

# **Mascara History, Tips, Vegan Recipes, And Tutorials**

## **Mascara and Lashes**







Welcome to our blog, thank you for visiting and the very welcome likes and shares that you do. We truly appreciate it, without you, it would not be a blog.

This week 249 we are sharing lots of tips, history and facts about mascara. In my personal makeup, I can go without many steps but definitely not without mascara. The eyes are such an important part of our expressions and they reflect not only the state of our moods and health but at the same time our deepest inner being. There is a saying that the eyes are the windows to our soul. With that said we will take you into the mascara world, we are sharing the use of it and how mascara came about. It is quite fascinating for us to know the history of products and how they came about it makes the products a collaborative effort just to acknowledge the effort that went into it. Aside from knowing what we are placing on our bodies, thank you for your time and attention.

No eyes are complete without a frame of lashes curled and defined lashes to flutter. For a semi-permanent solution ideal for vacation consider having your lashes color, but for every day there are mascaras to color, thicken, volumize, lengthen, curl or condition. Waterproof formulas withstand rain, tears, and swimming they can be a godsend for wearers of contact lenses. Clear mascara gives a dewy look to natural lashes and can also be used to hold brows in shape.

## History of Mascara

Mascara back dates thousands of years, early examples of those attempts can be found in the archeological digs at several ancient civilizations such as Mesopotamia and Assyria, where dust of ground precious stones were used to decorate women's lips and eyes, but the true revolution of mascara for eye related cosmetic products came from Ancient Egypt.



Egypt society slowly built fashion that integrated not only with their medicine, but at the same time with their religion. Egyptians viewed fashion as a way to honor their beliefs, and majority of population used Facial and body painting on regular basis. Eyelash and eyelid products that appeared there

speaking of the substance called **kohl** it was one of the most widely used cosmetic products in both ancient and modern Middle East, it was made from charcoal or soot, honey, water and strangely enough, from crocodile stool, wow who would have thought!!

## **Kohl and ground up minerals**





# Ancient Egypt Eye Makeup Applicators



They used it to darken eyes, eyelashes, and eyebrows, protect their eyes from harmful dust and microorganisms that were blown by the wind, (we tend to forget that eyelashes are for protection of our eyes) and off course, this substance and accompanying applying ritual was a part of their religion (most often it represented preservation of wearer soul against harmful evil spirits).

# Eye Makeup as a protection in Egypt



In Ancient Egypt, men used to style their lashes just as often as women. They used kohl and ointments to darken the lashes,

which also served as protection for their eyes from the sun's harmful rays. Women also used malachite on their lashes as they believed it worked as an aphrodisiac Hmmm that's a thought!!

After the fall of Rome, Europe fell into dark times, in this era when cosmetics were viewed as vanity items of rich and powerful people. The changed during the reign of English Queen Victoria (1837 – 1901, fashion style continued to live until 1912) cosmetic products and elaborate clothing became an integral part of woman life of mid-class and high social classes. Elaborate beauty routines, complex fashion styles, and public promotion of cosmetic pushed women to spent many hours a day applying makeup on their faces. Mascara represented very important part of every woman cosmetic collection, and illusion of dark and long eyelashes became their obsession.

Victorian women are really into their makeup, and with painters from the Pre-Raphaelite Brotherhood celebrating lovelies with impossibly long lashes, mascara formulations once again abound. Recipes include everything from a blend of ashes and elderberries to lampblack, which is the sticky soot from oil lamps.

It was in 1913 when French chemist and perfumer **Eugène Rimmel** produced the first industrial made non-toxic mascara. This product was far from perfect, messy and inconsistent, never the less it managed to become massively popular across Europe, South America and other continents , where several countries still call mascara products as "**Rimmel**". Worldwide acceptance of mascara came from the mind of **T. L. Williams** who devised very similar packaging and formula as Rimmel, but he managed to market it better and eventually form his company "**Maybelline**" which is even today well known for their mascara he created the first modern day mascara by mixing coal dust and petroleum jelly. Ouch!!!! Toxic right?

Modern mascara gained large popularity only after much promotion and marketing by **Helena Rubinstein** (1870 – 1965). Her influence, and constant promotions by various movie actresses of 1930s, 40s, and 50s made mascara socially acceptable in any situation and an important part of almost every fashion style make over all over the world.

Eyelashes are always about one-third as long as the eye is wide and this is the ideal length for diverting air flow to keep eyes from drying, our main takeaway is that they're just as consequential to our eyes health as they are important for our vanity.

