

**Dry Brushing for cellulite  
and beautiful skin**



# Dry Brushing

Hello with great gratitude! We thank you for your support and all the great complements, it really keeps us going. This week 229 we are sharing great information from the top authority on dry brushing, I learned about dry brushing over 40 years ago from a mentor friend and teacher. He knew so much about detoxing and moving lymphatic, this system is genius for that. When our lymphatic is moving normally we are in top health due to the fact that the lymphatic system is the one that has multiple interrelated **functions**: It is responsible for the removal of interstitial fluid from tissues. It absorbs and transports fatty acids and fats as cycle from the digestive **system**. It transports white blood cells to and from the **lymph** nodes into the bones, huge job.

The primary function of the lymphatic system is to transport lymph, a fluid containing infection-fighting white blood cells, throughout the body.

The lymphatic system primarily consists of lymphatic vessels, which are similar to the circulatory system's veins and capillaries. The vessels are connected to lymph nodes, where the lymph is filtered. The tonsils, adenoids, spleen and thymus are all part of the lymphatic system.

The spleen, which is located on the left side of the body just above the kidney, is the largest lymphatic organ, according to the U.S. National Library of Medicine (NLM). It controls the amount of red blood cells and blood storage in the body, and helps to fight infection. If the spleen detects potentially dangerous bacteria, viruses, or other microorganisms in the blood, it – along with the lymph nodes – creates white blood cells called lymphocytes, which act as defenders against invaders. The lymphocytes produce antibodies to kill the

foreign microorganisms and stop infections from spreading. Humans can live without a spleen, although people who have lost their spleen to disease or injury are more prone to infections. I encourage you to check the site below, click on the link so you can learn more about it. The lymphatic system can make you or break you , it is crucial to know what it does.

Thank you for visiting and please share and like if you do.

See more  
at: <http://www.livescience.com/26983-lymphatic-system.html#sthash.7eyjrube.dpuf>

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.



# LYMPHATIC SYSTEM

The lymphatic system is a network of tissues and organs that primarily consists of lymph vessels, lymph nodes and lymph. Its primary function is to transport lymph, a clear, colorless fluid containing white blood cells that helps rid the body of toxins, waste and other unwanted materials.

## LYMPHATIC SYSTEM

The tonsils, adenoids, spleen and thymus are all part of the lymphatic system.

### Tonsils:

A large cluster of lymphatic cells found in the pharynx.

### Thymus:

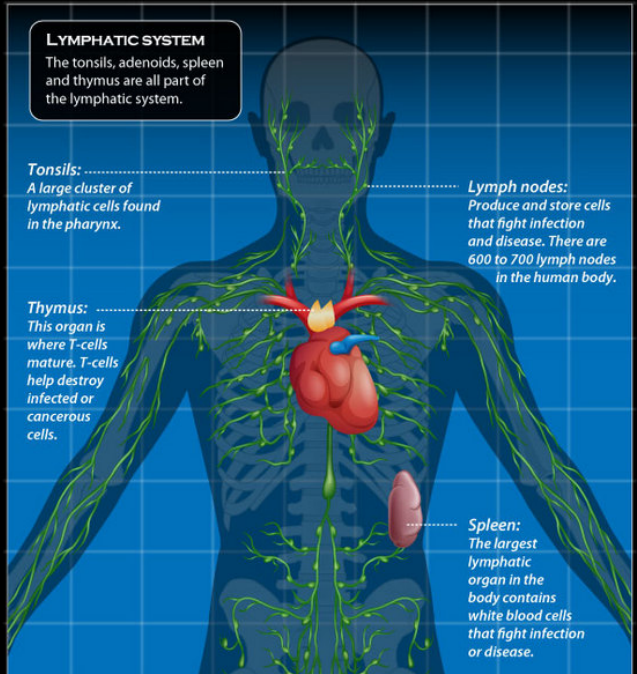
This organ is where T-cells mature. T-cells help destroy infected or cancerous cells.

### Lymph nodes:

Produce and store cells that fight infection and disease. There are 600 to 700 lymph nodes in the human body.

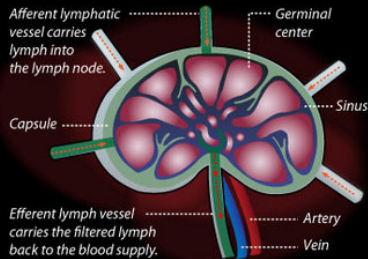
### Spleen:

The largest lymphatic organ in the body contains white blood cells that fight infection or disease.



## LYMPH NODES

These small oval structures are an important component of the body's immune system and help in fighting infections. They function as filters of lymph, catching any debris or cells present in the lymph.



Afferent lymphatic vessel carries lymph into the lymph node.

Germinal center

Capsule

Sinus

Efferent lymph vessel carries the filtered lymph back to the blood supply.

Artery

Vein

How the Lymphatic works and the physiology of the Lymphatic system great video is a must!!!

## Dr. Berkowsky's **Vital Chi Skin Brushing System™**

Vital Chi Skin Brushing can sustain or reestablish the skin's functional integrity and youthful glow. The skin is as major an organ as the heart, lungs and kidneys. Its primary functions include: respiration, excretion, blood and lymph circulation, immunity and the conduction of vital chi. However, unlike other vital organs, the skin can be non-invasively accessed and mediate systemic rejuvenation by a variety of therapeutic techniques, including proper Skin Brushing. Vital Chi Skin Brushing is a particularly powerful therapy which can positively impact the entire body.

Variations of Skin Brushing have been practiced for thousands of years. For many centuries, the Japanese employed vigorous Skin Brushing with loofa sponges as a prelude to their traditional hot bath. Prior to bathing (following a hard training session or physical competition) ancient Greek athletes used strigiles: specialized spoon-like skin scrapers to remove the grime of exertion and encourage circulation. Among the Cherokee Indians, Skin Brushing with dried corn cobs to enhance skin beauty and durability was once a traditional practice. The Comanche Indians scrubbed their skin using sand from the Texas river bottoms; the Texas Rangers followed their

example.

Adolph Just in his Nature-Cure classic: Back To Nature tells that he learned the importance of skin-rubbing by observing wild animals: "Higher land animals, especially wild boars and deer, in free nature, are in the habit of lying down in small muddy swamps and pools and rubbing to and fro in the mud. After awhile they rub themselves against the earth, trees and other objects. The birds go to brooks or springs, and, by immersing their necks, throw water over their bodies...then they rub or scrub the body using their head, bill and wing elbows."

Among long-lived individuals whose lifestyles reflect an understanding of The Laws of Nature, Skin Brushing is almost invariably a primary aspect of their formula for longevity. F.O. Havens in his 1896 publication, The Possibility of Living 200 Years, describes 3 centenarians' regimens as follows: "The first, for the last 40 years of his life used skin brushes vigorously applied. The second, Old Gabriel (who died March 16, 1890 at an authenticated age exceeding 120 years), induced perspiration by heated smoke and vapor while scraping his body with sticks. The third, now in his 100th year, has for the past 60 years followed this unvarying habit: Before retiring he has used a towel dipped in water at the temperature of the room, then drying by vigorous rubbing." Havens, after much longevity-research, suggested: "The following directions are adapted to nearly all conditions of life, and if persisted in, will be found sufficient to keep the skin in perfect condition: Before retiring, rub the body vigorously with skin brush, hair glove or rough towel until the blood is brought to the surface. Follow this immediately by a sponge bath with the water at the temperature of the room.

# **Vital Chi Skin Brushing System: Guidelines & Technique**

**(Excerpted from Dr. Berkowsky's Vital Chi  
Skin Brushing System book)**



The Vital Chi Skin Brushing System which required hundreds of hours of research and experimentation to develop, evolved from my training and experience in anatomy and physiology and various bodywork disciplines as well as the Oriental healing arts. I designed this system to support blood- and lymph circulation, the immune system, the movement of Vital Chi

along the acupuncture channels, all the major physiological functions of the skin as well as to enhance skin beauty and encourage the breakdown of cellulite. Yet, my system is quick, concise and user-friendly. The following excerpts from my book will provide some insight regarding associated guidelines and technique.

## **Selected Guidelines:**

Always treat the major lymph gland drainage site of a given body region before brushing said region, thus allowing for more effective regional lymphatic clearance. For instance: Brush armpit (site of axillary nodes which drain chest) before brushing chest.

The body should be brushed in a strategic sequential pattern to allow for maximum drainage. For Instance: As the neck and head drains into the venous system in the upper chest, and to a small extent, into the axillary nodes, the chest and armpit regions should be brushed before neck and head regions.

Brush-stroke direction always conforms to the route of lymphatic drainage. Example: The chest region drains into the armpit. Hence, the chest on each side is brushed from breastbone to armpit.

## **Selected Technique:**

The Vital Chi Skin Brushing System addresses the entire skin surface (with the exception of the breasts and genitals). The following excerpt from my book focuses on the chest region.

Brush Chest Region (up to, but not including, armpit) as follows:

Above Breast : Brush 7 times each side of chest from breastbone to armpit.

Note: The two major lymphatic ducts empty into the venous system in the left and right chest just below the collar bone. Puffiness above or below the collarbone is indicative of congestion in these ducts. Reducing lymphatic tension in the chest enhances tissue drainage of the entire body.

Below Breast: Using upward curving stroke (under breast), brush 7 times on each side from sternum to armpit.

Sides of Upper Torso: Brush upward 7 times along each side (in line with the armpit), from waist up to armpit.

## Follow-Up Hydrotherapy

Having studied and practiced classical naturopathy, or Nature-Cure, for 25-years, I have come to appreciate the great value of many of the traditional hydrotherapies and their particular synergy with my Vital Chi Skin Brushing System. Hence, I instruct that a Skin Brushing session should always be followed by an appropriate hydrotherapy. In addition to the Salt-Glow, described below, some of the other hydrotherapies which may prove of good service in this regard include: alternating hot and cold shower; full cold bath; blitz guss; epsom salt bath; cold ablution.

The Salt-Glow is a wonderful circulation-enhancing treatment. In Lectures to Naturopathic Hydrotherapy, Wade Boyle, N.D. and Andre Saine, N.D. list the following indications for salt-glow therapy: "...chronic conditions with inactive skin, including chronic indigestion, kidney disease, diabetes [if there are no skin lesions], sluggish circulation [especially in those who do not react well to hot or cold weather], low vital force, poor resistance, frequent colds, general weakness, neurasthenia, epilepsy, cancer [but not over a palpable



tumor], joint problems [especially if followed by oil rub].”

## The Salt-Glow:

Wet a goodly amount of epsom salt (in unbreakable bowl) with sufficient water to create the consistency of wet snow. (Vigorous individuals may wish to opt for moistening the salt with ice water for extra stimulation.)

Add a few inches of warm water – 98 F. to 100 F. – to bathtub, then sit in tub and hand-rub or washcloth-rub body thoroughly using this warm water.

Stand up in tub (on non-slip mat) and apply moistened salt as follows: a) Begin with each arm, starting with fingers: rub vigorously until skin turns pink, or to-tolerance, whichever occurs first. b) Then, rub each leg similarly, beginning with toes, working up to hips. c) Rub salt into the rest of the body in the following order: chest, abdomen, back, hips and buttocks.

Follow with a cool shower spray of 1- to 2-minutes duration, being sure to hand-rub the skin throughout.

Finish with vigorous towel-rub by an open window in private area.

Rest for at least 1/2-hour to 1-hour before initiating activity.

## 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 itself. 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.

# The primary Benefits of Skin Brushing:



*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!

**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.

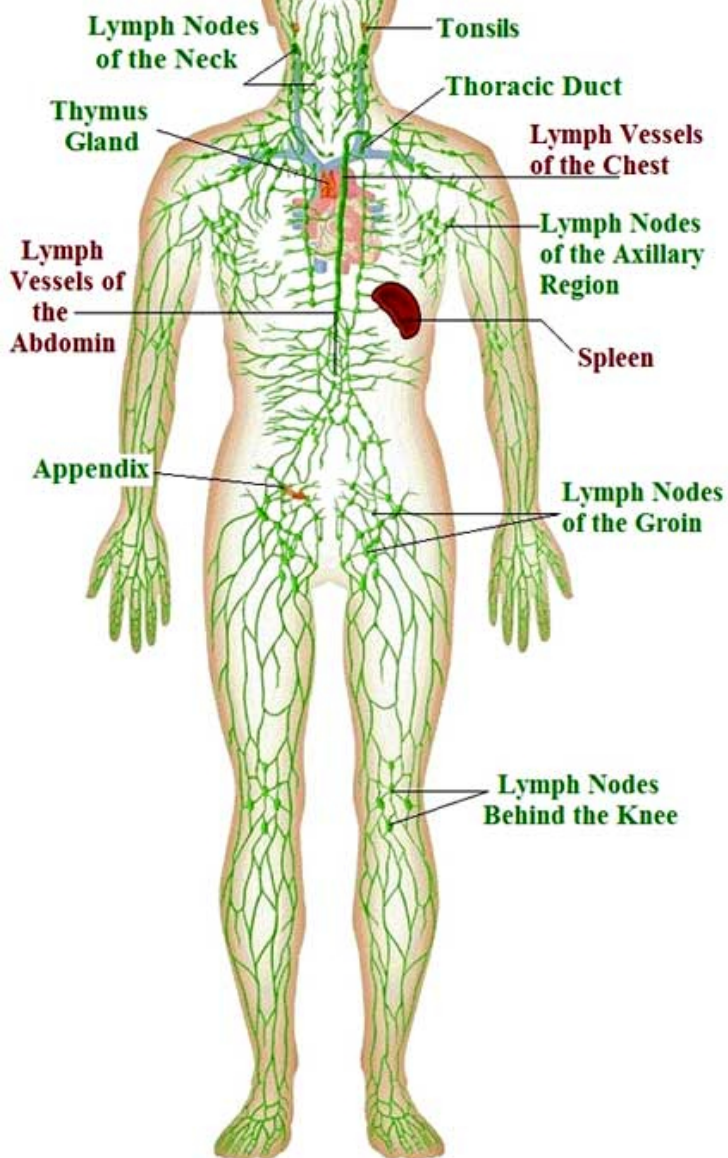
Skin Brushing accelerates filtration into the Lymph vessels and emptying of the smaller vessels into a larger lymph vessels; also it assist in the flow of lymph through the lymph nodes.

**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.

Here is an amazing video that can change your life, it will help you connect to a major system, and it will help not only with weight loss but it will improve your health 100%, It is important to be conscience and know how our boys work before we surrender to ignorance and allow the poor me to be in consequence.



from: <http://holistichealthlibrary.com/dry-skin-brushing-and-the-lymph-system/>

Did you know that the skin is the largest organ in the body, and is responsible for one-fourth of the body's detoxification each day? That makes it one of the most important elimination organs. Toxicity can gather beneath the skin's surface from common use of improper pH levels in body soaps, skin creams and anti-perspirants, plus synthetic fibers worn next to the skin. Any one of them can contribute to a variety of skin problems and conditions.

Dry skin brushing is a good way to energize your body in the morning. It also boosts your immune system and helps correct and prevent illnesses, and increases circulation. This is important because your skin releases up to 2 pounds of toxins daily. Your liver, lungs and kidneys are also responsible for eliminating toxins and skin brushing reduces the toxic load of these other organs. In addition, dry brushing not only removes layers of dead skin and aids in unblocking pores, it enhances the function of the lymph system.

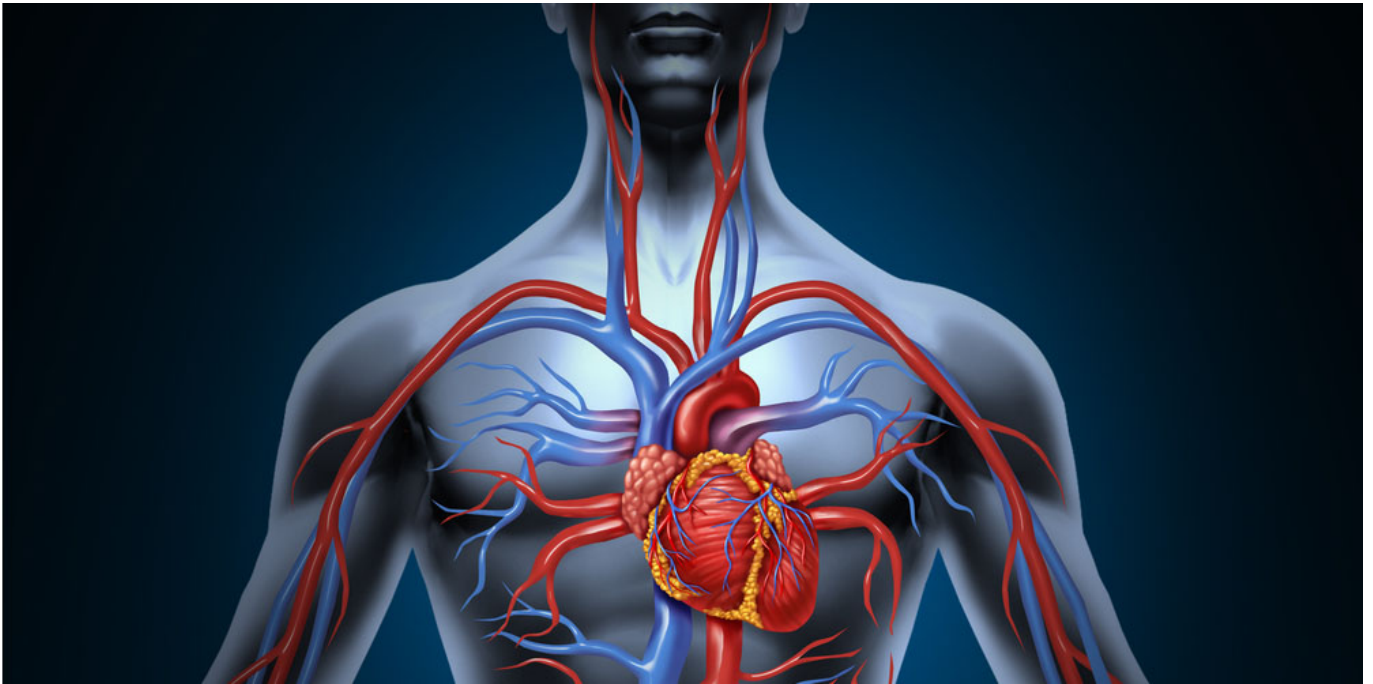
Between the cells in all tissues are minute channels where fluid collects. The fluid is called lymph. It is a colorless, odorless, absorbent substance that helps nourish the body by transporting various nutrients such as salts, minerals and proteins to all parts of the body. Lymph also collects the waste products generated by the cells of the body and turns them over to the blood. The blood then carries the toxins generated by cell metabolism to the lungs, kidneys, colon and skin for elimination.

