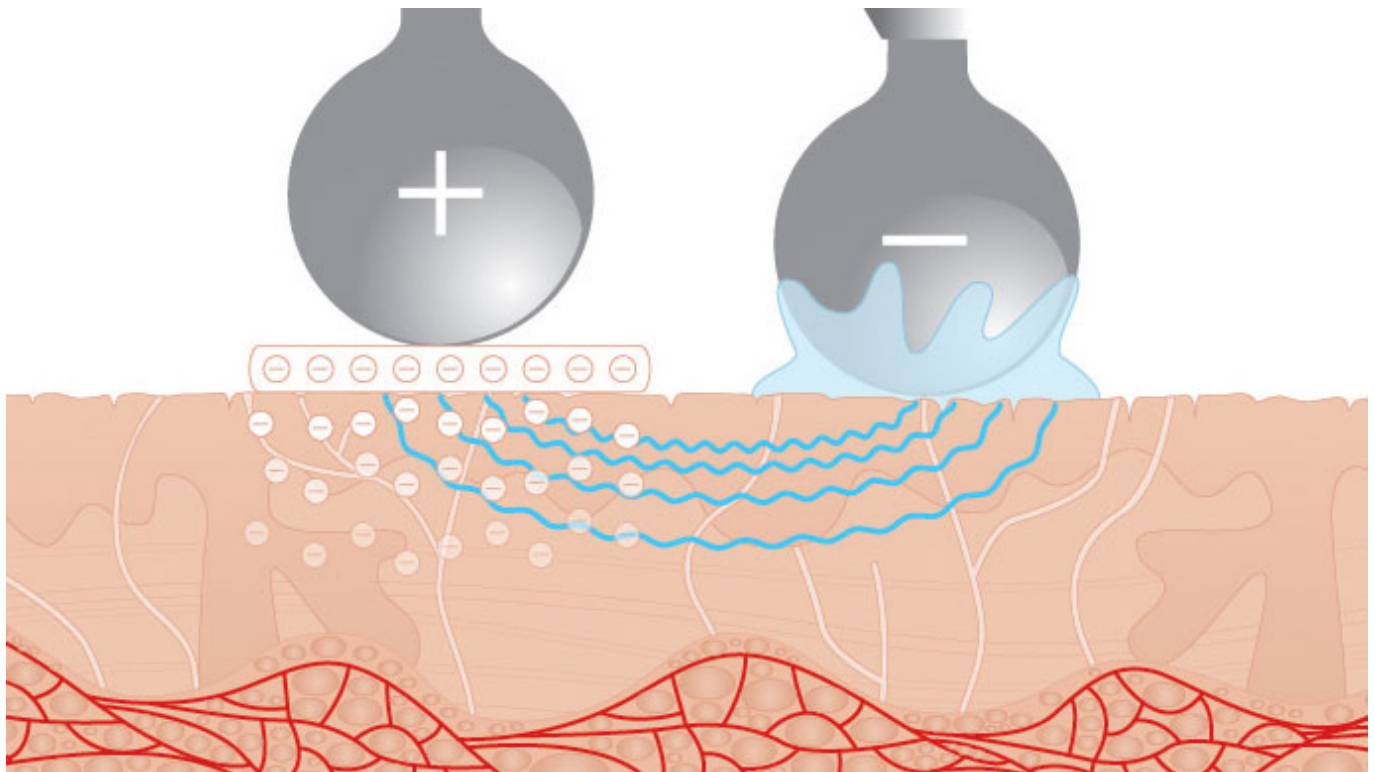
downward). Microcurrent also offers specific iontophoresis which allows superior penetration of serums and skin care products into the skin.

New applications for microcurrent technology encompass the beauty industry for face and body sculpting. There are mayor benefits when applying these external energy sources. The application of microcurrent also supports skin regeneration by encouraging the repair process. Damaged skin requires a program of restoration that is gradual and progressive for long-term optimum wellbeing, with that being said the process is of maintenance . Clearly all modalities of correction certainly have their place. Prior to choosing a course of treatment including product selection, the first step in skin correction is to determine the level of deterioration caused by sun damage, the age process, and other skin conditions. Microcurrent gently encourages repair of the stratum corneum, the bi-layers and dermal components to foster the skin into a an ideal state. Cosmetic microcurrent is beneficial for improvement in the appearance of the skin.

The effects of microcurrent are accumulative and studies have confirmed that there are significant side benefits including muscle re-education. Be aware that the results are also dependent upon lifestyle, age, health,diet the amount of dedication to the use of it and condition of the skin tissue.I discover after many years of using Microcurrent and studying the proses that the use of Fulvic and Ionic minerals helps with the conduction and communication of the Microcurrent among the cells. The concept that ATP can be stored is more of a reason for performing a series of sessions whereby there is a re-education process of muscle tissue. Furthermore, the low intensity of microcurrent cannot cause visible muscle contractions or marked discomfort.



The probe should be placed at the beginning and end of the muscle



The Technology – Microcurrent

The use of microcurrent in medicine and cosmetic improvement has been studied for more than 30 years. Stimulation with microcurrents is also called bio stimulation or bioelectric therapy because it encourages cell physiology and growth. Essentially, microcurrent is a low level of electrical current that mirrors the natural current flow of the body. It serves as a non-invasive augmentation of the body's natural electrophysiology through frequency, polarity balancing, and homeostasis. The effects of microcurrent (electroporation) in clinical medicine has demonstrated acceleration of healing bone tissue, wound healing, muscle rehabilitation, TMJ, tendon repairs, and collagen remodeling.

Some of the benefits:

- Promotes cell metabolism and tissue repair
- Supports circulation – blood and lymph

- Reduces inflammation
- Helps increase mitochondria activity through increasing ATP
- Increase natural production of collagen and elastin
- Support scar repair by dispersing scar tissue and collagen remodeling
- Increase protein synthesis, gluconeogenesis (GNG) and membrane transport.
- Reeducate and rejuvenate muscle tissue
- increase the natural production of collagen
- increase elastin
- increase the natural production of collagen
- increase elastin
- increase blood circulation
- Aged and slackened skin.
- Improvement of skin texture.
- Fine lines and wrinkles.
- Reduction of acne scars.
- Use pre and post surgery to improve the both muscle and tissue for optimum outcome.
- Post surgically the application of microcurrent supports reduction of trauma, irritation, inflammation and helps foster skin healing as well as minimizing scar tissue.
- Muscle tightening all over the body areas.

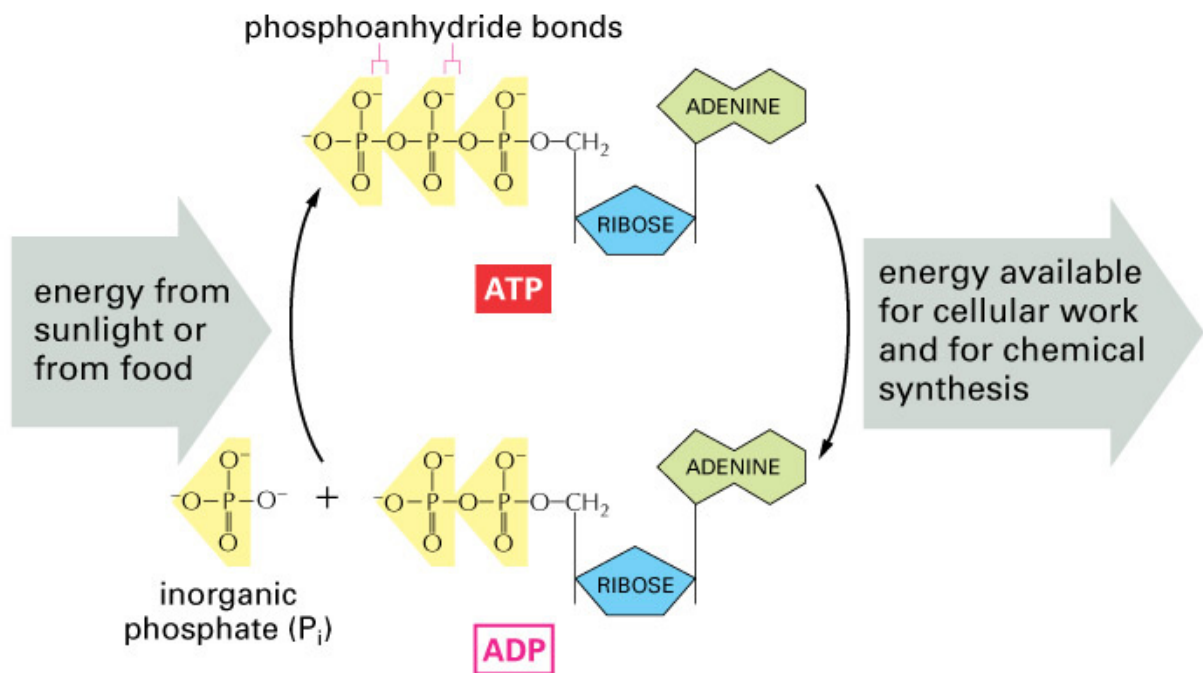


Figure 3-32 Essential Cell Biology, 2/e. (© 2004 Garland Science)

The Research

Reports in the research involving the application of electrical stimulus on wounded tissue have been documented since the 1830's when Carlos Matteucci confirmed that electrical current was generated in injured tissue. During the past 30 years and with the invention of sophisticated instrumentation, scientists are able to explore and measure the effects of low level of electrical stimulation and the positive effects on tissue. The principles of microcurrent in both healing and beauty therapy applications share a commonality and consensus regarding its effects on improving the function and appearance of tissue. In wounded skin there is a specific biological pathway for repair. Referred to as current of injury, living tissue has a direct current surface

electro-potential to regulate this healing process. Moreover intervention is critical in order to prevent further deterioration.

It is reasonable to believe that this concept holds true for aging and damaged skin including injury to the acid mantle, stratum corneum and epidermis. There is an interruption in the biological movement of electricity that controls cell behavior for normal skin function. The ability for the skin to repair and maintain water balance, the process of epidermal differentiation, collagen synthesis, and maintaining an overall wellbeing appearances it becomes increasingly challenged. More so this is apparent in xerosis skin (abnormal dryness). It has been confirmed that the application of low levels of microcurrent directly effects circulation (capillary density and perfusion), increased ATP, and improved fibroblast activity for synthesis. of collagen.



Study review

In a study with important implication for electrotherapy using

microcurrent, Ngok Cheng (1982) verified the effects of electric current of changeable intensity on variables crucial to the healing process. At 500 μ A (microamps) the production of ATP (cell energy) increased by approximately 500%, while amino acid transport increased by 30-40% over control levels using 30 to 40 percent above the control levels using 100 to 500 μ A . When microamps were increased to the milliampere range, ATP generation was depleted, amino acid uptake was reduced by 20-73 percent and protein synthesis was inhibited by as much as 50 percent. Conclusively it was suggested that the higher milliamp currents inhibit healing whereas the lower currents promote healing.

Robert O. Becker, M.D. author of "The Body Electric", performed pioneering research with his study of the field of regeneration and its relationship to electrical currents in living things. He made reference to comparing microcurrent to acupuncture reflecting on the system of meridians that connect all parts of the body. Furthermore, he recognized the action of electrical currents, via the perineural cells and circulatory system. The future for the use of microcurrent relies on education and understanding of the cells and body systems and the benefits that are available from this innovative technology. The intended use for microcurrent in esthetics is to present a powerful and effective tool to aid in inspiring a healthy skin transition from youth to maturity.

Disclaimer .In no way does it replace the advice of a medical practitioner.

Question: Is this treatment painful?

Answer: No. In most cases it is sub-sensory, and many people find it quite relaxing.

Question: How long does each treatment take?

Answer: Most facials take approximately 60 to 90 minutes.

Question: How soon will I see some improvement?

Answer: Although a remarkable difference is seen after the first treatment, the benefits of microcurrent are cumulative, and as such, microcurrent treatments are typically performed in a series to gain maximum anti-aging results.

Question: Is microcurrent for everyone?

Answer: While most people can benefit by the application of microcurrent, there are some absolute contraindications; it cannot be performed on persons with epilepsy, pacemaker, pregnant women, or anyone with active cancer.

Question: How long will the results last?