When you do skin brushing, you help your lymph system to clean itself of the toxins that collect in the lymph glands. This process improves surface circulation on the skin and keeps the

pores open, encouraging the body's discharge of metabolic wastes and resulting in an improved ability to combat bacteria. A side benefit is that it helps your skin to look and feel healthier and more resilient.

The blood system has the heart to pump and keep it moving, but the lymph system has no help. Dry skin brushing breaks down lymph fluids that have thickened to a consistency like cottage cheese, especially as we grow older, or in chronically ill people. When the lymph fluid has a better flowing consistency, it can produce more white blood cells to help our bodies fight negative invaders as well as work more efficiently. Exercise, stretching, yoga, or some type of movement helps the lymph move and prevents it from getting too thick and clogged. Regular exercise and dry skin brushing prevents stagnation and accumulation of the waste products that can deposit in our muscles, organs and joints.

## **Increase Circulation**



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

### Diabetes and circulatory health

From: <http://www.alive.com/health/improving-circulatory-health/>

Poor circulation is one of the greatest dangers associated with diabetes. Blood flow problems stemming from type 1 and type 2 diabetes are linked to an increased risk of heart

disease, stroke, and damage to sensory nerves in the hands and feet, which in turn can lead to serious complications and even, in some cases, amputation.

That's the bad news. The good news is that improved circulation is something that anyone can achieve with a little effort. One great (and often overlooked) way to increase circulation—aside from getting regular exercise and eating artery-clearing foods such as oatmeal and walnuts—is to dry brush regularly with essential oils.

## Stress Relief

from: <http://draxe.com/dry-brushing/>

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.

Another benefit of dry brushing is that it's similar to massage in decreasing stress, which is great for your health by eliminating anxiety. A study reported that whole body massage was effective in reducing anxiety and stabilizing vital signs of patients with acute coronary disorders. Dry brushing is similar to massage in helping you to relax, yet is far cheaper since you can do it yourself.

Much like a hand massage, dry brushing can provide much needed natural stress relief. When you are less stressed, your body heals much faster from any disease-causing inflammation that it may be have.

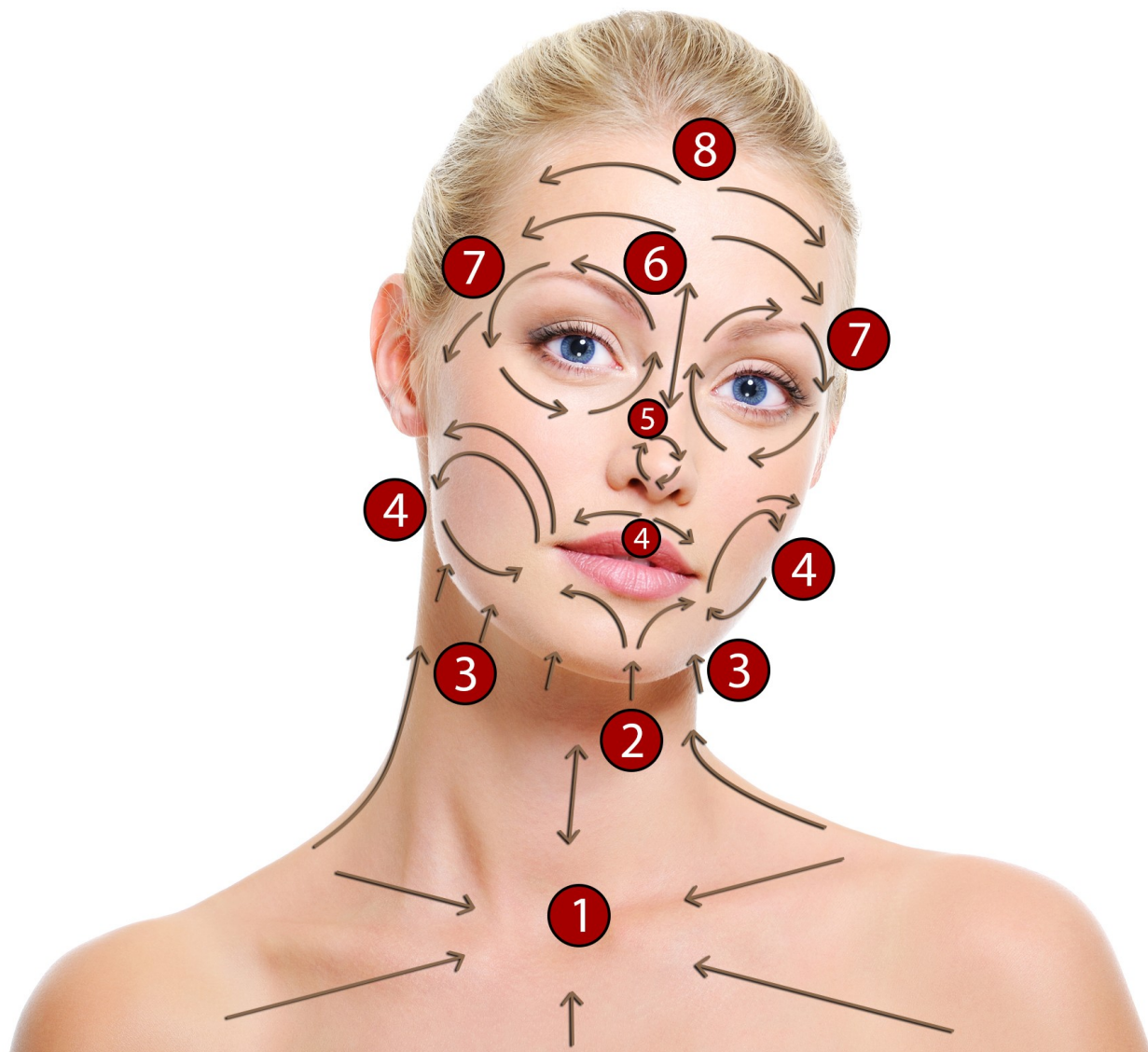
Did you know that 75 to 90 percent of all doctors office visits are related to conditions caused by stress? When you are stressed, it causes changes in the hormones that can increase inflammation and trigger various other problems. If you experience stress over a long period of time, it can be dangerous and is capable of increasing the risk for heart disease, diabetes, weight gain or obesity, mental disorders, autoimmune diseases, digestive disorders and even cancer.

Therefore, finding ways to help eliminate stress is crucial. Dry brushing is an easy way that you can do this for yourself!

## **Dry Face Brushing**

**Lymphatic facial massage to reduce Lymphatic puffing under the eye and all over the face**

# Instructions step by step on how to Dry Brush your face



**Click image below to enlarge**





## dry brushing face

- **Normal**  
ideal for removing dirt, oil and makeup from your skin
- **Sensitive**  
ideal for removing dirt, oil and makeup from sensitive skin
- **Super Sensitive**  
ideal for removing dirt, oil and makeup from delicate skin
- **Body**  
for use on the body
- **Silicone**  
designed for deep pore cleansing on sensitive areas of the face
- **Pumice Stone**  
designed to smooth and exfoliate the skin on elbows and feet
- **Microderm Sponge**  
designed to smooth and exfoliate the skin when used with an exfoliating cream
- **Makeup Sponge**  
for the application of BBcream, foundation and tinted moisturizer
- **Pumice Stone Flat**  
designed to smooth and exfoliate the skin on elbows and feet

Sold in sets of two.

All brush heads are compatible with pulsaderm and pulsaderm buddy.

## 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 is moisturized, 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**



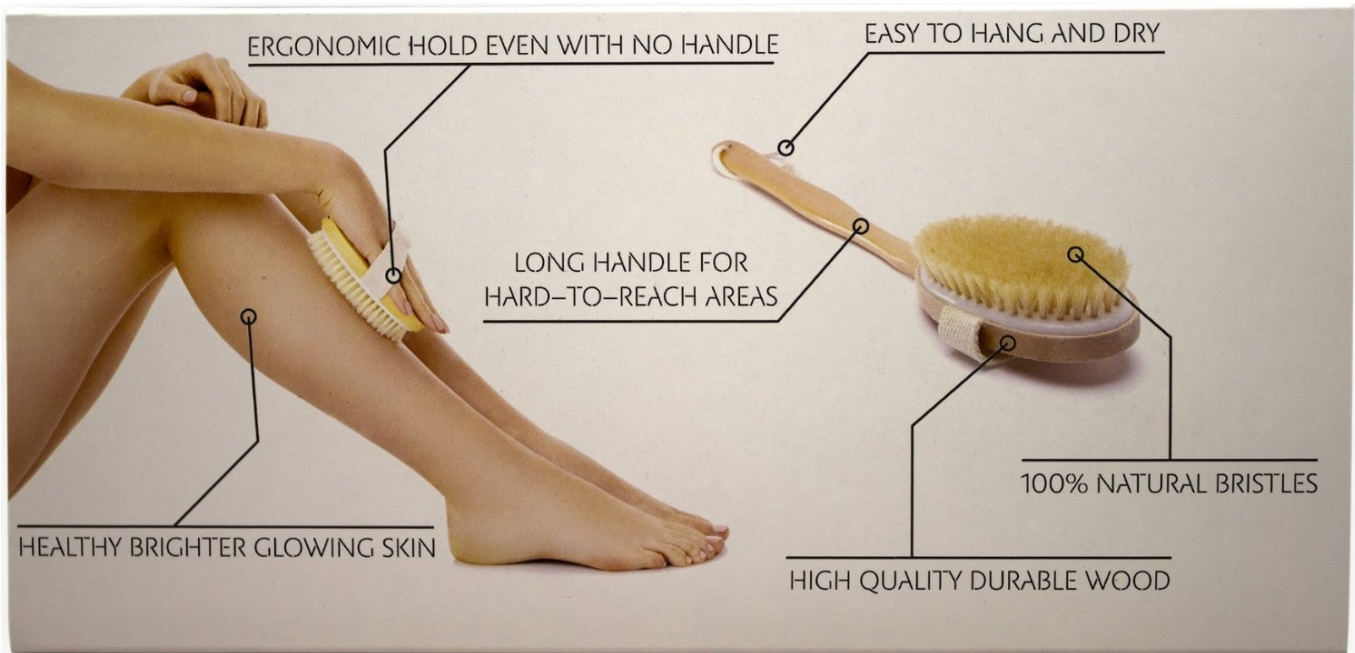
Start off with a natural bristle brush (Skin brushes are preferred) in addition, synthetic bristles do not harmonize with the body's bioenergy system. All the brushes used in Skin Brushing should have natural wooden handles. Avoid plastic and metal handles.

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, unless running around is 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.

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 myself 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.

## **How To Dry Brush**







# WHY & HOW TO DRY BRUSH

## BENEFITS



- 1 EXFOLIATES DEAD SKIN**  
As you get older, it is helpful to exfoliate once or twice a week to help renew the skin and remove those dead skin cells for a fresher appearance
- 2 STIMULATES THE LYMPHATIC SYSTEM**  
Dry brushing can help your lymphatic system, which removes toxins from the body
- 3 REDUCES CELLULITE**  
Dry brushing may help stimulate the cells and break down toxins from beneath the skin, which may help reduce the appearance of cellulite
- 4 UNCLOGS PORES**  
Unclog your skin's pores and help your skin absorb more nutrients with dry brushing
- 5 STRESS RELIEF**  
Much like a hand massage, dry brushing can provide much needed stress relief and help your body heal much faster from any inflammation that it may be having

## HOW TO DRY BRUSH



- 1**  
Purchase a natural bristle brush with a long handle so that you can reach all areas of your body. Avoid the synthetic brushes.
- 2**  
Remove any clothing and stand in a bathtub or shower to catch the falling dry skin.
- 3**  
Do not wet the skin. Dry brush your skin while it is dry.
- 4**  
Starting at the bottom of your feet, move in long sweeping motion toward your heart. (Stroking away from your heart can cause ruptured vessels and varicose veins.)
- 5**  
Brush each area several times and overlapping as you go to ensure that you do not miss a spot. Be careful over the more sensitive areas (such as the breasts) and don't be too rough.
- 6**  
Once you've brushed your entire body, step into the shower and bathe as you normally would.
- 7**  
After you have showered, pat your skin dry and apply a natural oil like rose hip, olive or coconut oil to your entire body.



from: <http://www.wikihow.com/Dry-Brush-Your-Skin>

**Stand on a tiled surface.** Before you begin dry-brushing, you should get on a tiled surface. Most people prefer dry brushing in their showers. Dead skin flakes will fall away from your body during the process and you want a surface that can easily be cleaned or washed away after the process.

**Start with the feet and move up the legs.** Use your long-handled brush for this portion of dry brushing. Dry brushing begins with the bottom of your body and moves upward.

- Use long, smooth brush strokes. Work backwards, each stroke moving towards the heart.
- If balance is an issue, prop your leg up on a foot stool or on the side of the bathtub.
- Pay extra attention to rougher areas, like your ankles and the soles of your feet. Brush these areas several times to assure any dead skin falls away.

**Move to arms and then torso.** Continue to work with your long handled brush. After you've worked your way up your legs, move on to your arms. Remember, the process is very similar. You're moving towards your heart with each stroke.

- Start with your hands and move towards the shoulders. Once again, use long and smooth brush strokes.
- Give rough areas, like the elbows, extra attention. Make sure dead skin falls away.
- Move on to the back. This can be difficult, as some areas of the back are hard to access. Make sure your brush handle reaches far enough to touch your mid-back and other hard-to-reach areas. Move from the buttocks up to the shoulder blades.
- Finally, move on to the torsos and sides. Brush up your

rib cage, moving towards the heart. On your sides, move from your hip to your armpit.

**Dry brush sensitive areas.** Set aside the long-handled brush and get your softer bristled brush. Move on to more sensitive areas of the skin.

- Dry brush your face, using somewhat smaller and gentler strokes. Move from the forehead to neck.
- Nipples or breasts should also be dry brushed with a softer brush to avoid irritating more sensitive skin.
- If you want to go over your whole body again, it might be better to use the softer brush this time around to avoid undue irritation.

**Shower after dry brushing.** Even if you do not dry brush in the mornings, it might be a good idea to shower after dry brushing. Any lingering dead skin can be washed off in a shower.

- Some people recommend alternating between hot and cold temperatures to further enhance blood circulation, although this is not necessary. If you'd rather just take a normal shower using tolerably hot water, this is also okay
- Pat your skin dry rather than rubbing it dry after a shower. Your skin might be extra sensitive after dry brushing and you don't want to encourage skin irritation or infection.
- Apply a natural oil to your skin to replenish any oils lost in the dry brushing and showering process. Rose lip oil and coconut oil are good options.

**Clean the area and brushes after dry brushing.** After you finish dry brushing, you should clean the area where you dry

brushed as well as the instruments used.

- If you dry brushed in your shower, clean up is easy as dead skin will probably flow down the drain afterwards. On other tiled surfaces, sweep up dead skin flakes and dispose of them.
- Your dry brushes should stay dry. Do not hang them in the shower, where they will get wet and be exposed to mildew. Store them away from standing water.
- Periodically, your dry brush will need to be washed. Use a small amount of shampoo or liquid soap. Wash the bristles and blot out as much water as possible afterwards. Hang the brushes to dry somewhere safe, away from any further exposure to water.