Answer: After you have completed the Microcurrent maintenance treatments at 3 to 6 week intervals are recommended to retain your results.(Every one is an individual results are individual as well)

Some Great Micro Current Machines



NuFace Mini (limited edition)

The NuFACE mini is an FDA-cleared Facial Toning Device that gently stimulates the larger surface areas of the face to improve your appearance.



NuFACE Trinity + ELE Attachment Kit

The NuFACE Trinity is a FDA-cleared, multi-solution, skin care device innovatively-designed with interchangeable treatment attachments to help rejuvenate and improve your appearance.



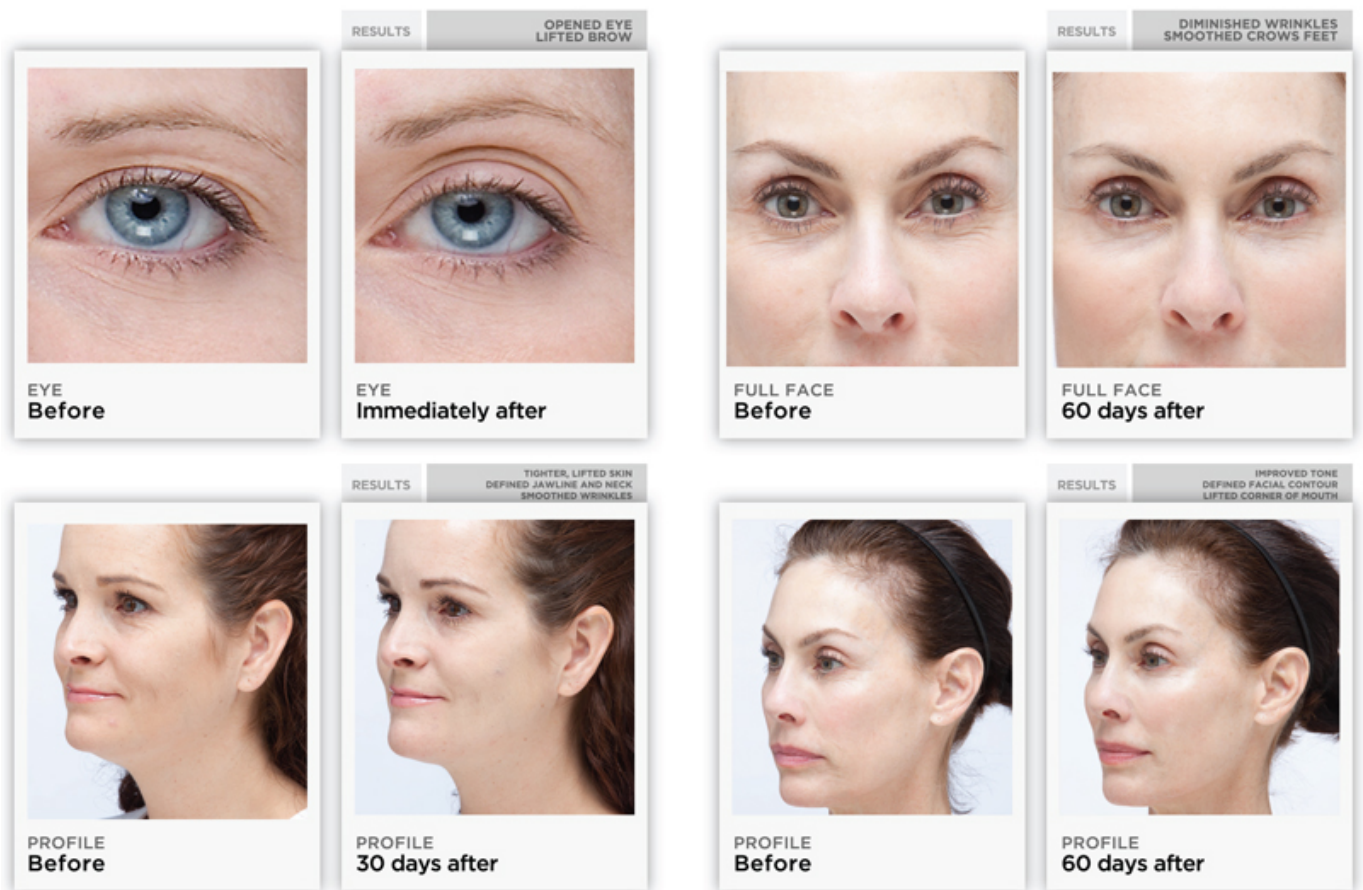
NuFACE Gel Primer

The NuFACE Gel Primer is a unique, chloride-free electrolyte gel that is the essential first step to using the NuFACE Microcurrent Device. The NuFACE Gel Primer allows the NuFACE Device to easily glide across the skin and ensures conductivity for optimum lifting, toning, and contouring results. Convenient, smaller size – ideal for travel.