## Guide Lines and Precautions

Pay attention to the described sequence of brushing

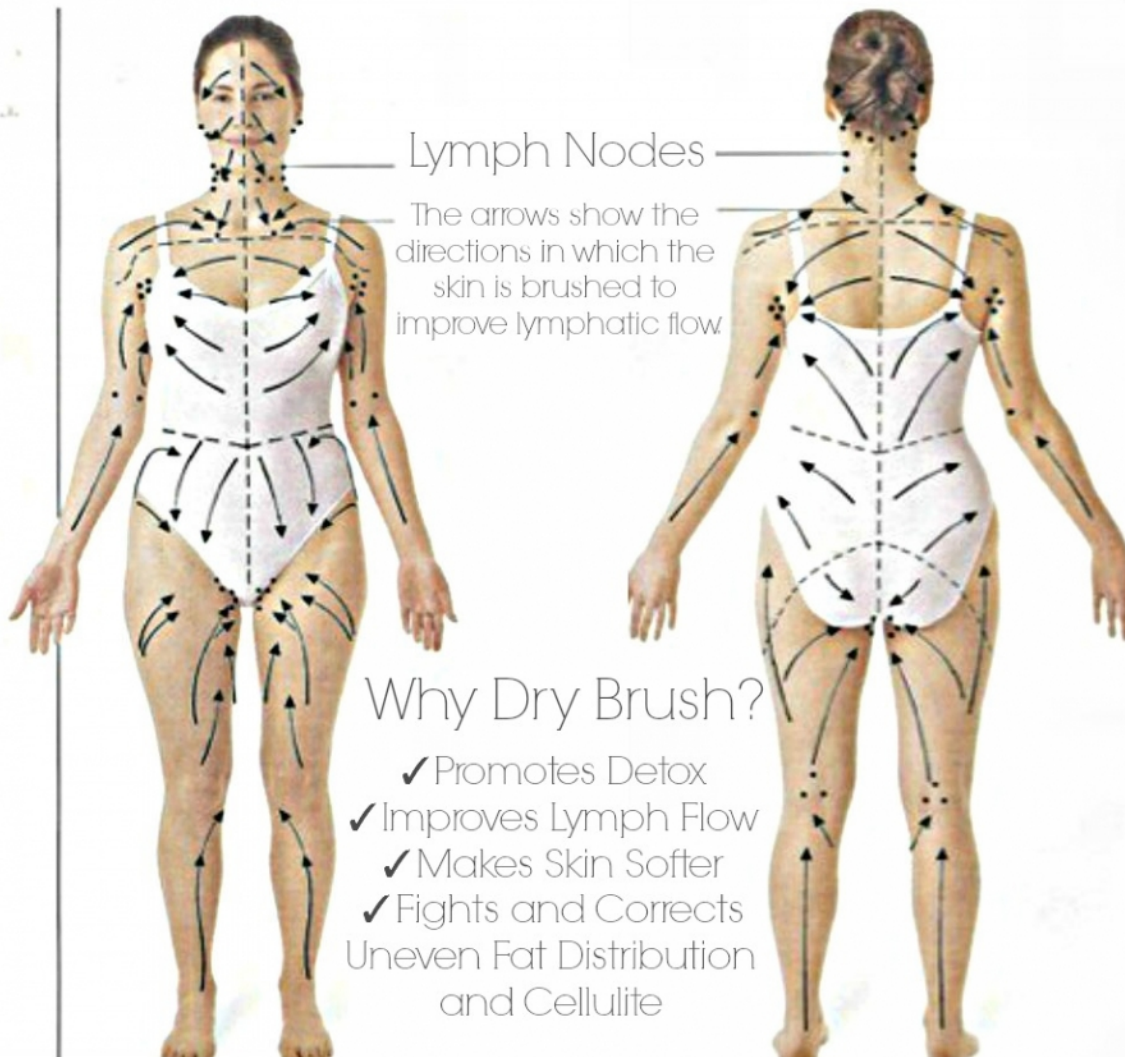
1. The armpit region is first
2. The groin region is after and before chest
3. The neck and head drain into the venous system in the upper chest, and to a small extent, into the axillary nodes, the armpit is brushed before neck and head regions.
4. The upper body is worked BEFORE the LOWER, because the 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 chart 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





[100% Natural Dry Body Brush & Face Brush Set for Dry Brushing with Long Detachable Handle and Boar Bristles – Exfoliate](#)

## Skin, Reduce Cellulite & Improve Circulation

- Enjoy healthier, more beautiful, glowing skin and improved circulation – thanks to the gently exfoliating 100% NATURAL boar BRISTLES
- Relax and experience an at-home spa-like dry brushing routine – only by using our super comfortable LONG HANDLE body brush with a DETACHABLE head
- The perfect body brush for CELLULITE reduction and stretch mark prevention – very efficient when used for lymphatic drainage – RESULTS visible in a few short DAYS





## Touch Me ® All Natural Spa Dry Skin Brush- 10" Length

- Natural sisal bristle with jute handle & rope loop.
- Size: 10" in length, Head 3 ½" across x 5" long.
- Stimulate blood circulation.

- Removes dead skin layers and cellulite.
- Tightens the skin preventing premature aging.



[Bath Blossom Face Cleansing Brush for](#)

## Facial Exfoliation – Skin Cleaning Scrubber Brush – Natural Bristles Facial Brush for Dry Brushing

- GET A DEEPER CLEANSE, Natural bristles deep cleansing brush for face removes more makeup, oil and impurities than your hands or a washcloth, allowing you to get more out of your facial cleanser.
- BRIGHTEN & PERFECT YOUR COMPLEXION, Facial brush gently removes dead skin and minimizes imperfections like fine lines and age spots. Great for dry skin brushing!
- SPA QUALITY DESIGN. Premium natural bristles are strong, yet flexible enough to avoid irritation; Ergonomic wood handle is easy to grip.

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**How Sleep affects our Beauty  
and overall wellness?**



We are here on week 228 sharing post on Sleep, it is amazing the non sleep issue. Non-Sleeping has become an epidemic I even hear it from really young kids. It is amazing the amount of drugs sold for sleeping "AID", an estimated 40 million prescriptions for such drugs were dispensed, sales of generic Ambien (zolpidem tartrate) amounted to a whopping \$2.8 billion and Lunesta another \$912 million. Prescription sleep aids are some of the most heavily marketed drugs to the public and so much more to it with these medications. We are not addressing the bottom line source of the problem we are only suppressing the symptom, no long term relief there not to mention the side

effects, addictions and the challenge gets bigger and bigger, Here we did extensive research and we have authority based information to aid with this epidemic. We wish for you the reader to find a solution to your sleeping challenge if you have one and if you don't we are very happy for you, we are sure that you either know some one or will run across somebody that will really appreciate the information, so please pass it along and thank you for the support and following our blog. We take pride to do the research and love making a difference,.thank you from all of us at isabel's beauty blog.

## What is Healthy Sleep?

from:

<https://sleepfoundation.org/sleep-news/what-healthy-sleep>

You know that sleep is vital to your physical and mental health. But, how can you tell whether you're truly sleeping well? Especially if you work shifts, your sleep probably does not look exactly like other peoples' sleep. It can be hard to measure your sleep patterns against those of the people around you.

On average, adults should optimally receive between seven and nine hours of sleep each night, but those needs vary individually. For example, some people feel best with eight consecutive hours of sleep, while others do well with six to seven hours at night and daytime napping. Some people feel okay when their sleep schedule changes, while others feel very affected by a new schedule or even one night of insufficient sleep.

Here are some statements about your sleep. If these apply to you, it's a good sign that your sleep is on track. If you're a shift worker and you don't agree with many of these, it could

mean that you need to make changes in your behaviors and routines to improve your sleep.

You fall asleep within 15-20 minutes of lying down to sleep.

You regularly sleep a total of seven to nine hours in a 24-hour period.

While in your bed, your sleep is continuous—you don't have long periods of lying awake when you wish to be sleeping.

You wake up feeling refreshed, as if you've "filled the tank."

You feel alert and are able to be fully productive throughout the waking hours (note, it's natural for people to feel a dip in alertness during waking hours, but with healthy sleep, alertness returns).

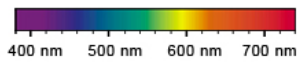
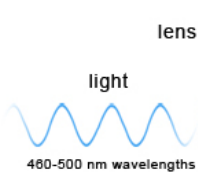
Your partner or family members do not notice any disturbing or out of the ordinary behavior from you while you sleep, such as snoring , pauses in breathing, restlessness, or otherwise nighttime behaviors.

Shift workers who try to sleep during the day often wake up after fewer than seven to nine hours, because of the alerting signals coming from their circadian system . This does not mean they don't need seven to eight hours of sleep per day—it just means it's harder to sleep during the day. Over time, this can lead to chronic sleep deprivation.

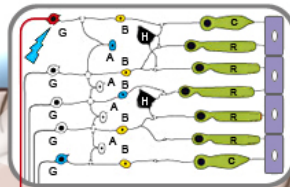
## Circadian Rhythm



# circadian rhythm



Light



Activated by sunlight during daytime, SCN project inhibitory information to PVN in hypothalamus. The long axons of PVN then send nerve pulses down to the preganglionic sympathetic neurons of the spinal cord, which in turn modulate the activity of the superior cervical ganglia. The latter further project to the pineal gland to regulate the secretion of melatonin.

The circadian rhythm can be disrupted:

- Exposure to 400-500nm light at night
- Not receiving the light in the morning
- Jet lag - results in an imbalance of neurotransmitters and hormones
- Shift work where workers are exposed to visible light at night de-regulates a gene involved in controlling the circadian rhythm.
- Exposure to light at abnormal times or due to change in location will either disrupt the clock gene function or cause activation of the 'wake state' of the circadian cycle at an abnormal time, such as in the evening.

suprachiasmatic nucleus (SCN)  
paraventricular nucleus (PVN)  
superior cervical ganglia

pineal gland

melatonin

blood

preganglionic sympathetic neurons

# Sleep Drive and Your Body Clock

According

to: <https://sleepfoundation.org/sleep-topics/sleep-drive-and-your-body-clock>

Most people notice that they naturally experience different levels of sleepiness and alertness throughout the day, but what causes these patterns? Sleep is regulated by two body systems: sleep/wake homeostasis and the circadian biological clock .

When we have been awake for a long period of time, sleep/wake homeostasis tells us that a need for sleep is accumulating and that it is time to sleep. It also helps us maintain enough sleep throughout the night to make up for the hours of being awake. If this restorative process existed alone, it would mean that we would be most alert as our day was starting out, and that the longer we were awake, the more we would feel like sleeping. In this way, sleep/wake homeostasis creates a drive that balances sleep and wakefulness.

The circadian rhythm dips and rises at different times of the day, so adults' strongest sleep drive generally occurs between 2:00-4:00 am and in the afternoon between 1:00-3:00 pm, although there is some variation depending on whether you are a "morning person" or "evening person." The sleepiness we experience during these circadian dips will be less intense if we have had sufficient sleep, and more intense when we are sleep deprived. The circadian rhythm also causes us to feel more alert at certain points of the day, even if we have been awake for hours and our sleep/wake restorative process would otherwise make us feel more sleepy.

Changes to this circadian rhythm occur during adolescence, when most teens experience a sleep phase delay. This shift in teens' circadian rhythm causes them to naturally feel alert later at night, making it difficult for them to fall asleep



before 11:00 pm. Since most teens have early school start times along with other commitments, this sleep phase delay can make it difficult to get the sleep teens need – an average of 9 1/4 hours, but at least 8 hours. This sleep deprivation can influence the circadian rhythm; for teens the strongest circadian “dips” tend to occur between 3:00-7:00 am and 2:00-5:00 pm, but the morning dip (3:00-7:00 am) can be even longer if teens haven’t had enough sleep, and can even last until 9:00 or 10:00 am.

The circadian biological clock is controlled by a part of the brain called the Suprachiasmatic Nucleus (SCN), a group of cells in the hypothalamus that respond to light and dark signals. From the optic nerve of the eye, light travels to the SCN, signaling the internal clock that it is time to be awake. The SCN signals to other parts of the brain that control hormones, body temperature and other functions that play a role in making us feel sleepy or awake.

In the mornings, with exposure to light, the SCN sends signals to raise body temperature and produce hormones like cortisol. The SCN also responds to light by delaying the release of other hormones like melatonin, which is associated with sleep onset and is produced when the eyes signal to the SCN that it is dark. Melatonin levels rise in the evening and stay elevated throughout the night, promoting sleep.

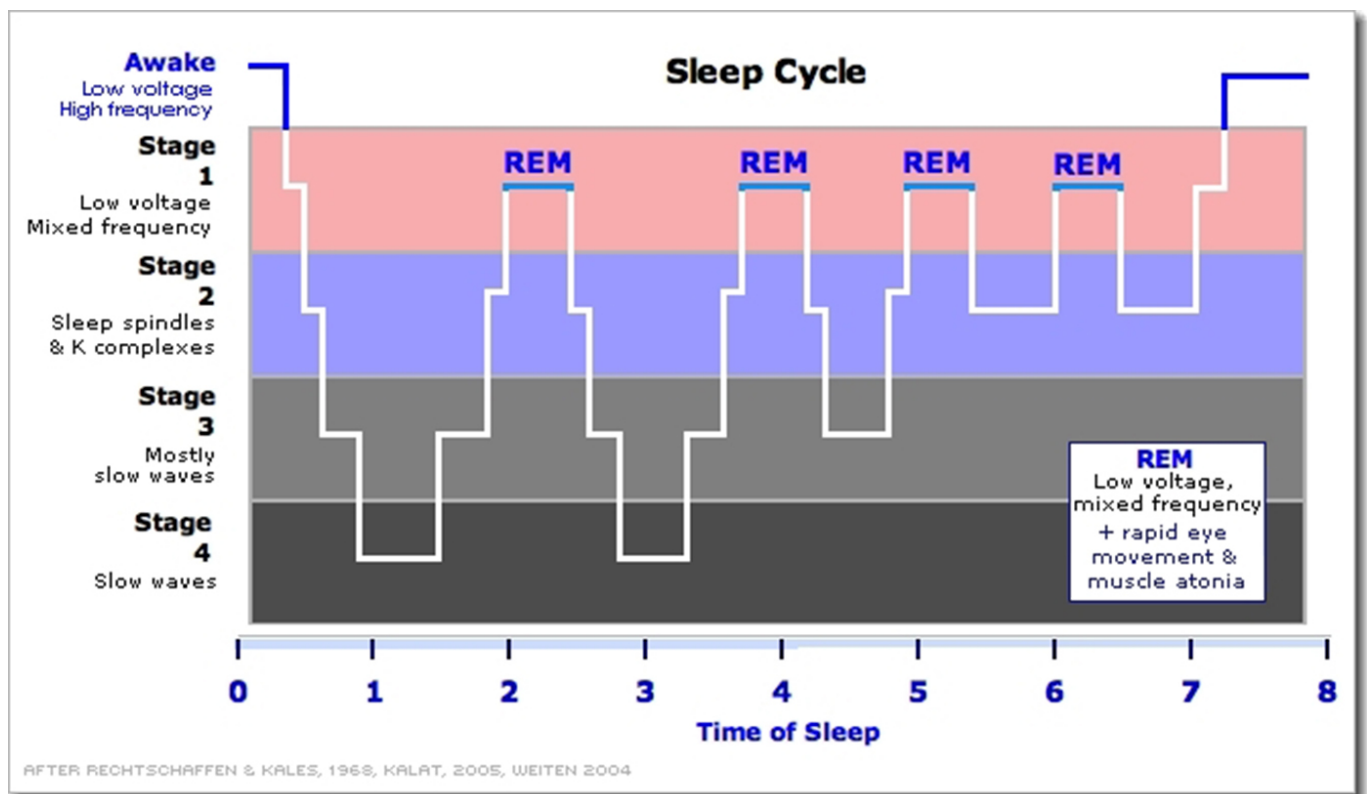
In teenagers, research has shown that melatonin levels in the blood naturally rise later at night than in most children and adults. Since teens may have difficulty going to bed early to get enough sleep, it can help to keep the lights dim at night as bedtime approaches. It can also help to get into bright light as soon as possible in the morning.

Circadian disruptions such as jet lag put us in conflict with our natural sleep patterns, since the shift in time and light cues on the brain forces the body to alter its normal pattern to adjust. This is why jet lag can leave travelers feeling

poorly and having more difficulty thinking and performing well. But these symptoms can also occur in everyday life, when the circadian rhythm is disrupted by keeping long and irregular hours. Because of this, it is important to keep a regular sleep schedule and allow plenty of time for quality sleep, allowing these two vital biological components – the sleep/wake restorative process and the circadian rhythm – to help us perform at our best.

## Natural Sleep Cycles





According to: <http://healthysleep.med.harvard.edu/healthy/science/what/sleep-patterns-rem-nrem>

In 1929, an invention that enabled scientists to record brain activity challenged this way of thinking. From recordings known as electroencephalograms (EEGs), researchers could see that sleep was a dynamic behavior, one in which the brain was highly active at times, and not turned off at all. Over time,

sleep studies using EEGs and other instruments that measured eye movements and muscle activity would reveal two main types of sleep. These were defined by characteristic electrical patterns in a sleeping person's brain, as well as the presence or absence of eye movements.

The two main types of sleep are rapid-eye-movement (REM) sleep and non-rapid-eye-movement (NREM) sleep. On an EEG, REM sleep, often called "active sleep," is identifiable by its characteristic low-amplitude (small), high-frequency (fast) waves and alpha rhythm, as well as the eye movements for which it is named. Many sleep experts think that these eye movements are in some way related to dreams. Typically, when people are awakened from REM sleep, they report that they had been dreaming, often extremely vivid and sometimes bizarre dreams. In contrast, people report dreaming far less frequently when awakened from NREM sleep. Interestingly, during REM sleep muscles in the arms and legs are temporarily paralyzed. This is thought to be a neurological barrier that prevents us from "acting out" our dreams.

NREM sleep can be broken down into three distinct stages: N1, N2, and N3. In the progression from stage N1 to N3, brain waves become slower and more synchronized, and the eyes remain still. In stage N3, the deepest stage of NREM, EEGs reveal high-amplitude (large), low-frequency (slow) waves and spindles. This stage is referred to as "deep" or "slow-wave" sleep.

In healthy adults, sleep typically begins with NREM sleep. The pattern of clear rhythmic alpha activity associated with wakefulness gives way to N1, the first stage of sleep, which is defined by a low-voltage, mixed-frequency pattern. The transition from wakefulness to N1 occurs seconds to minutes after the start of the slow eye movements seen when a person first begins to nod off. This first period of N1 typically lasts just one to seven minutes. The second stage, or N2, which is signaled by sleep spindles and/or K complexes in the

EEG recording, comes next and generally lasts 10 to 25 minutes. As N2 sleep progresses, there is a gradual appearance of the high-voltage, slow-wave activity characteristic of N3, the third stage of NREM sleep. This stage, which generally lasts 20 to 40 minutes, is referred to as “slow-wave,” “delta,” or “deep” sleep. As NREM sleep progresses, the brain becomes less responsive to external stimuli, and it becomes increasingly difficult to awaken an individual from sleep.

Following the N3 stage of sleep, a series of body movements usually signals an “ascent” to lighter NREM sleep stages. Typically, a 5- to 10-minute period of N2 precedes the initial REM sleep episode. REM sleep comprises about 20 to 25 percent of total sleep in typical healthy adults.

NREM sleep and REM sleep continue to alternate through the night in a cyclical fashion. Most slow-wave NREM sleep occurs in the first part of the night; REM sleep episodes, the first of which may last only one to five minutes, generally become longer through the night. During a typical night, N3 sleep occupies less time in the second cycle than the first and may disappear altogether from later cycles. The average length of the first NREM-REM sleep cycle is between 70 and 100 minutes; the average length of the second and later cycles is about 90 to 120 minutes. The reason for such a specific cycling pattern of NREM and REM sleep across the night is unknown. Some scientists speculate that specific sequences of NREM and REM sleep optimize both physical and mental recuperation as well as some aspects of memory consolidation that occur during sleep, but this has not been confirmed.