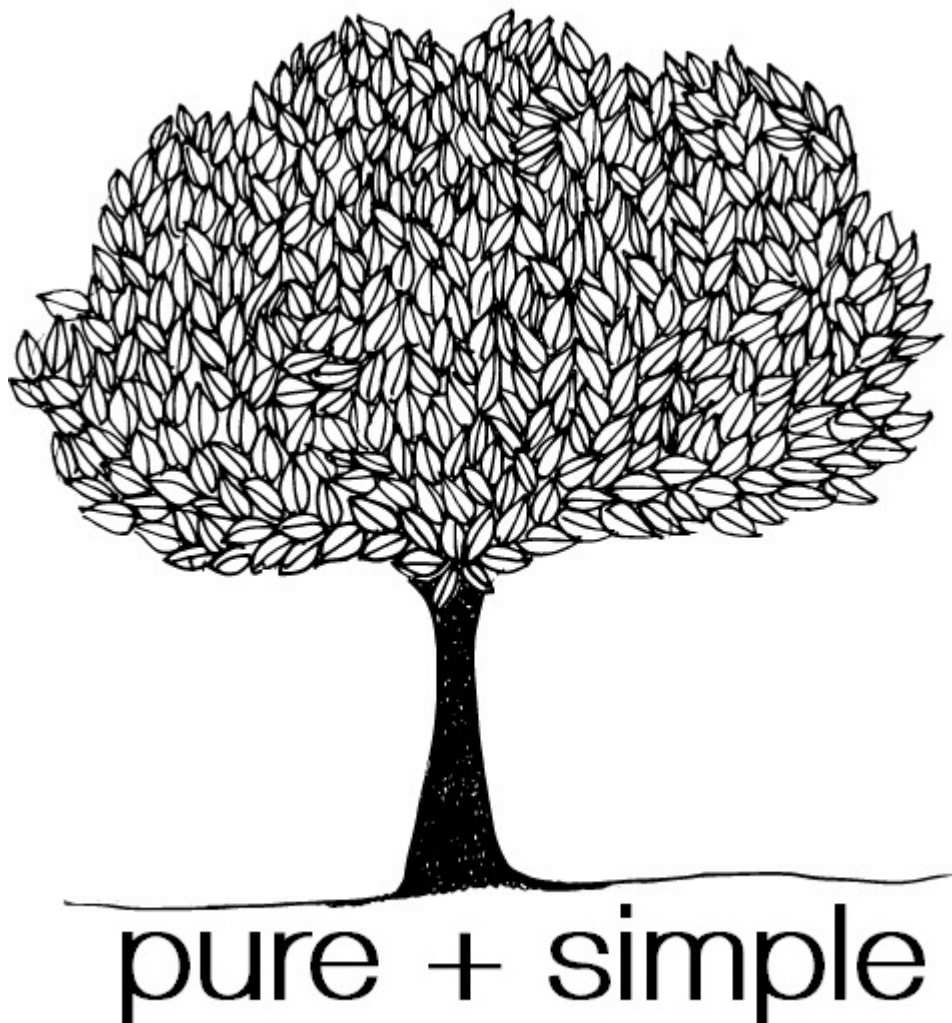


NuFACE Crème Primer

The NuFACE Crème Primer is a unique, high quality hydrating crème that is the essential first step to using the NuFACE Microcurrent Device. The NuFACE Crème Primer allows the NuFACE Device to easily glide across the skin and ensures conductivity for optimum lifting, toning, and contouring results. Convenient, smaller size – ideal for travel.



pure + simple inc. lip balms



We would like to introduce a company with much appreciation for their conscious products and beliefs. We tested their Lip balms and loved them. We are at the present time working in New Mexico, where it is so dry your lips and those of the actors are peeling dry, with the use of their Lip Balms we solved the challenge completely.

Their Balms have a silky feeling with a soft scent from the essential oils that clearly are distinctive of a natural Pure+ Simple quality. The company follows strict measures to make sure that they respect our Eco system and the wellbeing of animals. There is no requirement or set Law that states that cosmetics have to be animal tested and that is a fact. We don't

support cruelty for the sake of our own interest in any way, so with that said we wish to introduce you to their amazing product with an endorsement of excellency. Enjoy and share in great health happiness and love.

Pure + Simple Inc. Lip Balms

pure + simple inc. lip balms are made with local distributors and suppliers using all-natural and organic ingredients.

We use very few ingredients to ensure that the person using our balm can look at what's listed on the label and know what it is. It's very important to be aware and familiar with what goes into our bodies and with all of the harmful ingredients in our health and hygiene products today, it has become critically crucial. The many chemicals used in the bulk of products on the market make their way directly into our systems causing serious long-term harm. There is no reason to continue using these Frankenproducts when Mother Nature has already provided a solution. This is why we keep our product pure and simple.



Our extra virgin coconut oil is organic cold-pressed which is a non harmful chemical process to ensure the oil retains all of its nutritional value and quality as opposed to oils processed through heat.

The essential oils used are processed in the same way as our coconut oil with some essential oils processed through steam (because of the nature of the herb or flower) to achieve the same goal.

The beeswax used in our non-vegan balms is free of contaminants, is not bleached and is free of dyes and artificial fragrances. The wax has a warm honey scent to it – not the smell of smoke resulting from the extraction process.



Our vegan balms are made using 100% all-natural and pure vegetable wax extracted from the Candelilla plant as a great vegan alternative to beeswax. This wax lends a softer smoother feel to the balm (as opposed to the firmer Chapstick-like consistency of the non-vegan balm), one most often found in potted balms. The reason we kept the vegan balm in tubes is to cut down on contamination. Since the products don't contain preservatives, there's more of a chance of contamination by using your fingers making tubes a more hygienic and easier option to use.

The other ingredient added for extra moisture is the 100% natural and raw, pure African shea butter. We use raw, unrefined shea for the same reason we do the coconut oil; to ensure harmful chemical-free processing and a pure, clean ingredient.

While the creator of pure + simple is a vegetarian (with movement toward veganism), she understands the plight of the vegan community and the frustration in the lack of vegan-friendly products in the market. This is why our lip balms come in both vegan and non-vegan options. Our future products such as our all-natural and organic deodorant, lip gloss and body lotion will offer both options as well

Having grown discourage of buying “all-natural” products with ingredients we couldn’t pronounce and had to look up, we tinkered with and tested a few recipes until we came up with a stripped-down version of our favorite all-natural beauty products. There’s no reason to keep reverting to our old toxic standby products for great results when Mother Nature can provide just the thing! Our products use as few ingredients as possible to maintain purity as well as uncompromising effectiveness because we believe that pure and simple can yield so much more.

Our products are:

- . natural / organic
- . offered in vegan
- . BPA free
- . gluten free
- . not tested on animals

. hand-crafted

. made in the USA

Every part of our process is earth-conscious. We are firm believers in our responsibility to Mother Nature and as such, our products are BPA-free, recyclable and are shipped using 100% recycled content kraft mailers. Our labels are made of 100% recycled brown kraft label, printed with soy ink made from renewable, environmentally-friendly soybeans and are protected with a non-toxic sealant spray. We do not ship any promotional paperwork for our company with your product and receipts are emailed reduce the amount of paper used. Simple and sustainable.

To further our impact, a portion of our proceeds goes towards The Eden Projects for the reforestation of Haiti, Madagascar, Ethiopia, and Nepal and the employment of their local villagers.

Why should I bother with hippie lip balms?

Most popular lip balms on the market are full of all kinds of chemicals not suited for the human skin or human consumption. Here's a list of a few ingredients that are likely in these balms:

Parabens

Parabens interfere with hormone function and have been linked to increased risk of breast issues and reproductive toxicity. Studies have shown methylparaben and BPA to block the breast issues drug tamoxifen. Unfortunately, these plastic

hardening chemicals can also be found in cans, food containers, beauty products, children's toys and eating utensils among many other products we use every day. We wanted to put a product into the world that doesn't follow that unconscious business model.

Petrolatum

Petrolatum is derived from petroleum oil that needs to be refined. Some refining methods use toxic compounds and if the petroleum jelly becomes contaminated during the manufacturing process, toxins can find their way in. The US doesn't require that the full refining history of a product be known and that the manufacturer be able to show that the "substance from which it is produced is not a Toxin." Additionally, petrolatum doesn't moisturize, it creates a barriers on the skin keeping what little moisture you may have had on there the only moisture you will have which is the opposite of what you want in a lip balm.

BHT

Has been shown to mimic estrogen as an endocrine disruptor and is linked to developmental and reproductive toxicity, and a possible dangerous toxin. It's used in jet fuel and embalming fluid to mention a few.

Fragrance and flavor

Ever notice how labels are super specific and then all of the sudden you come across vague terms like "fragrance" and "flavor". Why be vague? when everything else seemed to be so transparent? That usually means they're hiding ingredients in

there that aren't good for you. Unfortunately, the FDA created a loophole allowing manufacturers to squirrel away almost any ingredient under those vague terms without listing the actual chemicals used if you pay a good price for the endorsement .

Synthetic colors and dyes

Derived from coal tar, all FD&C color pigments have shown to be highly toxic when tested on animals, making them not vegan to boot.

Sunscreen

Chemical sunscreens may disrupt the body's hormone system. The most common, Oxybenzone, has been shown acts like estrogen in the body, alter sperm production in animals, and is associated with endometriosis in women.

Salicylic acid:

While you may be familiar with salicylic acid in pimple medication, it's added to lip balms to act as an exfoliant. The downside is that it can be drying and can even cause your lips to peel, which is the opposite of what you'd want in a lip balm. These are just a handful of the reasons to avoid a lot of the harmful chemically-laden lip balms on the market – consider the fact that not all of their ingredients are even made available to the public by the deplorable use of loopholes.

What's the difference between your stuff and Burt's Bees?

They use lanolin which is wool grease, making it a no-no for vegans and questionable for vegetarians. As listed on their web site, not all of their fragrances are natural and they use soybean and canola oil to use less of the more expensive oils that are better for you and have not fallen to the great GMO takeover as much as soy and corn have.

What's the difference between your vegan and non-vegan lip balm?

Our non-vegan lip balms are made with the use of beeswax which (most) vegans do not use as it is an animal-derived substance. The balm has a more Chapstick-like consistency and has a matte finish on the lips. Our vegan lip balms are made with candelilla wax instead of the beeswax as it is derived from the leaves of the small Candelilla shrub native to northern Mexico and the southwestern United States. The balm has a softer consistency than the non-vegan version and goes on with a bit of a liquid feel to it, leaving more of a protective sheen on your lips. We opted out of putting the vegan balms in pots to avoid contamination from fingers digging into the product. At the same time these ingredients aid with healing and protecting the tissues of your lips.

Why aren't your products 100% organic?

While some of the products used can be purchased organic, we have not come across beeswax that can be accurately certified organic for example. Since bees can travel as far as they have to in order to reach a food source and can span thousands of

acres, there is no way to follow and manage each bee to certify that they have not come in contact with contaminated flora. We are on the constant search for suppliers who can give us a better answer to this issue and will continue to better our product with every new find.

Do you test your products on animals?

We test our products on ourselves so that no animals are harmed or forced to partake in something for which they are not suited. We use minimal, natural and organic products and so no humans are harmed in the making of our products.

Which of your products are vegan?

We offer vegan versions of every product we make and will make because we understand the plight of the vegan, as we are vegetarians aspiring to become vegans and understand how hard it is to find good products that don't lack in quality.

How does my internet order ship?

Orders are shipped U.S. Postal Service First Class Mail in a recycled mailer.

Why is there nothing in the package aside from my lip balm?

In an effort to cut down on waste, we don't box our lip balms because it's not of any use to the consumer once they receive and open it to remove the actual product. We don't send little

flyers promoting our company because you already know who we are and how to reach us. We don't send an invoice or packing slip since you already have that in your confirmation email. The less we send, the less we use, the bigger the impact.



About the Candelilla plant

from: <https://aneyefortexas.wordpress.com/2011/03/18/candelilla-the-small-plant-with-a-world-of-uses/>

Candelilla wax comes from the Candelilla plant, a small succulent that grows in bunches and looks like it's all stems. The plant usually has a bluish-white cast to it and is rarely

more than a couple of feet high. It grows throughout the Chihuahuan desert, but your best chance of seeing it is in Big Bend National Park or the Big Bend State Ranch where it is protected from exploitation.

Candelilla is a true desert plant, preferring hot, dry conditions and well-drained calciferous soils. Young plants grow in single clumps. The leaves are so tiny, and last such a short time, you are not likely to ever see them at all. But the stems produce more than enough food to maintain the plant and help it grow. As stands of Candelilla become more established, the plants frequently grow into large circular patterns like giant donuts.

[The Eden Projects – Plant Trees | Save Lives](#)

The destruction of healthy forest systems causes so many different problems. Trees provide a habitat for animals, purify water sources, control flooding and erosion and help to replenish the soil with nutrients needed for farming. When farmers can't grow anything their farms fail and they have no option but to move to the overcrowded cities looking for work. Often they have to resort to selling themselves or their families into slavery just to survive.

[The Eden Projects – Plant Trees | Save Lives](#) from [Eden Reforestation Projects](#) on [Vimeo](#).



Every child born with a cleft – anywhere in the world – should have the opportunity to live a full and productive life. Smile Train provides free cleft surgery to hundreds of thousands of poor children in developing countries.

SmileTrain

Changing the World One Smile at a Time from Smile Train on Vimeo.



Rainforest Foundation

Every year an area of rainforest the size of England and Wales is cut down.