## **Sleeping Positions**

According

to: <http://bettersleep.org/better-sleep/sleep-positions>

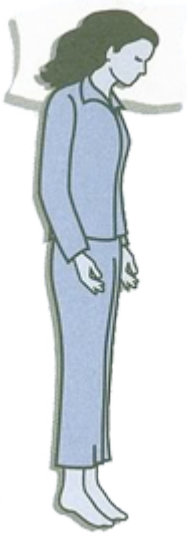
There are three main sleeping positions with variables of each: side, back, and stomach. Sleep specialists recommend sleeping on your side in order to rest more comfortably and decrease the likelihood of interrupted sleep. While there are many variations of sleeping on your side, all of which are beneficial in helping to alleviate insomnia and chronic sleep deprivation, the most comfortable position involves bending the knees slightly upwards towards the chest area. For those with a bad back, consider placing a pillow between your legs to alleviate pressure on your hips and lower back. Sleeping on your side is actually encouraged for those suffering from back or hip pain or pregnant women, since this position doesn't increase pain in these areas.

If you prefer to sleep on your back, be careful as it may actually induce lower back pain and even episodes of apnea which interfere with normal sleep and restfulness. However, if you prefer to sleep on your back, there are a few minor alterations to this position that you can do to help sleep more soundly. Try placing a soft pillow or rolled up towel under your knees to facilitate the natural curve of the spine.

If you like sleeping on your stomach, you're in for a bit of bad news...sleep professionals don't recommend sleeping on your stomach as it causes strain on your lower back and possible neck pain. People who sleep on their stomach report increased restlessness caused by frequent tossing and turning in an effort to get comfortable. If you do sleep on your stomach use an extremely soft pillow or none at all so as not to put your neck at an awkward angle. For those with sleep problems to begin with, it's best not to sleep on your stomach.



**Fetus position** – A whopping 41% of participants sleep in this curled-up manner. Women are twice as likely to rest like this and it is listed as the most common position. These sleepers are said to have a tough exterior but are still sensitive and may appear to be shy but warm up quickly.

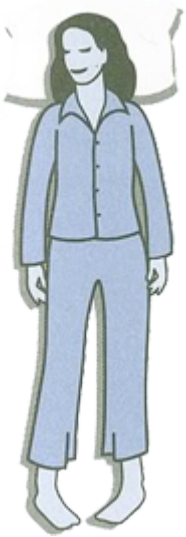


**Log position** – If you sleep on your side with both arms down, you are a social, easy-going person who is trusting, sometimes to the point of being gullible. The study showed 15% of people sleep like a log.

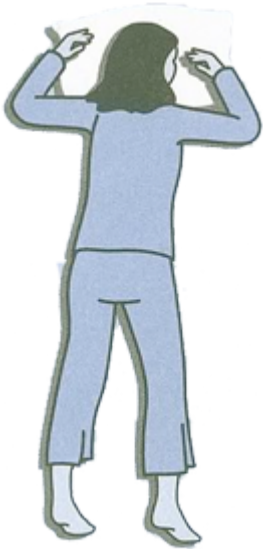


**Yearner position** – A close third is the side-lying position with both arms out in front of the body, with 13% of participants sleeping like this. Yearners are noted to be open-minded and still cynical, suspicious, and stubborn about sticking to decisions once they are made.

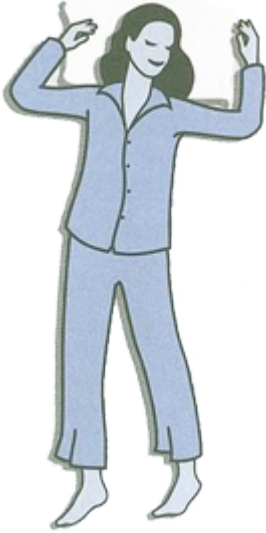




**Soldier position** – These sleepers lie on their backs with arms down and kept close to the body. This 8% study is said to be reserved, quiet, without fuss, and hold themselves and others to a high standard. Soldier sleepers have a higher likelihood for snoring due to the flat-back position, which may not cause them to wake up often but may result in a less restful night's sleep.



**Freefall position** – Those people who lie on their bellies with arms under or wrapped around a pillow with head turned to the side, make up 7% of the population studied. Freefallers are brash, outgoing, and are very uncomfortable with criticism.



**Starfish position** – Sleepers who lie on their backs with arms up near their head or the pillow account for 5% of participants. These people are good listeners, helpful, and are uncomfortable being the center of attention. People who sleep in starfish position are more likely to snore and to suffer from a poor night's sleep more often.

## Blue light has a dark side

According

to:

<http://www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side>

Light at night is bad for your health, and exposure to blue light emitted by electronics and energy-efficient lightbulbs may be especially so.

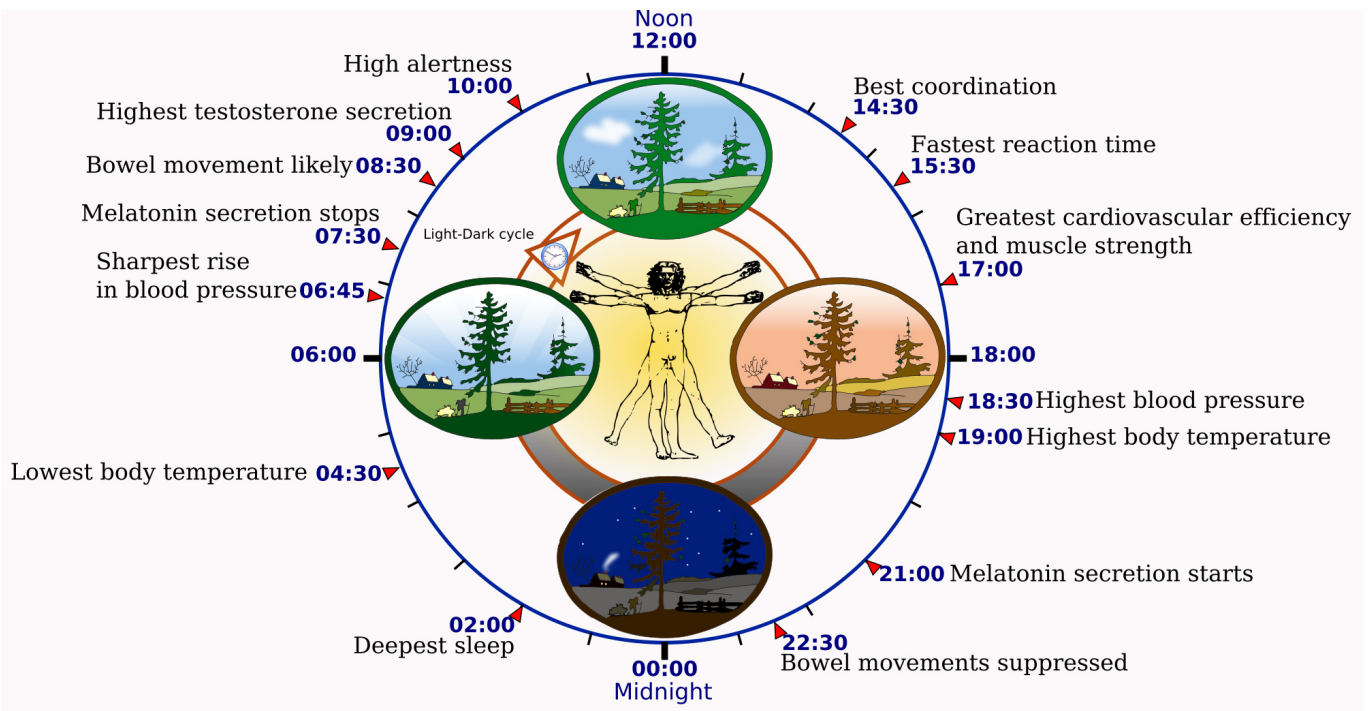
Until the advent of artificial lighting, the sun was the major source of lighting, and people spent their evenings in

(relative) darkness. Now, in much of the world, evenings are illuminated, and we take our easy access to all those lumens pretty much for granted.

But we may be paying a price for basking in all that light. At night, light throws the body's biological clock—the circadian rhythm—out of whack. Sleep suffers. Worse, research shows that it may contribute to the causation of cancer, diabetes, heart disease, and obesity.

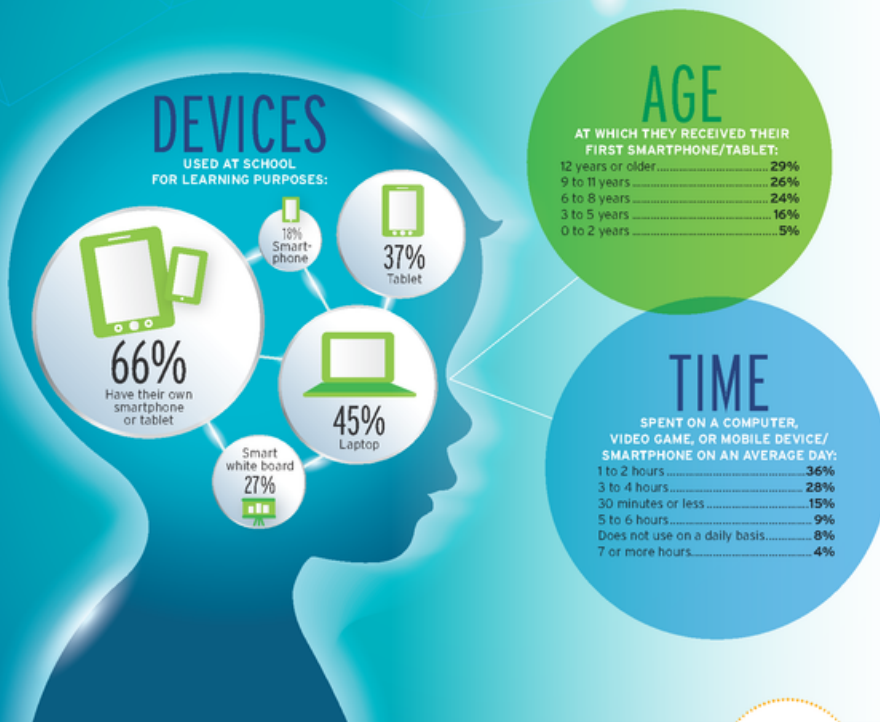
But not all colors of light have the same effect. Blue wavelengths—which are beneficial during daylight hours because they boost attention, reaction times, and mood—seem to be the most disruptive at night. And the proliferation of electronics with screens, as well as energy-efficient lighting, is increasing our exposure to blue wavelengths, especially after sundown.

## **Daily rhythms influenced by light**



# THROUGH THE EYES OF THE 21ST-CENTURY CHILD

It's predicted that by 2028—the year when kids entering kindergarten this fall will graduate high school—many schools will rely even more heavily on the use of digital technology in the classroom. Comprehensive eye exams can help prevent or diagnose eye and vision problems in children—including digital eye strain. Here's a look through the eyes of the 21<sup>st</sup>-century child.



## About the American Optometric Association American Eye-Q® survey:

The tenth annual AOA American Eye-Q® survey was created and commissioned in conjunction with Penn, Schoen & Berland Associates (PSB). From February 19—March 4, 2015, PSB conducted 1,000 online interviews among Americans 18 years and older who embodied a nationally representative sample of the U.S. general population. (Margin of error is plus or minus 3.10 percentage points at a 95% confidence level.)

To find an optometrist near you, visit [aoa.org](http://aoa.org).

Everyone has slightly different circadian rhythms, but the average length is 24 and one-quarter hours. The circadian rhythm of people who stay up late is slightly longer, while the rhythms of earlier birds fall short of 24 hours. Dr. Charles Czeisler of Harvard Medical School showed, in 1981, that daylight keeps a person's internal clock aligned with the environment.

## **The health risks of night time light**

## Managing Light and Dark Exposure

- ▶ Sleep and Waking are regulated by light.
- ▶ Melatonin – induces sleep, and cortisol wakes us up.
- ▶ 1-2 hours before bed shut off T.V, Computer, phones, or tablets unless using *blue light blocking glasses to watch T.V. (Gunnar Glasses)*
- ▶ *Blue light blocking screen covers for laptops, computers, and devices. ( no more ipad, or iphone insomnia before bed!*
- ▶ *Flux app for Computers and laptops if working late.( justgetflux.com)*
- ▶ *Install low blue light bulbs, or infrared lights in bedroom, living room, and bathrooms. Infrared lighting helps stimulate the release of melatonin.*



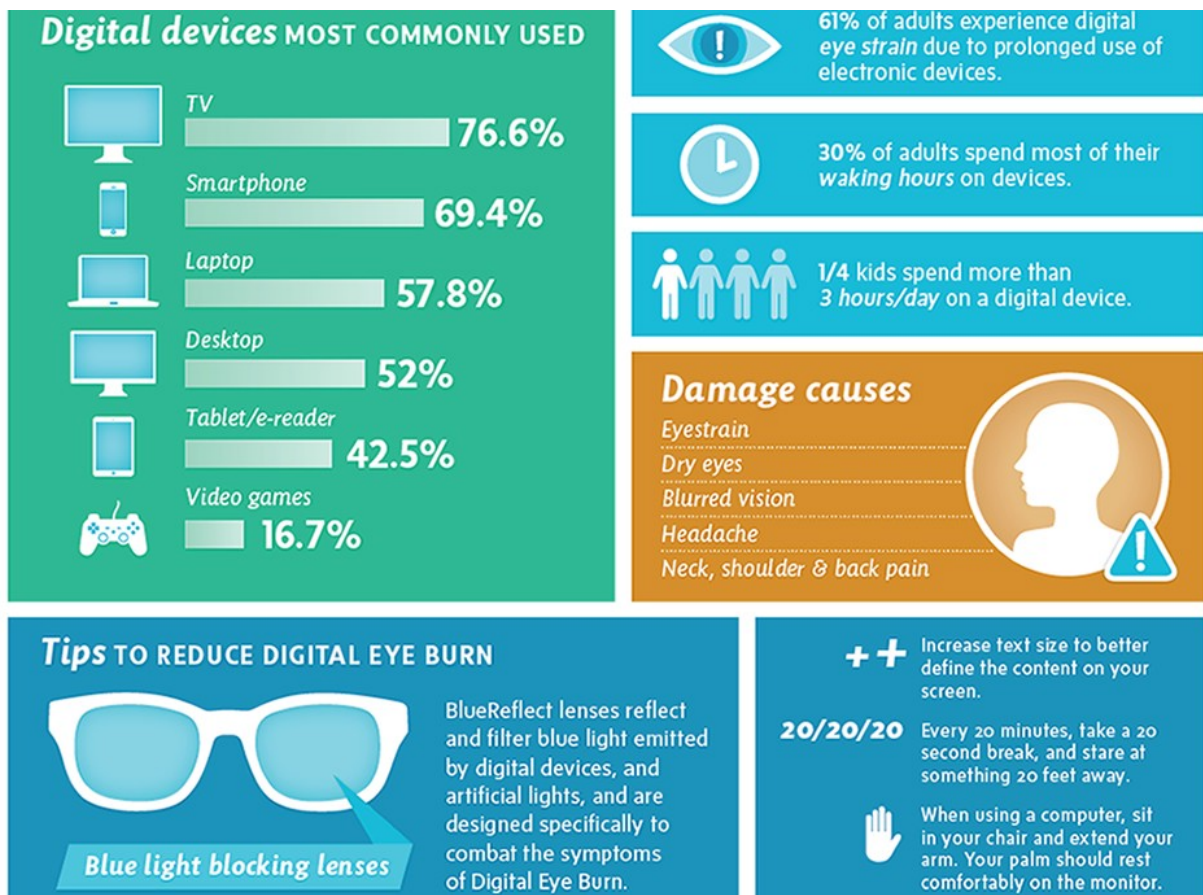
Study after study has linked working the night shift and exposure to light at night to several types of cancer (breast, prostate), diabetes, heart disease, and obesity. It's not exactly clear why nighttime light exposure seems to be so bad for us. But we do know that exposure to light suppresses the secretion of melatonin, a hormone that influences circadian rhythms, and there's some experimental evidence (it's very preliminary) that lower melatonin levels might explain the association with cancer.

A Harvard study shed a little bit of light on the possible connection to diabetes and possibly obesity. The researchers put 10 people on a schedule that gradually shifted the timing of their circadian rhythms. Their blood sugar levels increased, throwing them into a prediabetic state, and levels of leptin, a hormone that leaves people feeling full after a meal, went down.

Even dim light can interfere with a person's circadian rhythm and melatonin secretion. A mere eight lux—a level of brightness exceeded by most table lamps and about twice that of a night light—has an effect, notes Stephen Lockley, a Harvard sleep researcher. Light at night is part of the reason so many people don't get enough sleep, says Lockley, and researchers have linked short sleep to increased risk for depression, as well as diabetes and cardiovascular problems.

## **The power of the blues**





While light of any kind can suppress the secretion of melatonin, blue light does so more powerfully. Harvard researchers and their colleagues conducted an experiment comparing the effects of 6.5 hours of exposure to blue light to exposure to green light of comparable brightness. The blue light suppressed melatonin for about twice as long as the

green light and shifted circadian rhythms by twice as much (3 hours vs. 1.5 hours).

In another study of blue light, researchers at the University of Toronto compared the melatonin levels of people exposed to bright indoor light who were wearing blue-light-blocking goggles to people exposed to regular dim light without wearing goggles. The fact that the levels of the hormone were about the same in the two groups strengthens the hypothesis that blue light is a potent suppressor of melatonin. It also suggests that shift workers and night owls could perhaps protect themselves if they wore eyewear that blocks blue light. Inexpensive sunglasses with orange-tinted lenses block blue light, but they also block other colors, so they're not suitable for use indoors at night. Glasses that block out only blue light can cost up to \$80.

## Less-blue light

If blue light does have adverse health effects, then environmental concerns, and the quest for energy-efficient lighting, could be at odds with personal health. Those curlicue compact fluorescent lightbulbs and LED lights are much more energy-efficient than the old-fashioned incandescent lightbulbs we grew up with. But they also tend to produce more blue light.

The physics of fluorescent lights can't be changed, but coatings inside the bulbs can be so they produce a warmer, less blue light. LED lights are more efficient than fluorescent lights, but they also produce a fair amount of light in the blue spectrum. Richard Hansler, a light researcher at John Carroll University in Cleveland, notes that ordinary incandescent lights also produce some blue light,

although less than most fluorescent lightbulbs.

What you can do

Use dim red lights for night lights. Red light has the least power to shift circadian rhythm and suppress melatonin.

Avoid looking at bright screens beginning two to three hours before bed.

If you work a night shift or use a lot of electronic devices at night, consider wearing blue-blocking glasses.

Expose yourself to lots of bright light during the day, which will boost your ability to sleep at night, as well as your mood and alertness during daylight.

## What Happens in Your Body When You're Sleep Deprived?

By **Dr. Mercola** According to: <http://articles.mercola.com/sites/articles/archive/2016/03/03/sleep-deprivation-effects.aspx>  
<https://youtu.be/qPoZVQvsbW0>

Lack of sleep has many ramifications, from minor to major, depending on your accumulated sleep debt. Short term, lack of sleep tends to have an immediate effect on your mental and emotional states.

Over the long term, poor sleep can contribute to a whole host of chronic health problems, from obesity and diabetes to immune problems and an increased risk for cancer. Plus it raises your risk of accidents and occupational errors.

Unfortunately, few are those who sleep well on a regular basis. Part of the problem is our propensity for using artificial lighting and electronics at night, in combination

with getting insufficient exposure to full, bright, and natural sunlight during the day.

This disconnect from the natural cycles of day and night, activity and sleep, can turn into a chronic problem where you're constantly struggling to sleep well.

Fortunately the remedy is simple, and if you follow the recommendations at the end of this article, chances are you'll be able to reestablish a healthy sleep pattern, without which you simply cannot be optimally healthy – even if you do everything else right.

## **A Single Night Without Sleep Can Have Severe Implications**

As shown in the video above, going just one night without proper sleep starts to impair your physical movements and mental focus, comparable to having a blood alcohol level of 0.10 percent.

In essence, if you haven't slept, your level of impairment is on par with someone who's drunk.

According to researchers, 24 hours' worth of sleeplessness breaks down cognitive faculties to such a degree that you'll be 4.5 times more likely to sign a false confession.

Overall, you become more susceptible to "suggested" memories, and start having trouble discerning the true source of your memories. For example, you might confuse something you read somewhere with a first-hand experience. According to the authors of this study:

"We propose that sleep deprivation sets the stage for a false

confession by impairing complex decision making abilities – specifically, the ability to anticipate risks and consequences, inhibit behavioral impulses, and resist suggestive influences.”

## **Lack of Sleep Linked to Internet Surfing and Poor Grades**

Other research has linked lack of sleep to more extended internet usage, such as browsing through Facebook rather than studying or working. The reason for this is again related to impaired cognition and the inability to focus, making you more prone to distraction.

Not surprisingly, academic performance also suffers. In one recent study, the less sleep high school students reported getting, the lower their average grades were.

## **How Sleep Influences and Regulates Emotional Perception**

Sleeping well is also important for maintaining emotional balance. Fatigue compromises your brain’s ability to regulate emotions, making you more prone to crankiness, anxiety, and unwarranted emotional outbursts.

Recent research also shows that when you haven’t slept well, you’re more apt to overreact to neutral events; you may feel provoked when no provocation actually exists, and you may lose your ability to sort out the unimportant from the important, which can result in bias and poor judgment.

Reporting on this research, in which participants were kept awake for one whole night before taking a series of image

tests to gauge emotional reactions and concentration levels, Medical News Today writes:

“... Eti Ben-Simon, who conducted the experiment, believes that sleep deprivation may universally impair judgment, but it is more likely that a lack of sleep causes neutral images to provoke an emotional response.

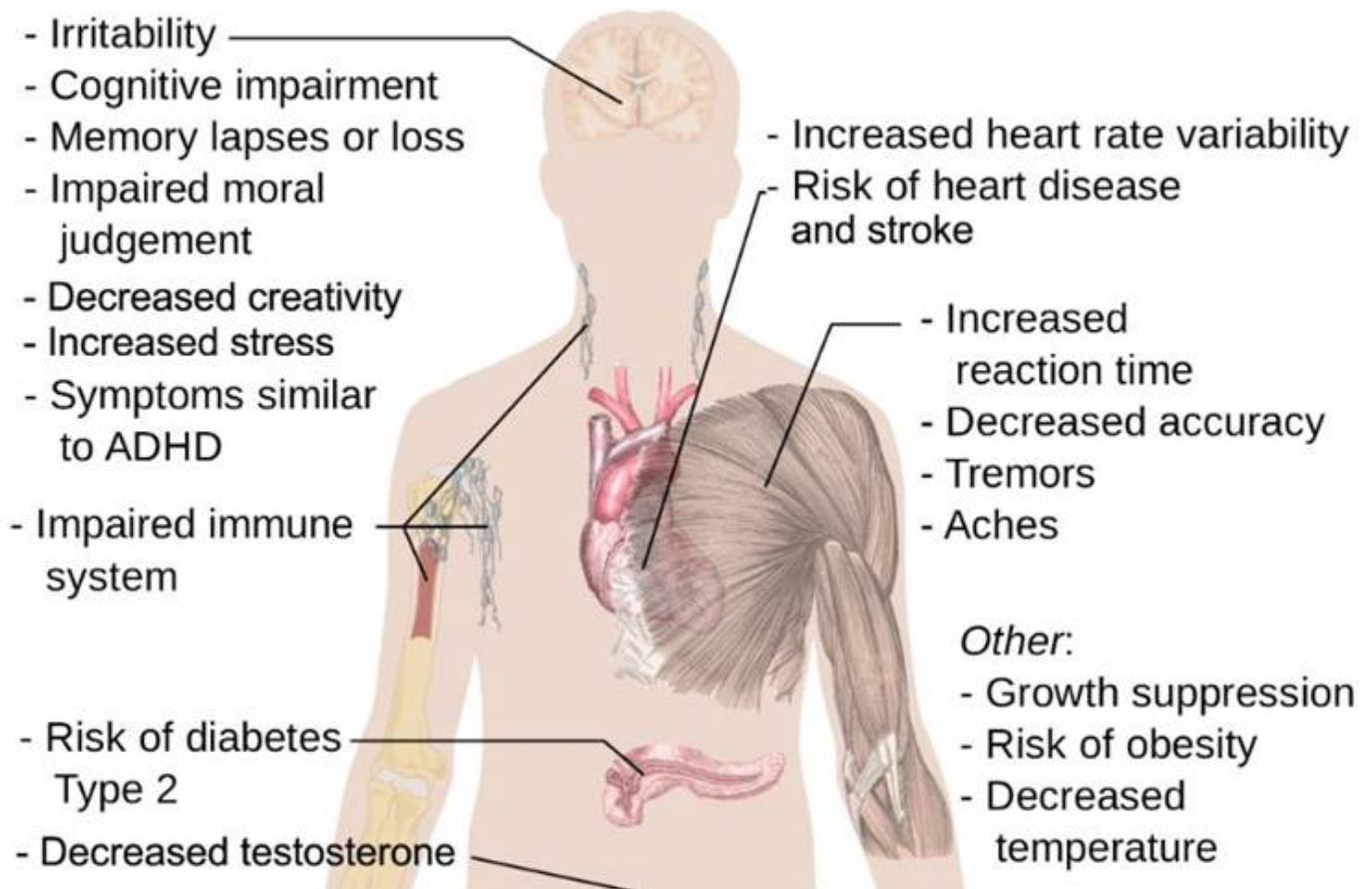
The second test examined concentration levels. Participants inside an fMRI scanner had to complete a task that demanded their attention to press a key or button, while ignoring distracting background pictures with emotional or neutral content ...

After only one night without sleep, participants were distracted by every single image (neutral and emotional), while well-rested participants only found the emotional images distracting.

The effect was indicated by activity change, or what Prof. Hendler calls ‘a change in the emotional specificity’ of the amygdala ... a major limbic node responsible for emotional processing in the brain.”

## **What Happens in Your Body After Two or More Sleepless Nights?**

# SIDE EFFECTS FROM MISSING SLEEP



After 48 hours of no sleep, your oxygen intake is lessened and anaerobic power is impaired, which affects your athletic potential. You may also lose coordination, and start to forget words when speaking. It's all downhill from there.



After the 72 hour-mark of no sleep, concentration takes a major hit, and emotional agitation and heart rate increases. Your chances of falling asleep during the day increase and along with it, your risk of having an accident.

In 2013, drowsy drivers caused 72,000 car accidents in which 800 Americans were killed, and 44,000 were injured. Your problem-solving skills dwindle with each passing sleepless night, and paranoia can become a problem.

In some cases, hallucinations and sleep deprivation psychosis can set in – a condition in which you can no longer interpret reality. Recent research suggests psychosis can occur after as little as 24 hours without sleep, effectively mimicking symptoms observed in those with schizophrenia.

## **Sleep Deprivation Decreases Your Immune Function**

Research published in the journal *Sleep* reports that sleep deprivation has the same effect on your immune system as physical stress.

The researchers measured the white blood cell counts in 15 people who stayed awake for 29 hours straight, and found that blood cell counts increased during the sleep deprivation phase. This is the same type of response you typically see when you're sick or stressed.

In a nutshell, whether you're physically stressed, sick, or sleep-deprived, your immune system becomes hyperactive and starts producing white blood cells – your body's first line of defense against foreign invaders like infectious agents. Elevated levels of white blood cells are typically a sign of disease. So your body reacts to sleep deprivation in much the same way it reacts to illness.



Other study findings suggest that deep sleep plays a very special role in strengthening immunological memories of previously encountered pathogens in a way similar to psychological long-term memory retention. When you're well rested, your immune system is able to mount a much faster and more effective response when an antigen is encountered a second time.

When you're sleep-deprived, your body loses much of this rapid response ability. Unfortunately, sleep is one of the most overlooked factors of optimal health in general, and immune function in particular.

## **Sleeping Poorly Raises Your Risk of Type 2 Diabetes**

A number of studies have demonstrated that lack of sleep can play a significant role in insulin resistance and type 2 diabetes. In earlier research, women who slept five hours or less every night were 34 percent more likely to develop diabetes symptoms than women who slept for seven or eight hours each night.

According to research published in the *Annals of Internal Medicine*, after four nights of sleep deprivation (sleep time was only 4.5 hours per night), study participants' insulin sensitivity was 16 percent lower, while their fat cells' insulin sensitivity was 30 percent lower, and rivaled levels seen in those with diabetes or obesity.

Senior author Matthew Brady, Ph.D., an associate professor of Medicine at the University of Chicago, noted that: "This is the equivalent of metabolically aging someone 10 to 20 years just from four nights of partial sleep restriction. Fat cells need sleep, and when they don't get enough sleep, they become metabolically groggy."

Similarly, researchers warn that teenage boys who get too little slow-wave sleep are at increased risk of developing type 2 diabetes. Slow-wave sleep is a sleep stage associated with reduced levels of cortisol (a stress hormone) and reduced inflammation. As reported by MedicineNet.com:

“Boys who lost a greater amount of slow-wave sleep between childhood and the teen years had a higher risk of developing insulin resistance than those whose slow-wave sleep totals remained fairly stable over the years ...

‘On a night following sleep deprivation, we’ll have significantly more slow-wave sleep to compensate for the loss,’ study author Jordan Gaines ... said ... ‘We also know that we lose slow-wave sleep most rapidly during early adolescence. Given the restorative role of slow-wave sleep, we weren’t surprised to find that metabolic and cognitive [mental] processes were affected during this developmental period.’”

## The Many Health Hazards of Sleep Deprivation

Aside from directly impacting your immune function, another explanation for why poor sleep can have such varied detrimental effects on your health is that your circadian system “drives” the rhythms of biological activity at the cellular level. We’ve really only begun to uncover the biological processes that take place during sleep.

For example, during sleep your brain cells shrink by about 60 percent, which allows for more efficient waste removal. This nightly detoxification of your brain appears to be very important for the prevention of dementia and Alzheimer’s disease. Sleep is also intricately tied to important hormone levels, including melatonin, the production of which is disturbed by lack of sleep.

This is extremely problematic, as melatonin inhibits the proliferation of a wide range of cancer cell types, as well as triggers cancer cell apoptosis (self-destruction).

## Natural Insomnia Treatment

from: <http://www.drweil.com/drw/u/ART02004/insomnia>

**Courtesy of Dr. Weil on Healthy Aging, Your Online Guide to the Anti-Inflammatory Diet.**

Insomnia is a relatively common sleeping disorder, affecting about one-third of the adult population worldwide. Around 10 to 20 percent of adults with insomnia experience severe sleeplessness. Insomnia is more common in women, but the quality of sleep often decreases as we age, equally in both women and men. Although so-called insomnia cures are promoted widely, there are no guaranteed insomnia cures. There is, however, much that can be done to improve quality and duration of sleep.

In addition to having problems falling asleep at night, many people with insomnia may feel sleepy during the day, fall asleep during meetings or when they are watching a movie, have problems concentrating and remembering things, and feel irritable. Insomnia can also be marked by waking up frequently during the night and having difficulty falling back to sleep; by waking up too early in the morning; and by feeling unrefreshed following sleep.

During sleep the body produces many important hormones and neurotransmitters, such as human growth hormone (HGH) and serotonin. Researchers are still exploring the long-term health implications of poor sleep, but immune function, memory, mental function and mood can all be affected.

## There are three classifications of insomnia:

1. Transient or short-term insomnia, which occurs infrequently (generally less than once a week).
2. Intermittent insomnia, which comes and goes, usually without a pattern.
3. Chronic insomnia, which is an ongoing problem that occurs most nights and lasts at least a month.

## Causes and Symptoms

Many factors can contribute to insomnia, including stress. Others include:

Exposure to extreme temperature fluctuations or environmental noise

Disruption in sleep/wake patterns due to jet lag, work schedules, or other reasons

Side effects of medications

A change in the surrounding environment

Premenstrual syndrome, menstruation, pregnancy or menopause

For those suffering from chronic insomnia, the causes are usually more complex and result from a combination of factors, which can include:

Depression (the most common cause)

Chronic pain

Arthritis

Kidney disease

Restless leg syndrome

Heart failure

Parkinson's disease

Sleep apnea

Asthma

In addition, there may be some behavioral reasons for chronic insomnia:

Anxiety about not being able to sleep

Drinking alcohol before bedtime

Consuming excessive amounts of caffeine

Smoking cigarettes before bedtime

Excessive napping in the afternoon or evening

Continually disrupted sleep/wake schedule possibly from work schedules or nighttime activities

## **Recommended Lifestyle Changes for Insomnia Treatment**

<https://youtu.be/mSKdvmurnBc>

The following are some of the best possible insomnia remedies:

Establish a consistent bedtime routine. This is one of the most important factors in insomnia treatment and maintaining good sleeping habits. Routines may include taking a warm bath or a relaxing walk in the evening, or practicing meditation/relaxation exercises as part of your regular

nighttime routine.

Try to go to bed at the same time every night, and get up at the same time each morning. This includes weekends.

Get plenty of exercise during the day. Studies have shown that people who are physically active sleep better than those who are sedentary. The more energy you expend during the day, the sleepier you will feel at bedtime. Just be sure not to engage in vigorous exercise too close to bedtime as that can make it more difficult to fall asleep.

Reduce your intake of caffeine, particularly in the evening.

Avoid stimulants like caffeine and limit alcohol. Both, even when consumed early in the day, can affect sleep and inhibit insomnia treatment.

Use your bed only for sleeping and sex. Don't use it to do work or watch TV.

Avoid large meals late in the evening.

If you can't fall asleep within half an hour of going to bed, get up and read or do something calming until you feel sleepy.

Learn and use a relaxation technique regularly. Breathing exercises, meditation and yoga are not insomnia cures, but do lead to a state conducive to sleep.

Use "white noise" devices to block out surrounding environmental noise.

Take a hot bath before bedtime. Try a few drops of relaxing oil of lavender in the water.

Short naps are good. Try to get into the habit of napping for insomnia treatment: ten to twenty minutes in the afternoon, preferably lying down in a darkened room.

Spend some time outdoors as often as you can to get exposure

to bright, natural light. If you are concerned about harmful effects of solar radiation, do it before ten in the morning or after three in the afternoon or use sunscreen.

Try to give yourself some time – up to an hour – in dim light before you go to sleep at night. Lower the lighting in your house and bedroom and if other members of the household object, wear sunglasses.

The two best natural sleep aids are valerian and melatonin. Valerian is a sedative herb, used for centuries. You can find standardized extracts in health food stores and pharmacies. Take one to two capsules a half hour before bedtime. Melatonin is a hormone that regulates the wake/sleep cycle and other daily biorhythms. Try sublingual tablets (to be placed under the tongue and allowed to dissolve); take 2.5 mg at bedtime as an occasional dose, making sure that your bedroom is completely dark. A much lower dose, 0.25 to 0.3 mg, is more effective for regular use.

Don't obsess about not sleeping. Not surprisingly, studies have shown that individuals who worry about falling asleep have greater trouble dropping off. It may help to remind yourself that while sleeplessness is troublesome, it isn't life-threatening and there are insomnia remedies.

## **Top 20 Ways to Fall Asleep Fast! Contribution of Dr. AXE**

<https://youtu.be/ixscQ3t1oJY>

According to: <http://draxe.com/cant-sleep/>

### **1. Set the right temperature.**

A too-warm room makes you sweaty, while super cold temps leave you shivering. Opt for a range between 60 and 73 degrees F. A

slightly chilly temperature helps decrease your body's internal thermometer, initiating sleepiness and ensuring you stay comfortable throughout the night.

## 2. Set the mood.

Dim the lights at least 30 minutes before bedtime. Turn off extra noises, lights and distractions. Turn on a fan, white noise machine, calming instrumental music or use earplugs to adjust your environment to be the most comfortable to you. Try to make this a routine to tell your body it's time to sleep and help it ease into a peaceful night's rest.