This leaves local people homeless, drives animals and plants to extinction and releases more CO2 emissions, which cause climate change, than all of the world's planes, trains and cars.

Tropical deforestation is an issue that affects us all.

The Rainforest Foundation tackles deforestation locally and globally. Locally it helps forest communities to gain land

rights, challenge logging companies and manage forests for their own wellbeing and protection of their environment. Globally it campaigns to influence national and international laws to protect rainforests and their inhabitants.

Since it was founded in 1989 the Rainforest Foundation has helped indigenous and local communities to protect more than 100,000 square kilometers of rainforest .

Mission Statement

The mission of the Rainforest Foundation UK is to support indigenous peoples and traditional populations of the world's rainforest in their efforts to protect their environment and fulfil their rights to land, life and livelihood by assisting them in:

1. Securing and controlling the natural resources necessary for their long term well being and managing these resources in ways which do not harm their environment, violate their culture or compromise their future.
2. Developing means to protect their individual and collective rights and obtain, shape and control basic services from the state.

A Different Approach

The Rainforest Foundation's approach differs from that of other organisations in that it is committed to both human rights and environmental protection.

Early attempts at environmental conservation often excluded local populations and sometimes resulted in forced expulsion from their traditional lands.

From the start the Rainforest Foundation believed that the best way to protect the rainforests is to let the indigenous

people who have inhabited the areas for centuries control and manage the land.

Indigenous peoples' participation and their knowledge of the local ecology are now recognised as the most effective environmental management tools. Not only does it support practical projects in tropical rainforest areas, the Rainforest Foundation carries out international advocacy campaigns.

Experience has proven that the combination of practical work and lobbying, all of which is based on local experience, is the most powerful tool for lasting change.

The Ageless Qualities Of Turmeric



This week our contributor is [Anna Rummel Tenenbaum](#).



Turmeric

Curcuma longa

Curcumae Longae Rhizoma,

C. domestica; C. aromatica (wild species)

133 species worldwide

Zingiberaceae (ginger) family

Energetics:

Warming and drying, bitter and spicy/pungent

Common names:

**Turmeric, Curcumin, Indian saffron, Haldi, Jiang huang,
Halada, Haridra,**

**Indian Saffron, Nisha,
Kanchani, the “Golden Goddess**

Description:

Turmeric is a tropical perennial herbaceous plant that grows from 3-5 feet tall.. The leaves are alternate and arranged in two rows. Turmeric is propagated rhizomatically and produces shoots about two months after planting. The plant produces a large hermaphroditic yellow green flower.

The thick rhizome is yellowish on the outside and deep orange to reddish brown in the center. The dark color is caused by the presence of Curcumin, a yellowish pigment responsible for many of the plants medicinal actions. The lateral rhizomes are darker in color than the root bulb.



Habitat:

Native to south east India, *Curcuma longa* is widely cultivated in tropical Asia (Indonesia) India Pakistan and China. Naturalized to most wet tropical regions including Jamaica, Samoa, the Philippines, Haiti, Western Australia

It thrives in temperatures from 68-86 degrees, needs a considerable amount of rainfall and prefers moist well drained soil. Prefers full sun to partial sun.

Harvest:

The rhizome is mature at 7-10 months and can be harvested when the above ground plant turns from yellow to green and begins to die back and dry. If not harvested, plants reshoot each spring. The rhizome may used fresh, or dried & powdered. Rings on the rhizomes may be root scars- previous leaf attachment.

Preparation:

Lateral rhizomes and bulbs are used medicinally. The leaves are used to cook fish and the flower can be used in salads.

To make powder, harvest and clean the bulb and lateral rhizomes. Boil and then dry using screens or a dehydrator. Then grind to powder.

Curcumin is hydrophilic and therefor can not be properly absorbed and utilized without a lipid(oil) component. Curcumin isolates have not proven to be effective, the whole rhizome should be used.

Culinary use is effective, a gram is considered a therapeutic dose and easily attainable for those who consume Indian cuisine regularly. It should be taken with lecithin or a fixed oil such as coconut or almond oil.

Fresh maceration: 1:2, 80% ETOH

Turmeric paste:

$\frac{1}{4}$ cup ground [turmeric](#)

$\frac{1}{2}$ cup water

Directions

- Combine turmeric powder and water in a saucepan.
- Simmer until mixture forms a thick paste.

Let cool, then store in fridge.

Golden Milk

Ingredients

1 cup unsweetened coconut, rice, or almond milk

$\frac{1}{4}$ – $\frac{1}{2}$ teaspoon turmeric paste (or just add powder)

1 teaspoon coconut oil

Few shakes of ground black pepper

Generous dash of vanilla

Raw local honey or maple syrup to taste

Sprinkle of cinnamon

Directions

- Place 1 cup milk with turmeric paste, oil, black pepper, vanilla, and honey/maple syrup into a blender.
- Blend on high briefly until combined and foamy.

Pour into cup, sprinkle with cinnamon, and serve.

Some Constituents:

Curcuminoids

Volatile oils: turmerone, arturmerone, zingiberene

Minerals: calcium, phosphorous, iron, vitamin A

Sesquiterpenes

Pigments

Polysaccharides

Medicinal Actions :

Cholagogue

Hepatic

Anti-inflammatory

Anti-viral

Carminative

Antimicrobial

Anti-tumor

Anti-oxidant

anti cancer

hypotensive

Curcuma longa has been used as a medicinal a food by humans for over 5,000 years! There are over 53 Sanskrit names for turmeric.

There have been over 3,000 clinical studies on turmeric.



Polyphenol Curcumins are thought to be responsible for most of the medicinal actions of this plant. They are responsible for the bright yellow color of the rhizome. While studies have focused on this isolate, Curcumins are poorly isolated and unstable. It seems that the whole plant or whole plant extract must be used to achieve medicinal effects. Studies involving purchase of turmeric powder at health food/ herb stores for medicinal action have proven potent enough to achieve the plants amazing actions. This is so cool! It is one of the few herbs that many scientists seem to have accepted whole plant synergy and see culinary administration as the superior method of dosage. Because curcum in is responsible for the yellow color of the plant, make sure that your turmeric powder is brightly colored. If it is not, it has lost it's potency and

should be discarded.