## 3. Use essential oils.

Incorporating essential oils, or aromatherapy, into your nightly routine is a safe, natural and therapeutic way to encourage your body to wind down. I especially love using lavender essential oil and roman chamomile oil to get me in a drowsy mood on those nights I can't sleep.

I recommend diluting the pure oil with a carrier oil like almond or coconut oils and then spritzing on your pillow or rubbing on your neck. Or add just a few drops to an essential oils diffuser to fill the room with a relaxing scent. Learn more about the power of essential oils and diluting them in my essential oils guide.

## 4. Unwind your mind.

Settle into bed with a good novel or a spiritual growth book a half hour or so before bedtime. This practice gives your body a chance to unwind instead of forcing it to try and head straight to sleep. But steer clear of thrillers or other brain-jarring reads – you want to lull yourself to bed, not stay awake with a page turner!



## **5. Skip late night sugar and simple carbs.**

Avoid eating sugary sweets, chocolate, simple carbs, juice or high-glycemic fruit just before bed, as it can spike blood sugar, boost your energy and you can wake up feeling hungry. Instead, try a little bit of protein with vegetables or a small amount of complex carbohydrates with protein, which can boost melatonin and help you fall asleep fast!

Some people can tolerate some fruit before bed, but make your snack with a combination of melatonin-forming foods and protein so you don't wake up in the middle of the night. Some good bedtime snacks are:

half a banana with almond butter on a slice of sprouted grain bread

hummus with carrots, cucumber or celery

apple chips and sunflower butter

a small handful of cashews, 1/4 cup dried fruit with some seed-based crackers

## **6. Keep electronics out of bed.**

Watching television in bed and answering late-night work emails trick your brain into thinking that your bed is just another spot to get things done and not the place to settle down after a long day. Watch your evening programs in the living room, and keep that space sacred by eliminating electronics.

## **7. Maintain a regular sleep schedule.**

Keep your circadian rhythm in check by adhering to a regular sleep schedule as much as possible – yes, even on weekends! As your body becomes used to getting into bed and waking up at

the same hours, you'll find it becomes easier to fall asleep and wake up naturally. Aim for an average of eight hours of quality sleep a night.

## **8. Limit caffeine after 12 p.m.**

Did you know caffeine's effects can last up to 12 hours? If you can't sleep at night, your mid-afternoon cup of joe might be to blame. Try an alternative, caffeine-free drink for a daytime jolt instead. I love this Cilantro Ginger Smoothie. Filled with refreshing cucumber and ginger, it'll give you a boost of energy without the sleep-depriving effects of caffeine.

## **9. Work out in the morning.**

That rush of endorphins you feel after a solid workout is awesome – until it's the reason you can't sleep at night. Try shifting your workout schedule to the mornings. You'll feel great having completed your exercise session bright and early, and it'll be easier to unwind at night.

## **10. Journal before bed.**

Oftentimes, it's our own thoughts preventing us from falling asleep. Instead of running through situations or problems in your mind after lights out, try journaling before bed. It's a therapeutic way to address what might be troubling you and chronicle your day before drifting to sleep.

## **11. Eat melatonin foods and melatonin-producing foods.**

Melatonin is one of the major keys to a natural, healthy sleep cycle. So eating a combination of certain fruits and carbohydrates that support melatonin or contain tryptophan, which contributes to melatonin production, will help you sleep and stay asleep.

I don't recommend having a heavy meal right before bed or eating a large amount of sugary fruits, but include these items during your dinner or an hour before bed as an evening snack, to increase your melatonin production and ensure a sound sleep.

Melatonin-rich foods:

Bananas

Morello cherries

Porridge oats

Rice

Ginger

Barley

Tomatoes

Radishes

Red wine

"Foods that contain tryptophan can also be eaten in the evening as these help induce production of serotonin, which is required to make melatonin"

Grass-fed dairy products

Nuts

Fish, chicken, turkey

Sprouted grains

Beans and pulses

Rice (black, brown or red rice are the best)

Eggs

Sesame seeds

Sunflower seeds

NOTE: Most people notice a better sleep when they combine 15-20 grams of carbohydrates in their evening snacks; however, some people do better without carbohydrates later at night. So, listen to your body. If snacking late doesn't sound good, then just incorporate these foods into your dinner.

## **12. Add magnesium food or supplements.**

A magnesium deficiency can lead to sleepless nights. While there are plenty of magnesium-rich foods you can eat naturally, adding a supplement can help jump-start your levels and help you sleep better. In fact, one study in the Journal of Research in Medical Sciences found that magnesium supplements improved insomnia and sleep efficiency. Opt for 500 milligrams daily.

## **13. Don't count sheep.**

If you find yourself having trouble going to sleep for over 20 minutes, and you still feel restless, don't just lay there trying to force yourself to sleep. It's better to get up and do something else for a few minutes, rather than lay there worrying about the clock. Again, avoid technology, watching TV or doing any work, but try reading a book, journaling or any lower light activity.

## **14. Get some sunshine.**

Starting your day with natural light exposure helps reset your biological clock. It also balances your body's melatonin and cortisol levels. Try going for an early morning walk or leaving the office during your lunch hour to get your dose of sunshine.

## **15. Relax with a detox bath.**

Instead of taking a rushed shower, try a Detox Bath instead. It'll help relieve your body of toxins, release the power of essential oils, and soothe both your body and brain. The lavender bath is my favorite to bring the body into balance and help it feel relaxed.

## **16. Sip on chamomile tea**

If you're the type who likes curling up with a warm beverage after dinner, cozy up to a mug of chamomile. Not only can sipping on a warm drink before bed make you feel drowsier, the naturally caffeine-free tea has a calming effect on the body.

## **17. Meditate with breathing,**

Take several deep breaths, and let it all out. Let your thoughts rest, and focus on relaxing each part of your body. Then spend a few minutes reflecting on what you're thankful for, praying or just spending some time alone with your thoughts. Always dwell on the positive parts of your day and the bright things you have to look forward to, as it can have a powerful effect on easing your mind into a restful state.

## **18. Use natural sleep supplements.**

If you find yourself facing a chronic lack of sleep, consider natural sleep supplements like valerian, passion flower and melatonin. Often, these are available in a tea or in supplement tablets. These can get you over the hump when you've had several sleepless nights and help your body get some much-needed rest. But these should be used for a limited time only – if you find that minimal sleep has become the norm over several weeks or months, consult your doctor.

## 19. Engage in full-body exercise.

Working larger muscle groups during the day, like your legs or all-over body workouts, helps physically exhaust your body, making it easier to fall asleep. I also love burst training; these short but intense exercises really wear you out. You'll sleep like a baby!

## 20. Invest in a good mattress.

All these strategies are null and void if you're sleeping on an uncomfortable mattress! Your health depends on getting a good night's rest, so you want to be sure your mattress is up for the challenge. Check out my tips to choose the right mattress to ensure great sleep every night.

## Lack of Sleep Means Lack of Weight Loss

According

to: <http://draxe.com/lack-of-sleep-means-lack-of-weight-loss/>

Sleep is one of the most undervalued essential practices in modern society. In 1910, an average night's sleep was 9 hours. By 1975, it was down to 7.5 hours. From 2000 to 2002, polls found that it had fallen to 6.9 hours. Today, many people average just 5-6 hours of sleep per night.

At the same time, obesity rates have doubled! Sleep and the neuroendocrine system are intricately entwined. Chronic lack of sleep is thought to be linked to diabetes, hypertension, obesity and memory loss. Lack of sleep increases blood pressure and the risk of heart disease.

A recent study by the University of Chicago found that cutting sleep from 8 hours to 4 hours a night for less than one week produced physiological changes that resembled the effects of advanced aging and early diabetes.

Those changes happened in less than one week!

The study's participants took 40% longer to regulate their blood-sugar levels after eating and their ability to secrete insulin and respond to it decreased by 30%.

Lack of sleep affects the secretion of thyroid-stimulating hormone and increased levels of the "stress hormone," cortisol.

The study found that recovery occurred and above-average functioning occurred when the subjects slept more than 8 hours a night.

## So how does sleep affect weight?

Sleep affects the release of hormones by the hypothalamic-pituitary axes (HPA) and the autonomic nervous system (ANS). Sleep triggers or inhibits the production or release of various hormones.

Growth hormone is affected by sleep. You can work out for hours, but if you don't get enough sleep your body is not going to turn fat into muscle.

Lack of sleep raises the level of cortisol which triggers the fight-or-flight response. During stress, our body shuts down normal maintenance. It activates fat storage and releases lots of sugar (for instant energy) into the bloodstream. It depletes the body of nutrients and triggers cravings for simple carbohydrates and sugar. Chronic stress promotes insulin resistance.

Leptin and ghrelin are two very important appetite-controlling hormones that are linked to sleep. Leptin suppresses appetite and ghrelin increases it. When people are subjected to sleep loss, leptin levels fall and ghrelin levels rise. Even when they received plenty of nutrition, people that didn't get adequate sleep were compelled to eat more. Because leptin

levels were low, their brains just didn't get the message that they were satiated—instead they just kept getting the message: “Hungry! Eat!” When deprived of sleep, study participant's desire for high-carbohydrate and calorie-dense foods increased by 45%.

A joint study conducted by Stanford University and the University of Wisconsin measured leptin and ghrelin levels, body fat and sleep amounts in 1000 people. They found that those who slept less than 8 hours a night had low leptin levels, high ghrelin levels and higher levels of body fat. The participants that slept the fewest hours a night weighed the most.

snoozing alarm clock Another study, presented at the 2006 American Thoracic Society International Conference, came up with some confounding information. 70,000 middle-aged women were studied for 16 years.

The study found that:

Women who sleep 5 hours or less weigh more than those that sleep 7 hours.

Women who sleep 5 hours per night are 32% more likely to experience weight gain of 33 pounds or more and 15% more likely to become obese than those that sleep 7 hours.

Women that sleep 6 hours a night are 12% more likely to gain 33 pounds or more and 6% more likely to become obese than those that sleep 7 hours.

What was confounding in this particular study is the fact that the women that slept less did not eat more.

“Prior studies have shown that after just a few days of sleep restriction, the hormones that control appetite cause people to become hungrier, so we thought that women who slept less might eat more,” says the study's leader, Sanjay Patel. “But,



in fact, they ate less. That suggests that appetite and diet are not accounting for the weight gain in women who sleep less.”

[https://youtu.be/eDtss\\_9CooU](https://youtu.be/eDtss_9CooU)

<https://youtu.be/6RfQkn1tJUk>



## Cyxus Blue Light Filter [Anti Eye Glare] Radiation Designer Reading Glasses, Better Sleeping Block UV Safety Classic Oval Plastic Yellow Lens

- Cyxus glasses can block 99% harmful blue light. Great for Computer or Cell Phone Readers
- Help protect your eyes from UV Blue rays, sunlight damage or anti-glare
- You can still enjoy your device from the comfort of your bed and get a restful deeper sleep
- All of our products have been authenticated by the authoritative institutes
- Have a timeless and fashionable look, allow you to enjoy a classic, vintage style



## iLLumiShield – Apple MacBook Air 13” (2013) (HD) Blue Light UV Filter Screen Protector

- This kit features 1x Blue Light screen protectors

compatible with the Apple MacBook Air 13" (2013) along with a set of instructions, installation squeegee, microfiber cleaning cloth and the iLLumiShield lifetime warranty.

- Designed with High Quality PET film imported from Japan that consists of multiple layers. Each layer provides specific functions that allow the Blue Light line of screen protectors to outperform competitor products that use inferior materials and manufacturing processes.
- Blue Light technology deflects harmful blue-violet light & UV away from your eyes while allowing beneficial light to pass through.
- The Anti-bubble silicone resin layer is self-adhesive which allows for an easy dry installation – no more hassle from handling spray solution that could potentially leak into the ports of your device and do damage. For optimal effect, install in a lint-free environment.
- iLLumiShield Blue Light is a highly transparent, smooth and scratch resistant film that prevents bacterial elements, oil, and fingerprints.

# ANTI-RADIATION



## Anti Blue Anti Radiation New Glass Screen Protector for iPhone 6/ 6s Plus Black Tempered Glass Filters EMF and Harmful Radiation and Blue Light

- Anti Blue Anti Radiation Glass Screen Protector For iPhone 6
- Cuts down exposure to human body from cellphone

radiation

- Prevent EMF damage from harmful rays
- Anti Radiation Screen Protector
- Retina dryness prevention



## Premium Orthopedic Bamboo Memory Foam Pillow With Comfort Cooling Gel Technology (Queen Size) By Laniloa – Helps Relieve Neck Pain Improve Sleeping

- Cool and Refreshing To The Touch: Bamboo is 4 degrees cooler than cotton. Cooling gel insert inside.
- Contains breathable cover made of bamboo viscose, inner pillow cover, cool gel insert, and solid core memory foam.
- Don't Be Fooled By Lumpy Shredded Memory Foam Bamboo Pillows. That poke your head while you sleep!
- Instead you want, a Solid Core Memory Foam that conforms and is smooth to your head's shape.
- QUEEN SIZE. Shaped 23.5 \*15 \* 4.5 inches. Perfect for side and stomach sleepers.





**Bamboo Pillow-Hotel Quality Pillow with Stay Cool Bamboo Cover-Fiber Filled in the USA-Hypoallergenic and Dust Mite Resistant-Relieves Snoring, Insomnia, Asthma, Neck Pain, TMJ, and Migraines**

- Filled with Quality Poly Fiber in the USA
- Hypoallergenic & Dust Mite Resistant – Ultimate Luxury For ALL Sleep Positions

- Machine Washable
  - Queen Pillow Measures: 20" x 28" King Pillow Measures: 20" x 36"
- 

# **Synthetic or Animal Hair Makeup Brushes**

**Make-up Brushes**



Let go over a little bit about brushes on week 226. We are sharing a post about the difference between Synthetic and animal hair brushes, how to clean the brushes and their different uses. Here we will share about the common uses, so if we miss a fact please let us know so we can pass it along to our readers, we will give you credit for the contribution>

I personally love using a good brush to apply make up, and as the years in my career go by I notice that my make up peers all have a favorite brush, sponge and even Q-tips that they use for application of products, now the trend is a blender sponge ( I love the blender sponge, you can reuse it so no waste on that) and the tooth brush make up brush, which we will share along in this post in brief words. I have applied make up with so many tools in a pinch to become creative, you can save the day, trust me. So lets go to our post, enjoy and share if you like, thank you ahead of time for subscribing, sharing and liking, we are n deep gratitude, saying this from all of us at Isabel's beauty blog.

## **What is a brush and what are the parts that compose it?**

How well do you know your paintbrushes? Part of any artist's supply cabinet, the paintbrush is a tool that helps you express who you are, In addition to other make up supplies media, it's a staple. The creation of a quality brush involves skills perfected over centuries. Although some of the processes have become automated over time, many aspects of a brush are still manufactured by hand. It is fascinating to

witness the creation of one of my favorite tools. In order to truly understand the paintbrush, it's imperative to have a grasp of its anatomy.



## Hair

The part of the brush that does the painting is commonly divided into three types: natural hair, bristle, and synthetic. The quality of the brush and what the brush is best used for are dependent on hair type, blend, and its construction.

## Natural Hair (animal Hair)

Animal hair, like sable, has a fine tapered point and “flags,” which are similar to split ends. The soft, fine fibers and flags allow the brush to hold more make up, or other mediums, and spread color evenly.

## Bristle

Bristle is a stiffer, coarse, natural hair that often has flagged tips. Bristle is great for for adding texture, heavy-bodied products is ruff for skin I use it painting prosthetics my self.

## Synthetic

Due to production requirements and the high cost of many types of natural hair the industry has moved to, synthetic filaments were created from man-made fibers, such as PBT resin and such, are often referred to as Taklon or Syn-Sable. The diameter of a synthetic filament and the blend of different filaments affects how soft or stiff a brush is and how the brush performs with various media.

There's a whole range of **advanced new synthetic makeup fibers** on the market that are good not just with liquids and cream, but also with powders.

And that news (which isn't super-new) is honestly still new to a lot of folks, because the old conventional wisdom that synthetics are only good with liquid and cream cosmetic products has persisted in many circles. But it's just not true anymore!

DuPont, the American chemical company based in Delaware, which



originally invented Taklon, has invested a lot of R&D in developing a range of newer synthetic fibers such as Natrafil that are good at everything natural fibers are good at doing.

The Japanese company Taiki, one of the leading brush manufacturers in the world, has also worked with DuPont to develop Tafre fiber. That product uses DuPont's Sorona, which contains 37% percent renewable plant-based ingredients – from corn – and extrudes it from machines in a unique way that is more similar to the way hair grows out of skin for a more sophisticated fiber that picks up powder more like natural animal hair.

Very interesting video about the Brush industry

## Hair Blend

The paintbrush lines that incorporate natural hair and synthetic filaments, as well as various blends of these, offer a range of options for artists. Frequently, the standard shapes and sizes in a brush line are made of a similar hair blend. Your chosen medium and the effect you're looking for will determine which brush blend works best for you. This is a description you can get this types of brushes in synthetic without animal hairs.

## Examples of Hair Type and Blend

An **Oval Mop Wave** is a brush with innovative synthetic hair that is crimped to mimic the shape and movement of natural hair. This brush is recommended for softening and blending, decoupage, because it shows minimal brushstrokes great blender love the look it creates.





A **Flat** brush has a blend of different size synthetic filaments that allows for even paint distribution and flow throughout the bristles I like flat brushes with an oval edge great for around the nose and edging in general I even correct boobos at the edge of the lip and love it for concealer details,I use this type of brush a lot is a great blender.



The **Lunar** brush is comprised of a 50/50 blend of stiff bristles and synthetic hair. This blend allows the make up to settle on the outside of the hair, while at the same time distributing the make up evenly throughout the bristles for textured effects another one that it can be used for fantasy

and effects make up.



BubblyMichelle

SAMSUNG CAMERA PICTURES

The **Round Blender** has soft, natural hair that makes this brush great for techniques that require a light, feathery touch.



# Handle and Ferrule



The **handle** of a paintbrush is frequently made of wood, and several brush lines use environmentally conscious coatings on the wood. Brushes with short handles allow you to get in close for detail work. For that and their handle balance, short-handle brushes are my preference they are easy to store and to travel with ( I like thin handles due to the fact that I can store more brushes in my holder too. Handle balance involves the thickness of the handle in the mid-section and how it tapers to a point, making the brush comfortable in the hand.

The **ferrule** is the metal band that connects the brush head to the handle and is usually glued on both ends and crimped near the handle. A good quality is very important I preferred synthetic and titanium they don't corrode and don't contain NICKLE witch is toxic to our health.( here is were bacteria can accumulate when the brushes get washed with soap and water as I have witnessed before) make sure that they get dry before you store the brushes to prevent mold and accumulation of bacteria, I clean mine with 99% alcohol for over 40 years and

they are in great shape.

This is a great site to learn about brushes and where to purchase <https://www.lab2beauty.com/t-brush-anatomy.aspx>



## Makeup Brush Buying Guide

### Shapes and uses :

These are just what the common denominator is you can use any brush however you feel like the end product is the focus here. Your tools are of your choice and like. Everyone is different in their needs and form of application so here we are sharing information from many sources ,you can choose what accommodates your need.



## Makeup Brushes



EYELINER







## AIR BRUSH

- No 104 ESSENTIAL BRONZER**
- No 127 MEGA POWDER**
- No 108 POWDER WAND**
- No 110 BUFFING FOUNDATION**
- No 101 BLURRING FOUNDATION**
- No 115 COMPLEXION PERFECTION**
- No 106 OMGI FOUNDATION**
- No 119 ALL-OVER SHADOW**
- No 107 BLENDING SHADOW**
- No 104 PRECISION SMUDGER**

**Click the image to enlarge**





Click Image to enlarge



**F71 XL FAN BRUSH FOR FACE & BODY**

Designed for contouring and enhancing the face and body, this natural, sable hair brush has wonderfully soft and pliable bristles. Use this brush as a highlighter to draw attention to your cheekbones and neckline, or as a bronzer to define and enhance the natural structure of your face and body.

**F12 LIQUID FOUNDATION BUFFER BRUSH**

This specially designed brush is made with a blend of sable hair and microfibers. The sable hair bristles hold color while the soft microfibers erase any strokes that a brush may leave behind, providing you with a beautiful, flawless finish. Use this brush only with liquid or cream foundation.

**F14 MEDIUM POWDER BRUSH**

Designed for the precise application of loose and/or pressed powders. Create full or sheer coverage with this powder brush that doubles as the perfect brush for final touch-ups.

**F10 OVAL LIQUID FOUNDATION BRUSH**

This specially designed brush is made with a blend of sable hair and microfibers. The sable hair bristles hold color while the soft microfibers erase any strokes that a brush may leave behind, providing you with a beautiful, flawless finish.

**M33 MINERAL POWDER BRUSH**

Made with ultrafine microfibers that resist mineral powder build-up, this brush is perfect for applying mineral powder. Use this brush to get sheer or full coverage with mineral powder or liquid foundation for a flawless, radiant finish. Apply in a circular motion with light pressure for best results.

**F19 SLANTED CONTOUR BRUSH**

Designed for creating the perfect contour, this soft, slanted brush is perfect for use with foundation, bronzer and/or blush. Use this brush to even out your complexion or remove excess color. Apply in a circular motion with light pressure for best results.

**F17 BUFFED BRONZER BRUSH**

Designed for the precise application of cream and/or powder bronzer. The flat tip of this brush allows for incredible control as color is buffed onto the skin for a flawless, glowing finish.

**F13 ROUNDED FOUNDATION BRUSH**

Designed for the precise application of cream and/or liquid foundation. This long-lasting brush is made with a rounded tip that's perfect for creating flawless brush strokes. Use this brush in a circular motion for a lovely, smooth finish.

**F11 FOUNDATION BRUSH**

Designed for the precise application of cream and/or liquid foundation. This long-lasting brush remains durable after multiple washes with brush cleaner or soap.

**F22 SLANTED FINISHING BRUSH**

Designed for adding touch-ups to your makeup look for flawless results. Use this soft, slanted brush to even out your complexion or remove excess color. Apply in a circular motion with light pressure for best results.

**M32 MINERAL BRONZE BUFFER BRUSH**

Made with ultrafine microfibers that resist mineral powder build-up, this brush is perfect for the precise application of mineral bronzer. Use this buffer brush to contour and define the structure of your face.

**M21 MINERAL BLUSH BRUSH**

Made with ultrafine microfibers that resist mineral powder build-up, this brush is perfect for the precise application of mineral blush. Use this brush to contour and define the structure of your face. Apply in a circular motion with light pressure for best results.

**E11 EYESHADOW BRUSH**

Designed for the precise application of shimmer and/or matte eyeshadows. Use this brush to apply wet or dry eyeshadow for a dramatic or natural effect. This brush is also perfect for applying eyeshadow primers and bases.

THE SIGNATURE COLLECTION

BRUSH SET

24 PC Studio Quality with Leatherette

**E20 SLANTED EYESHADOW BRUSH**

Designed for blending eyeshadow color and finishing touch-ups. This slanted, multipurpose eyeshadow brush is perfect for adding definition to the eye crease or highlighting the inner corners of the eye.

**E12 EYESHADOW BRUSH**

Designed for the precise application of matte and/or shimmery eyeshadows all over the lid.

**E17 EYESHADOW BUFFER BRUSH**

Designed for creating flawless eyeshadow effects, this buffer brush is perfect for blending and buffing color along the crease of the eye. Use in a circular motion for best effect.

**F21 BLENDING BRUSH**

Designed for blending and intensifying eyeshadow color, this unique and spectacular brush will transform your eyeshadow look. You can also use the brush in a circular motion to lift and soften color.

**E25 SLANTED EYELINER BRUSH**

Designed for the precise application of cream, liquid and/or gel eyeliner, use this slanted eyeliner brush to create unique eyeliner looks on the outer or inner lash line.

**E19 CONTOURING EYESHADOW BRUSH**

Designed for the precise application of color in the eye crease area for a more defined look. May also be used to blend color in to the lower and upper lash line.

**F70 CONCEALER BRUSH**

Designed for the precise application of cream or liquid concealers and color correctors. The flat, rounded tip of this brush allows you to dab and blend concealer into the skin for a flawless finish.

**E18 CREAM EYESHADOW BRUSH**

Designed for the precise application of cream or gel eyeshadows, this flat, rounded tip is also perfect for applying eyeshadow primers and bases.

**E15 EYELINER BRUSH**

Designed for the precise application of cream, liquid and/or gel eyeliner, use the extra fine tip on this brush to create thin or wide eyeliner looks on the outer or inner lash line.

**B13 BROW BRUSH**

Designed for the precise application of eyebrow waxes, powders and gels for a defined brow. Sturdy and flexible, this microfiber brush will help you create beautiful, defined eyebrows.

**B14 SPOOLIE**

Designed for softening your brows and separating your lashes, the eyebrow spoolie is the perfect companion to your eyebrow routine. Use one side to smooth and de-clump your eyelashes after applying mascara. Use the other to touch up your eyebrows for a defined, natural brow.

Makeup brushes fall into two categories: ones made with animal hair and ones made with synthetic bristles. Today's synthetics are actually **better** to us than animal-hair brushes, for many reasons. While the feel of a high-quality synthetic brush may be similar to an animal-hair one, there are actually many differences between the two.

1. Synthetic brushes made of nylon or polyester filaments are less likely to become damaged by the makeup itself or products you might use to clean your brushes they dry really fast when you clean them, aside from not holding bacteria like animal hair brushes.
2. Synthetic brushes are easier to keep clean because they don't absorb the makeup pigment like animal hair does especially after continuous cleansing, animal hair opens up the cuticle of the hairs. This means less cleaning and wear-and-tear on the Synthetic brushes.
3. Synthetic brushes are better for creating a soft, layered look they spread make up more evenly without over rubbing.
4. Some people are sensitive or allergic to the animal hair that some brushes are made from, including squirrel, mink, sable and horse hair. Synthetic brushes are better suited for people with those sensitivities.
5. Synthetic is a great brush option for you if you are vegan and vegetarian or choose not to use brushes made with animal hair.
6. Benefits: Synthetic brushes are unique in that the bristles naturally gravitate toward each other, allowing for more precise, smooth and streak-free application. Because of the hairs' precise properties, they are great for angled, sharply cut brushes.
7. Synthetic hair is great for cream and liquid products – including foundation, cream blush, gel liner and

concealer. It is able to not absorb so much of the product and apply a smooth finish onto the skin without much streaking.

8. For any cream and liquid product including lipsticks.
9. Unlike natural brushes, synthetic brushes don't "trap" and absorb makeup between bristles, which means that you'll use less product than you would with fluffier natural brushes. Synthetic brushes tend to be flatter and smoother than natural bristles, which makes them ideal for precision.

## Face Brushes

- Foundation brush – long, flat bristles and tapered tip
- Powder brush – fluffy bristles; soft, full and rounded
- Fan brush – similar to a fan painting brush, used for light touches
- Blush brush – fine bristles and rounded head
- Concealer brush – soft and flat with a pointed tip and a wide base
- Kabuki brush brush – very thick and rounded with a short handle
- Duo fiber multipurpose brush – flat, circular and feathery head
- Mineral powder brush – thick and rounded
- Face Contour Brush – Slanted and rounded for cheekbones
- Face Sponge – Varied Shape, Sponge Texture

## Eyes

- Eyeshadow brushes
  - *basic eyeshadow brush*
  - *crease brush*

- *lid brush*
- *contour brush/blending brush*
- **Angle eyeshadow brush** – small, soft and rounded angled tip
- **Eye liner brush** – very thin and fine with soft bristles
- **Blending eyeshadow brush** – long with a round head
- **Smudge brush** – flat and soft
- Mascara (usually comes with the mascara) or you can purchase the disposable mascara wand your using it in different people.
- **eyebrow brush** – long, thin with tougher bristles ( like a thin toothbrush)
- **Slanted Eyebrow Definer Brush** – Stiff and Angeled
- **Spiral brush** for use to comb on any shot small hair and to apply color

## Lips

- **Lipstick brush** – fine, soft and tapered
- **Lip gloss brush** (usually comes with the lip gloss)

Here are some sites to find out about animal cruelty is no joke we don't wish to participate in hurting animals for products that can easily be replaced with excellent performance products that are non animal cruelty.

Are the animals harmed when they give up this hair? If we have common sense that is a given. According to [caringconsumer.com](http://caringconsumer.com), mink and sable brushes often use hair obtained from the [fur industry](#), which is known for trapping and killing animals for their pelts, often by gassing or electrocuting to avoid damaging the hair. Horse hair commonly comes from horses slaughtered for meat, goats are shorn like sheep (and may suffer cuts and other injuries) we won't place the photos we have, they are horrific!! Squirrels are hunted or trapped,

breaking legs and for most part damaged to death!!!. Some manufacturers obtain their hair supplies from other countries,( like China) where animal welfare regulations are either lax or nonexistent, I lived in China and there was no regards for animals in general.

“Companies that claim that they are cruelty free,” says Peggy Hannaman-Jones, founder of the [Branded J Collection](#), “claiming they are shaving the animals and using shed hair from animals are deceiving themselves and others. It is simply not true! All hair is bought through fur farmers all over the world.” We are definitely not interested in participating on hurting anything, Period!!

Lets talk about the Oval brush

Matthew Waitesmith the former senior vice president at MAC Cosmetics reinvented the tools not just for professionals, but for novices, too. Apparently MAC had introduced these type some years ago but they are getting super popular now because They blend products super fast and easy not to mention extremely well and the important thing for me is that uses very little product so you save all the way around, the only part for me is the Palette, where you are supposed to place product to avoid cross-contaminating. You throw away the pads, not really for me, too much waste and not much benefit. An expensive, wasteful gadget to me.

These brushes claim to provide **uniform application** with dense, microscopically small and soft fibers which is absolutely true. They really are amazing blenders.

It provides **superior blending** with ultra fine tip which blends on a microscopic level, creating patterns so small they are imperceptible with the naked eye and provides a very gentle feel during application of makeup. Great for mature skin, they are super gentle and get in very small little creases.

It provides **efficient use of product** with uniform surface area of each CosmeFibre which helps pickup and lay down product

without holding on to it. CosmeFibre is made with a proprietary material that has some shape memory which **retains shape better** than conventional animal hairs and it doesn't change your brush shape at all. Be conscious of the cleansing and how hard you push on them, they are not invincible.

**Versatile** brushes which help the fibre perform well with powders, liquids or emollient-based products.

To **helps avoid sensitivities**, CosmeFibre provides an excellent animal-free alternative to conventional animal hair makeup brushes. All Artis brushes are 100% **Animal-Free!!!! yeah.**

The CosmeFibre is made using a high tech manufacturing process that produces **completely consistent fibres** and is shaped and refined by hand into fibre bundles. Each brush is hand-assembled to create the artisan-quality Artis Brush.

These brushes are **chemically resistant** which resist excess water, alcohol, acids, detergent. Artis brushes won't degrade from brush cleaning formulas. I clean mine with 99% Alcohol and the look brand new

These are also **UV resistant** and brushes won't degrade due to sun or light exposure.

**Modern construction** and provides **comfortable fit** for holding the brush. The fibre alignment and the tilted handle aid in **simplifying application** and blending to one's own face.

High tech resins, metallized plating, and durable monofilaments are used to help make the brush more dependable and **durable** over its lifetime of use.

All in all I absolutely love them.



<http://features.peta.org/cruelty-free-company-search/index.asp>  
x

<http://www.crueltyfreekitty.com/ultimate-guide-to-cruelty-free-makeup/>

from: <http://mybrushbetty.com/modernsyntheticmakeupbrushes/>

Synthetic makeup brushes are made of synthetic bristles. Sometimes they are dyed to look like natural brushes – to a dark cream or brown color – but they can also look like white or beige artificial hairs. They can be quite as soft as animal hair brushes, but they're much less expensive and come in many styles and brands. Plus, they're also much easier to to upkeep and don't shed as animal hair ones.

Brands like Real Techniques, Urban Decay, Too Faced, and EcoTools make exclusively synthetic brushes, and some even have cruelty-free, sustainable objectives. [On the EcoTools website](#), they make it clear that their brushes “are beautiful and show respect for the earth.” Lets keep the earth and animals unharmed there is no need to do anything that can cause pain or destruction.

Today's synthetic makeup brushes are not your grandma's stiff nylon bristles from the old days. So if you only know the name “Taklon,” it's time to expand your beauty knowledge . Today's modern synthetic fibers, such as Tafre and Natrafil, offer excellent “pickup and payoff” of powder makeup, in addition to liquids and creams selection on brushes .

For decades now, the conventional wisdom in makeup application is that you should use a synthetic makeup brush when applying liquid or cream makeup products and a real natural animal hair



brush for powder and blending applications.

Usually, this advice is even attached to explanations that sound perfectly reasonable, such as the (true!) fact synthetic brushes are more hygienic for applying foundation to clean, bare skin.

But the real reason for this longstanding advice – which has become severely outdated in just the last 5 years – is that traditional synthetic brushes have never been very good at picking up powder compared to brushes made with real animal hair.

BrushCutawayThat's because the cuticle of real animal hair is covered in dead cells that form scales, which are layered along the hair shaft in specific shingle patterns. Sometimes these scale layers can run 12 layers deep, too, providing lots of nooks and crannies that serve as little scoops to pick up powder makeup particles and ultimately deposit them on skin.

Each animal, in fact, has a different shingle pattern that offers unique characteristics in picking up and depositing makeup, as described in these forensic FBI files. This document from Silver Brush in Windsor, NJ, explains the differences between many animal hair variations when it comes to applying paint. And this this catalog from Crown Brush explains many of the differences when it comes to makeup application.

To date, goat remains the most popular makeup brush toe on the market. But pony, squirrel, badger, boar and sable have remained popular in some circles for their unique cuticle qualities. In fact, Kolinky Sable brushes are highly cherished by makeup artists as well as painters, because of their ability to achieve the finest of point shapes.

# The Trouble With Animal Hair – The Animals!

Beginning in 2013, however, US federal authorities began seizing shipments of Kolinsky hair brushes because of the Convention on International Trade in Endangered Species of Wild Fauna and Flora to protect more than 35,000 species of animals and plants. PETA explains in this article that many of these animals are killed for their hair alone.

So, as you can see, using real animal hair brushes in makeup brushes has gotten, well, pretty complicated from an ethical standpoint and pretty expensive when you consider an animal must be caught or raised, slaughtered, skinned and then the hair has to be cleaned and sorted into different grades.

And to be honest, it's never been the most hygienic option because those layers of scales that create the cuticle can trap all sorts of dirt and oil and are a popular breeding ground for bacteria.

Aside from allergies to animal hair – and many women have them – there are many other issues that come with using animal hair in brushes.

Most cosmetics brands today only want to use animal hair in brushes if the animal was not killed specifically for their hair. Because that would, obviously, be cruel. And when you're applying pretty pink blush and lipstick, very few people also want to think of dead animals. In fact, squirrel brushes (which set the softness standard) have pretty much been eliminated from the landscape because of a widespread industry practice to stop killing them for their hair alone.

DuPont has been a continued leader in developing synthetic makeup brush fibers that outperform the fibers of the past. From nylon and Taklon to more modern cosmetic brush fibers, such as Natrafil and Sorona, which is used to make Tafre, today.

## Replacing all natural hair... ...without losing in performance



### Sable / kolinsky

High stiffness, high  
pick up and release,  
straight hair

### Squirrel

Fluffy and very fine hair  
High softness  
Low loading



### Goat

Medium stiffness, high  
pick up and release,  
high bushiness,  
large diameter



### Pony

High softness, thin hair,  
medium crimp  
medium  
pick up



DuPont<sup>™</sup>  
**natrafil**<sup>™</sup>  
Feels and performs  
like natural hair



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But if the animal was, say, slaughtered for its meat – goat is the most widely consumed meat in the world – and the hair was a byproduct of food consumption, the beauty industry has mostly still been okay with that.