Annie Hall of the Herbal Academy of New England says:

“The medicinal properties of turmeric may not be absorbed well due to its rapid metabolism in the liver and intestines unless it is consumed with black pepper. In a validating example of the time-tested concept of herbal catalysts (herbs that enhance the activity of other herbs), it turns out that the piperine in black pepper enhances the bioavailability of the curcumin in turmeric by 2000%



C. Longa is used for dyspepsia, peptic ulcers, ulcerative colitis, IBS, treatment of H. Pylori bacteria, and general digestive upset as it has a carminative effect. In Ayurveda it is said to kindle digestive fire or Agni. Turmeric increases bile and digestive secretions. In one study bile secretions were increased by as much as 100%! It is effective in gall stone prevention, though is contraindicated for those who

currently suffer from gall stones or biliary duct blockages. Contraction of the gall bladder is also induced. It is highly anti inflammatory to the digestive tract and has a locally anesthetic effect, which inhibits secretion of inflammatory enzymes. Also has an astringing and tonifying effect to the gut which makes it helpful in the treatment of all digestive conditions, particularly leaky gut, IBS and UC. It seems to have an organizing effect on cellular membranes, one study said that turmeric makes cell membranes "less floppy and behave well."

When taken in conjunction with pharmaceutical therapies turmeric was effective at maintaining remission of ulcerative colitis.

In addition to clarifying the digestive tract and increasing helpful secretions Turmeric enhances the effects of the digestive enzymes pancreatic lipase, chymotrypsin, and amylase.

Turmeric has a hepatoprotective effect, it suppresses damaging enzymes related to liver injury. (Miyakoshi, et al, 2004)

Turmeric alters serum lipids- reduces LDL cholesterol(bad) and increases HDL. Cholesterol. It seems to increase the conversion of cholesterol into bile by increasing the activity of hepatic cholesterol enzymes- possibly due to increased bile production (my thought)

Curcumin prevents lipid peroxidation from aflatoxins (toxins produced by microbes/bacteria) and other agents- this oxidative process causes damage to blood vessels and is a component of stroke and cardiovascular disease (and other conditions). Turmeric also has a vasorelaxant and hypotensive effect. It's a wonderful cardiovascular ally.

Turmeric's use in diabetes is very favorable, it lowers the blood sugars and increases glucose metabolism.

Curcumin's strong anti-inflammatory effects have proven it to be a more effective agent than cortisone and as effective as ibuprofen. It inhibits neutrophil function, platelet aggregation (clotting) lymphocyte activity and stabilizes the lysosomal membranes. These are all localized inflammatory responses. In addition, downstream inflammatory genes are suppressed.

In osteoarthritis not only is joint inflammation inhibited, but also periarticular joint destruction or breakdown. It is also very useful in treatment of Rheumatoid arthritis.

Turmeric

- Aids metabolism and weight management
- Anti-inflammatory
- Antibiotic
- Antiseptic
- Antioxidant
- Anti-arthritis
- Blood purifier
- Cancer prevention
- Heals stomach ulcers
- Helps cough and asthma
- Improves digestion, prevents gas and bloating
- Improves skin conditions
- Lowers cholesterol
- Reduces side effects of chemotherapy
- Speeds wound healing
- Strengthens ligaments
- Skin tonic
- Slows progression of Multiple Sclerosis
- Prevents progression of Alzheimer's disease



Turmeric is very exciting in its chemo protective (anti cancer) and anti-tumor effects. Studies show that turmeric inhibits enzymatic activation of pro-carcinogens, slows trigger cell proliferation, cell invasion, and prevents metastasizing. It also increases certain phases of cell detoxification related to cancer. It has an anti- mutagenic effect, meaning it seems to offset or protect against exposure to carcinogenic substances. In a study of 16 cigarette smokers & 16 non smokers use of turmeric extract decreased mutagen levels in the urine of the smokers, but not the non smokers. This indicates that mutagen levels were lowered specifically in those who were. being exposed to toxins regularly. Several animal studies showed topical application of turmeric to decrease occurrence of skin tumors. Oral administration decreased occurrence of mammary tumors.

Turmeric therapy for Alzheimer's is very promising, India has one of the lowest rates of AD in the world. Perhaps related to enhanced HDL cholesterol and healthy fat absorption and oxidative stress decreasing effects. It's antioxidant effects have a neuroprotective effect.

Turmeric is an effective therapy for uveitis, a dangerous condition of the eye.

Tumeric has a wonderful effect for the skin, traditionally the powder has been applied to wounds to stop bleeding and promote healing. It is strongly anti-microbial, the essential oil in particular has been shown to inhibit growth of pathogens. It is effective against staph, e. Coli and respiratory conditions.

One study showed turmeric to be a more effective anti-depressant than Fluoxetine, though the exact constituent responsible for its MAO inhibition is yet unknown.

As one author put it, Turmeric has been used for almost every

ailment known to man/woman and modern science has pretty much proven it to be effective.



Traditional Uses:

Turmeric has been used for many many ailments, a few of its traditional uses are:

Stomach and digestive ailments and liver disorders, aches & pains, wounds, sprains and fevers. The fresh juice is used for eczema, chicken pox sores, allergies, scabies. The essential oil is an effective mosquito repellent.

Turmeric also has a strong spiritual and ceremonial role in regions where it is traditionally used. It is considered auspicious and holy in India and is related to the sacred

chakra.

Other Uses:

Turmeric was traditionally used to dye textiles- Buddhist monks robes and saris in particular.

The US is the largest importer of Turmeric, it is used primarily as a food dye, mostly for coloring prepared mustard.

Contraindications:

Gall stones and biliary duct blockages

Blood clotting disorders or blood thinning medications

Pharmaceutical interactions

Therapeutic doses in pregnancy and breast feeding

Complimentary Botanicals:

Black pepper

Curry spices -cinnamon, clove, coriander, gainer and clove

And it doesn't take much. If people are given a bunch of turmeric curcumin, within an hour there's a little bump in the level in their blood stream. We don't see a large increase because our liver is actively trying to get rid of it. But what if the process is suppressed by taking just a quarter teaspoon's worth of black pepper? Then you see curcumin levels skyrocket. The same amount of curcumin consumed, but the bioavailability shoots up 2000%. Even just a little pinch of pepper—1/20th of a teaspoon—can significantly boost levels. And guess what a common ingredient in curry powder is besides turmeric? Black pepper.