Sometimes, an animal need not be killed at all for its hair, although it's often more expensive to acquire animal hair humanely. When Wayne Goss says his brushes were made with natural goat hair "gathered humanely," it certainly raises more questions than it might answer for some, like, precisely how was it gathered humanely?

Then, once the brush makers have the animal hair, there are also issues with the quality – or grade of the hair – and the consistency of its color, among other factors. When a brush maker is making a huge product line of brushes for, say, the Estee Lauder brand, where all the brush hair needs to be consistent, these issues can be significant. That's why a lot of brush hair is still dyed, which you can see color bleeding from your brushes after washing sometimes.

What's more, natural hair also has to be well cleaned and sanitized because all those little scales along the cuticle trap dirt and bacteria.

So ultimately, real animal hair can be unethical, expensive and problematic.

## **Early Synthetic Fibers**

Because of these challenges with real animal hair, a lot of makeup brush manufacturers and their suppliers have been hard at work developing more sophisticated synthetic makeup brushes that behave as good or better than real animal hair or older model synthetic fibers.

The earliest synthetic makeup brushes on the market were straight up nylon and were stiff, flat fibers with a totally

flat – microscopically speaking – surface structure. That's why powder products really don't stick to them; the powder literally slides off.

If you've ever tried to apply a dark eyeshadow with a synthetic brush, you are likely familiar with what a fallout disaster can look like.

Taklon, just like nylon, was originally developed by DuPont, the American chemical company based in Delaware. Taklon is made out of thermoplastic polyester – sometimes referred to as PBT, which stands for polybutylene terephthalate – to mimic the characteristics of natural sable. It is a bit softer than the earliest nylon brushes and a touch better at picking up powder than nylon, but not by much.

Taklon also has a tapered point, and sometimes Taklon, whose rights are now owned by the Toray Chemical Co. of Osaka, Japan, is generically referred to as “tipped polyester.” real-techniques

You can still find plenty of cheap nylon and Taklon brushes on the market today, and some brush manufacturers have gotten pretty clever to try to get them to work better with powders.

Today, for example, nylon and Taklon are made in a range of sizes, and the diameter affects the stiffness and softness of the brush, with the narrowest diameter fibers being the softest with the most sway.

By mixing together various diameters – or denier – of these early synthetic fibers, or by getting clever with the toe shape, brush makers have been able to enhance the pickup and payoff characteristics of certain synthetic makeup brushes.

Take a look, for example, at the severely raked side of the brush toe on a Real Techniques brush, and you'll see how a clever toe shape, with the end of every strand strategically placed, can improve powder pickup by using the tip, primarily,

to pick the product up.

But the real holy grail in synthetic fibers has been replicating goat hair, the real workhorse fiber of the beauty industry in terms of makeup powders – and, perhaps, enhancing the antibacterial properties of the brush at the same time.

Already familiar with the opportunities of the enormous makeup brush market, DuPont's Filaments group has been hard at work trying to solve these problems.

Around 2010, DuPont launched Natrafil, which takes another polyester fiber and roughs up the surface structure microscopically with some texturizing additives in a complex and patented process, resulting in a structured surface. Just like natural cuticle, this rough microscopic structure helps the fiber pick up powder as well or better than goat or pony hair.

In today's competitive beauty market, however, some brush manufacturers decided to kick it up a notch, too.

These Tafre-fiber makeup brushes from Japanese brush maker Taiki represent some of the most advanced synthetic makeup brush fibers on the market today. They are for discerning customers that need excellent pickup and payoff of makeup products, from liquid and creams to powder.

The Japanese brush maker Taiki, for example, which has a US headquarters in Montvale, NJ, has developed an all-new patented way of making synthetic fiber with an underlying polyester material.

Basically, Taiki uses DuPont's Sorona fiber – which is a "PTT," or poly trimethylene terephthalate – to create a new brand of synthetic fiber, Tafre, that may be the most modern and innovative on the market.

Taiki uses its manufacturing machines to extrude the fiber in

a way that is similar to the way hair grows out of skin on an animal. Which is to say that they twist it and kink it in a patented process that creates a more natural style of fiber. Because they are using DuPont's Sorona, which contains 37% percent renewable plant-based ingredients – from corn – it's also considered a green, environmentally friendly fiber. The creation of PBT fibers relies more on fossil fuels.

Compared to nylon, Sorona production uses 40% less energy and reduces greenhouse gas emissions by 56%. Interestingly, Sorona is also used in residential and commercial carpets, apparel and automotive mats and carpets. It's also highly durable with a high degree of stain resistance!

Matthew Page, Global Segment Leader, for DuPont's Sorona Automotive group, told My Brush Betty in November that Taiki is the only company using Sorona material in a makeup brush today. "It has high performance and durability," he explained, "so we see the cosmetics industry as an attractive opportunity."

The true test of Tafre's value for me was when I tested an eyeshadow Taiki-Tafre brush with some bright blue shadow after I had already applied all my other makeup. I have hooded eyelids so eyeshadow application is always an issue for me, because if brush fiber isn't soft enough, it will tug on my eyelids, causing fallout and misplacing the color. In this fallout test, the brush performed beautifully. The brush was exceptionally soft, so no tugging. And, maybe even more interesting, no waste! I didn't have to see all those pretty (expensive) makeup flakes dusting away or making a mess on my cheeks.

In the end, synthetic brushes today – if you choose the right ones – are great for all types of makeup products, from liquids and creams to powders, and they are also more hygienic, less prone to shedding and fallout and ensure a more consistent brush.



So when you buy that same model of brush that you love a few years from now, chances are better it will be just like the one you're replacing.

## **Synthetic Word Jumble**

Artis-MirrorNow, there are a lot of fancy synthetic fiber names on the market today – and most don't really explain what they are – so it may be difficult to tell if you're getting brush made of Tafre or Taklon. Very few sellers of makeup brushes are transparent about the synthetic material used.

For example, the new Alexis Bittar Liquid Gold brushes at Sephora says they have "Satine" fiber, humm! They say it's "revolutionary" but don't explain what are they made of. Too Faced says its brushes use "Teddy Bear" hair. Again, that comes with no explanation so just marketing names. The innovative new Artis brushes here use "Cosmefibre," which comes with just a tad more explanation, but still not as much as I would like for something I'm using on my face every day.

There's one sure-fire way to get an advanced-synthetic fiber brush: Make sure to test a brush before you buy it by dipping it in some powder to see if it falls off. Just give it a light shake and see what happens. An advanced synthetic will hold onto most of the powder until you actively deposit the powder on your skin.

Most important of all, don't believe the old adage that synthetics are only good for liquid and cream products. That's just not true anymore! you can find amazing synthetic brushes that do a great job, we refuse to compromise the safety of animals.

## CRUELTY-FREE MAKEUP BRUSHES: SYNTHETIC OR NATURAL?

Is pretty simple for us if it means hurting a anything in the process of creating a tool we don't want to use it, period is no need at all, that is conscious KARMA and nature is not really in alignment with this behavior.

From:

<http://www.crueltyfreekitty.com/makeup/cruelty-free-makeup-brushes-synthetic-natural/>

When it comes to the topic of cruelty-free makeup brushes, there are even more things to consider. If a cruelty-free company offers brushes made from natural hair, does it mean the brushes are cruelty-free? Does it mean that the company isn't cruelty-free? In this quick guide, I'm going to walk you through all the questions you might have about choosing brushes that are 100% cruelty-free, and share with you my personal opinion on what truly makes a brush animal-friendly.

The term cruelty-free usually strictly refers to animal testing. If a product is cruelty-free, it means that it hasn't been tested on animals at any point of production or afterwards. Cruelty-free does not however take into consideration things like animal ingredients, meaning that a product can still be certified cruelty-free by the Leaping Bunny and contain animal ingredients. This is a controversial subject and it's very subjective where the line between what is and isn't literally "cruelty-free" can be drawn, but for the sake of clarity: cruelty-free refers to the testing methods, while vegan refers to the ingredients.

As you know, most makeup brushes are made from natural bristles of animal hair. Brushes themselves don't have to be tested on animals, and are often sold by makeup brands that are completely cruelty-free in the sense that they abide by a strict no-animal-testing policy and are sometimes even certified. By this standard, it might be logical to conclude that brushes made from natural hair are also cruelty-free, although not vegan. This might sound right, but I disagree with it 100%, and here's why.

Where everyone draws the line when it comes to what is and isn't cruelty-free is sometimes a matter of opinion, and while I have pretty strong convictions given that I'm passionate about living cruelty-free and what it means to me, I also respect most opinions on the subject. And I'll share my personal opinion with you: I believe that no makeup brushes made from animal hair can be cruelty-free. This applies to the vast majority of brushes, especially those that are cheaply-made in places like China. **About 99% of brushes made from natural hair are, in my opinion, obtained from cruel methods that can be just as cruel as animal testing.**

Many companies claim that the hair used in their makeup brushes is obtained through "humane methods" and that the animals only "get a haircut" in the making of those mass-produced brushes. But who are we kidding! Does that sound plausible to you? Even though there's no real way to prove it, it all sounds like sugar-coating to me. Also remember that a lot of brushes use badger hair and squirrel hair, and in those cases, it's safe to assume that those small animals are getting more than just "a haircut". So there you go: **I believe that buying synthetic, or vegan, brushes is the safest way to ensure that your makeup tools are cruelty-free.**

That being said, I still support cruelty-free companies that sell natural hair brushes under their brand, although I will personally not buy or recommend buying their animal hair brushes. Sonia Kashuk is an example that comes to mind: the

company is cruelty-free and their makeup brushes are excellent, but I only choose to buy their synthetic ones. It's a matter of preference, as well as where you personally draw the line. If you're a cruelty-shopper and still buy non-synthetic brushes, I'm not here to preach. After all, the official message of these brands is that their animal hair brushes are, indeed, cruelty-free.

Where do *you* draw the line? Do you avoid all animal ingredients? Are you fine with all animal ingredients, or do you only buy cosmetics that contain some of them, like beeswax, and avoid others? Or like me, do you draw the line at animal hair brushes?

Today, there are more cosmetic companies than ever focused on quality products that are cruelty-free and eco-friendly.

[Aveda](#) offers [brushes](#) with bristles made from taklon (a non-animal fiber) and handles made of 30% natural flax fiber and 70% polypropylene (of which 90% is post-consumer recycled resin), making them not just animal-friendly, but environmentally-friendly as well.



[The Body Shop](#), which does not test its products on animals (neither does its suppliers) or sell brushes made from animal hair, offers good-quality [synthetic brushes](#) in different shapes and sizes for different applications. Whether you're adding a touch of pink to your lips or a soft finish to your forehead, consider the variety of its synthetic brushes available.



From the Body Shop I selected one of my favorites the Eyeshadow Brush item #10611, the brush is a high-quality make up brush even though they sell it as an eyeshadow brush which I use it often for and love, the brush is great for concealer detail and anything else you find a use for, so often people

ask me what brush I use with which products and my answer is always whatever works for you. There are really no rules, companies design brushes to work for different uses and to provide us with bigger selections and more product, to tell you the truth all of us that use brushes on an every day terms, have our favorites that we adopt.

My last bit on this brush, I like that the brush handle bottom is flat and I can place the brush standing up, easy for me to grab and it doesn't get product all over my setup.

**NVEY ECO**, originally from Australia but you can order its products online, offers certified organic makeup products. Along with that the company sells makeup brushes with bristles made of synthetic fibers, not animal hair, and include the world's first compostable makeup brush handle Hummm why would we want to compost our make up brush handles? not sure well intended do. None of the ingredients in the company's products are made from ingredients derived from genetically modified crops, nor does it use mineral or petroleum oils.



[Urban Decay](#) is known for its creative and alternative colors (along with product names like Smog and Acid Rain and Oil Slick), and for its cruelty-free and certified vegan products. Check out its “Good Karma” line of [brushes](#) made from recycled



plastic bottles and aluminum. Now that is Eco friendly reusing products that other way contribute to solution great solution.

In **Urban Decay** brushes I would like to go over a few of them that I have tried lately.

Lets start with Good Karma Optical Blurring brush, (the blurring name is probably referring to blending I assume), The brush is very good at blending. I use it especially with clients that favor mineral make up. For me it is easy to handle and blends very well. It works with cream foundations, liquid foundations, and mineral powder foundations even though it was created for Urban Decay's Naked Skin Weightless Ultra Definition Liquid Foundation.

The brush bristles are amazingly soft, it just glides. Not only do I like the feeling but the idea that it seems very gentle on the skin, which is a concern for me, too much pulling and rubbing can cause IRRITATION! and that combined with products no so good especially for the long term.

# GOOD KARMA BRUSHES

Keep your karma intact without sacrificing performance. Our 11 new brushes are 100% vegan, eco-friendly, and professional quality.

SHOP NOW >

LOOK, MA!  
NO SQUIRREL BUTTS!



The brush is very easy to clean and dries very fast, another great plus for me being that it is synthetic. it is not bacteria friendly and wont cause allergies for people that

have animal hair allergies, not to mention CRUELTY FREE. The brush is medium size with a dome head. Very easy brush to manipulate for chin area, nose area, and eyes if you choose to. And to add another quality that I admire, the fact that it comes in a container to store it, great to keep sanitized .

[EcoTools](#), All materials used in the [EcoTools collection](#) are earth-friendly, and include tree-free paper, a natural hemp blend, recycled plastic lining, as well as non-toxic inks. The brushes are made with recycled aluminum, bamboo, and synthetic bristles.



For more information on synthetic versus animal hair makeup brushes [click here](#)

### **Super Synthetics**

**from:**

**<http://www.peta.org/living/beauty/synthetic-make-brushes/>**

There's no reason to use animal-hair brushes, especially when

there are so many high-quality synthetic brushes available. Check out these companies' luxurious offerings:

- **Circa Brushes**

Carries a line of makeup brushes that use high-quality, hand-cut synthetic hair. Eva Mendes is the creative director for this cruelty-free beauty brand, available exclusively at Walgreens.



- [wet n wild](#) is sending a positive message to cosmetics companies around the world: It dropped all animal hair from its makeup brushes and went vegan!
- [Branded J](#) knows that animal-hair brushes aren't just bad for animals—they're also bad for your skin. Unlike animal-hair brushes, which are loaded with dead skin cells, bacteria, and chemicals that can cause your skin to break out, Branded J's collection of custom-cut taklon brushes is animal-friendly, anti-bacterial, and awesome for applying make-up.
- [The Body Shop](#) knows that if you wouldn't put on makeup using your cat's tail, you don't want to use any other animal part, either—its brushes don't contain animal hair.
- [Ecco Bella Botanicals](#) has a range of non-animal brushes that complement its cruelty-free cosmetics.
- [Paris Presents' EcoTools](#) makeup brushes are made with cruelty-free taklon bristles, sustainable bamboo handles, and other natural and recyclable materials to keep you *and* the Earth looking beautiful. Alicia Silverstone is a celebrity fan of these luxurious-yet-affordable brushes, which can be found in many drugstores.
- For professionals and newbies alike, [It Cosmetics](#) offers a large selection of high-quality brushes to help you apply makeup smoothly and accurately.
- [Garden Botanika](#) brags that its 100 percent taklon brushes are actually softer than those made from fur, allowing more makeup to cling to the brush and providing a smoother application.
- [Origins Natural Resources](#) brushes look and feel like animal hair, but don't worry—they're cruelty-free just like the rest of Origins' personal-care products.
- [Urban Decay](#) Good Karma brushes tickle your face using

synthetic taklon.

- [Aveda](#) brushes are also made of taklon, with a flax-infused, recycled-resin handle. They're animal- and environment-friendly!
- [Nanshy](#) uses only super-soft synthetic hair in its brushes—and its lush vegan brushes are famous for their durability, flexibility, and easy maintenance.
- [Sevi Cosmetics'](#) 100 percent taklon brushes are the perfect complement to its vegan makeup. No cruel animal testing and no creepy animal ingredients!
- [Valana Minerals](#) knows that “[t]here is no need to sacrifice quality or animals in the pursuit of beauty.” Its six luxurious synthetic makeup brushes are perfect for applying Valana's cruelty-free and vegan powder, foundation, blush, bronzer, and eye color.
- [Afterglow](#) luxe professional cosmetics brushes are uniquely designed to provide a beautiful, flawless finish. Handmade of the highest quality taklon, they're super soft and ideal for applying loose mineral makeup evenly.

## Cruelty Free Makeup Brushes

Review – Synthetic Makeup Brushes – Cruelty free – ELF & Eco Tools No Animal Hair from [CrueltyFreeQTs](#)



## Cleaning your brushes

I personally clean my brushes every time I use them . I use individual bags with their brushes and their make up, it is a great way to avoid cross contamination and break outs . One of my mentors taught me to use 99 % alcohol for several reasons, one being that it kills bacteria in contact another is that it dries very quickly so no more bacteria or fungus mold can take to it, The alcohol doesn't damage the brushes at all contrary to what one would believe. I have over 500 brushes and use them for years and they are in perfect shape. The commercial Brush cleaners tend to have scents that can cause allergies, Skin break outs, and contain Petroleum byproducts like oils that get in the Farrell of the Brushes (that is the metal cylinder that holds the hair to the Brush handle ) it doesn't let it dry and bacteria grows there. they are more expensive and a lot less quantity . I get a Gallon of 99 % Alcohol and it lasts me for several months.Is too much risk of contamination to take so have a Brush Cleaning Party with your friends!!!

[Click here](#)

[to find out more about this link](#) 





Party Queen New 10Pcs Elite Oval Tooth Design Makeup Brush Set



2016 New Professional 10 Pcs Soft Oval  
Toothbrush Design Makeup Brush Sets  
Foundation Brushes Cream Contour Powder  
Blush Concealer Brush Makeup Cosmetics  
Tool kit



**KENZIE BEAUTY 10 PCS Oval Makeup Brushes Set**



ABCsell Acrylic Makeup Cosmetic Organizer  
Display Stand For 10pcs Toothbrush  
Foundation Brush RD



U-beauty(TM) Gift For Her New 2016 New Professional 10pcs/set Black Tooth Brush Shape Oval Makeup Foundation Powder Brush Eyeliner Lip Oval Brush Set+15 Colors

# Concealer Palette