Skincare benefits

from: <http://multiculturalbeauty.about.com>

There is a long list of skin care benefits associated with turmeric, including the treatment of acne blemishes, blackheads, dark spots and hyperpigmentation and other skin conditions like eczema and psoriasis. It helps heal and prevent dry skin, and to slow the skin aging process, and is used to diminish wrinkles, keep skin supple and improve skin's elasticity. This sunny bright spice is also being used as an ingredient in sunscreens. It is used daily by East Indian women as a facial cleanser and exfoliant.

Buying and using turmeric for skincare

Regular turmeric can temporarily stain the skin. Kasturi

turmeric (*curcuma aromatica*) is non-staining and has the same properties for clearing acne, inhibiting facial hair growth and brightening the complexion. It is not edible and therefore not used for cooking and should only be used externally. It may be difficult to find in some areas of the US. You can look for kasturi turmeric in Indian stores. Gram flour (also known as besan flour, chickpea flour and garbanzo flour) is often used in homemade recipes with turmeric, to cleanse and exfoliate the face. Milk contains lactic acid which helps improve skin's texture by sloughing off dead skin cells, replenishing moisture and rejuvenating the complexion. If you are allergic to wheat flour you can substitute with rice flour.

For a wrinkle reducer and skin brightener: A mixture of milk and turmeric is good for fine lines and wrinkles. Mix turmeric powder and rice powder with raw milk and tomato juice, enough to form a paste, and apply to face and neck for 30 minutes. Rinse with lukewarm water.

Facial cleanser for a glowing complexion: Mix a pinch of kasturi turmeric with milk. Turmeric (a natural antiseptic) with milk is also good for poison ivy, eczema and psoriasis.

Face cleanser to exfoliate and brighten skin: Mix chickpea (or rice) flour with turmeric powder in equal proportions. To save time for future treatments, store the mixture in airtight bottle. Add raw or soy milk (or yogurt) to a teaspoon of chickpea/turmeric powder to make a paste. Apply evenly to the face and leave on for about 10-15 minutes. Wash the mask off with warm water.

Facial hair reducer: Mix kasturi turmeric with chickpea flour (which is also used so that your face does not get stained.) You can also mix the turmeric with a favorite facial scrub. Leave on for 10-15 minutes. If used regularly, you should see results in about a month.

Night cream: Prepare a paste made from turmeric and milk or yogurt and apply it to your face. Allow the mask to dry and leave it on overnight. For a less messy nighttime regimen, you can add a pinch of turmeric to your favorite moisturizer or treatment product. (In both cases, be sure to use an old pillowcase and bed linen that you don't mind staining.) Wash off the mask in the morning using a gentle cleanser.

Acne treatment: Turmeric is used for acne because of its antiseptic and antibacterial properties that fight pimples and breakouts. It removes redness from acne and other types of scarring, reduces inflammation and evens out skin discolorations. Some people drink the spice as a tea with water or milk to help prevent acne outbreaks. If turmeric tea doesn't sound very palatable to you, try mixing turmeric with plain water or coconut or sesame oil, and dab onto blemishes and acne scars. You can also mix a small amount of turmeric with lemon or cucumber juice (just a few drops to make a paste) and leave on the marks for 10-15 minutes.

Oily Skin Mask: Turmeric is good for oily skin because it helps regulate the production of sebum, an oily substance produced by the sebaceous glands. The orange juice provides fruit acid to clear blemishes and sandalwood is a natural astringent. Add about 1-½ tablespoons of sandalwood powder and a pinch of ground turmeric to 3 tablespoons of orange juice and apply the paste to the face. Leave on for about 10-15 minutes. Rinse with lukewarm water.

Facial Mask for Dry Skin: If you have dry skin, you can make a face mask by combining 1 egg white, 2 drops of olive oil, fresh lemon juice and rose water and a pinch of turmeric. This can be applied to all dry areas such as face, neck, elbows and knees. Allow it to dry completely and then wash off with warm water.

Treatment of Wrinkles: Turmeric in combination with other ingredients is effective in reducing fine lines and wrinkles.

You can prepare a face pack by mixing turmeric powder and rice powder with raw milk and tomato juice and apply it on your face and neck for 30 minutes. Rinse off with lukewarm water. This will reduce wrinkles as well as brighten your skin. If you have dark circles, you can add a pinch of turmeric to 2 tablespoons of buttermilk and apply it around your eyes for 20 minutes. Rinse off with cool water. This is effective in eliminating wrinkles as well as dark circles.

Signs of Aging: Being an excellent exfoliating agent, turmeric can help eliminate signs of aging. You can make a paste by mixing besan (gram flour) and turmeric powder in equal proportions with water. This paste can also be prepared in raw milk or even yoghurt. Apply it evenly on your body and allow it to dry. Rinse off with lukewarm water and scrub your face gently in circular motion.

Treatment of Stretch Marks: Turmeric can help lighten stretch marks. For this purpose, apply a mixture of besan (gram flour) and turmeric with yoghurt/raw milk/ water on the stretch marks.

Soothes Burns: Turmeric can provide quick relief in case of burns, thanks to its antiseptic properties. You can apply a mixture of turmeric and aloe vera gel on the burn and experience the wound heal in no time.

Reduction of Skin Pigmentation and Skin Tanning: To remove skin tanning and pigmentation, apply a mixture of turmeric powder and lemon or cucumber juice on the affected area for 20-30 minutes and wash off with plain water. This should be done regularly for beneficial results.

Turmeric Milk

2 cups your choice milk
2 dates, pitted
1 tablespoons raw honey
1/2 teaspoon ground turmeric
1/4 teaspoon ground cinnamon
1/4 teaspoon ground ginger

Blend and serve warm or chilled



Pure
Fresh
Daily

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**Here are some great products with
Turmeric as an ingredient.**



Origins Dr. Andrew Mega-Mushroom Skin Relief Soothing Face Lotion



Cle De Peau UV Protection Cream SPF 50
PA+++



EPIONCE MELANOLYTE PIGMENT PERFECTING
SERUM