## **The first nontoxic Rimmel Mascara**







Maybelline Cream Mascara



Maybelline Cake Mascara





# Different Mascara Wands





DEFINE &  
LENGTHEN



DIVIDE &  
MULTIPLY



SUPER  
VOLUME



WATER  
PROOF



DOUBLE  
INTENSITY

# MASCARA WANDS 101

**OVERSIZED**  
*Maximum Volume*



**CONE TAPER**  
*Winged Outer*



**CURVED**  
*Fanned-Out Curl*



**BALLED TIP**  
*Detailed Corners*



**MICRO WAND**  
*Tinted & Natural*



**RUBBER SHORTY**  
*Defined Length*



**FLAT COMB**  
*Separated & Dark*







**TIP:** I only use waterproof mascara in a special situation I don't regularly do, because it tends to dry the lashes, it coats them and doesn't let them breathe, aside it is hard to remove and promotes rubbing the delicate skin of the eyes and under the eyes, and irritates the skin by doing that, is best to give a place for that kind of mascara when is an absolute must.

**Color:** Black mascara defines the eyes like nothing else and works with almost any look, but electric blues and deep purples can also be stunning, so don't be afraid to experiment. Dark brown mascara is generally softer and more flattering for mature faces.

**Application:** Whatever formula you choose, here is a foolproof guide to applying mascara:

1. Make sure the wand is not overloaded so that the product is less likely to come into contact with the skin and if you have concerns due to hooded lids is wonderful shields to prevent mascara to stain the skin. Look down and stroke the wand over the top of the upper lashes from roots to tips you can hold the lid gently upward that helps you reach the roots without getting it on the lid. Move along from one corner of the eye to the other until every lash is coated I usually move my eye ball to the opposite corner so I can get in closer.

2. With the eyes wide open, stroke the wand up the upper lashes from underneath, starting at the roots and sweeping up to the tips. Move along as before from one corner to the other until every lash is coated. Repeat, but this time move the wand up the lashes in a zigzag motion to coat the sides of each lash.

3. To add more volume to the roots of the upper lashes, hold the wand vertically and push it directly up into the roots, working your way along from corner to corner.

4. To coat the lower lashes, hold the wand vertically and sweep it from side to side over the lashes, being careful not to let the wand touch your face, it helps to open your mouth and pull your lower jaw down.

**TIP:** I like to use an eye liner brush to coat the roots, that way I prevent my self from touching the skin and at the same time I clean any eye shadow that got in the lashes which will show the mascara as fake and not so natural.

**TIP:** You can purchase or make your own Mascara shield with rice paper and stick it to the skin with your foundation so it doesn't move, it will help you prevent getting it on the skin.

**TIP:** I personally don't use mascara in the lower lashes on every person, only on certain eye shapes, it can have an effect of droopy eye.

**DO** Wipe the brush clean before you first apply a brand new mascara you can do this on the edge of the tube when you are pulling the brush out. That way you get a feel for the brush and how much to load up for maximum effect minimum flick back, that way is no clumps that can transfer to your skin. Clumpy lashes are the result of applying too much product or having moisturizer or any oil on your lashes.

Using a light touch and an eyelash comb or brush used before mascara has dried will help fluff the lashes and remove excess product, you can use a mascara spun to do the trick.

**DON'T** Rely on one mascara to do it all! Consider mascara wardrobing like you do with your clothes – using more than one mascara – you create your desired look to suit your lash needs and overall look. For instance, if you have short, sparse lashes and crave length and volume begin with a lengthening formula and slim brush design to extend lashes followed by a curved or bigger brush combined with a



thickening formula to add volume to upper lashes just customize it to your needs.

**DO** I like to moisten lashes with a clean, wet brush or Qtip prior to applying mascara. I learned that by doing this it allows the mascara to go on more smoothly and evenly. Remember to apply the product starting at the lash base and working outward to the ends of the lashes.

**DON'T Pump** Don't pump the wand in and out of the tube. This action does not coat the wand with more mascara any better and only causes the mascara to dry out faster by introducing air into the container and most likely messing up the brush and coating the entrance of the tube with product, which will prevent closing the tube airtight.

**DO** You can Layer it, usually people apply just one or two coats of mascara to lashes; however, in many cases, you may actually need three or four layers to get the desired look. In the case of short, thin lashes, try mixing mascaras. You can first start by applying a layer of mascara meant to lengthen lashes. Then add a layer of mascara meant for thickening the lash. Try what works for you. It is good to do a bit of research and collect pictures of looks you like and then practice.

**Don't, the answer is a big NO** Add any other products to your mascara in the tub. Somebody once asked me if adding water or moisturizer to extend and thin out the mascara was okay the answers a big NO!!! it will ruin the product and it may not be safe for the eyes.

**Duration of a mascara to be safe** Is best to discard the mascara after 2 or at most 3 months, I personally keep it to one month be the judge if you notice that the mascara is

losing its shine that means it is getting dry and it would not give you the results that you expect. Our lashes are designed to catch bacteria, dirt, and anything that poses a danger to your eyes so usually, the mascara brush brings a few of those invaders into the tube of mascara. The environment inside the tube is wet and dark Hmmm! Great grounds for bacteria and other invaders to proliferate. Using a new mascara is a lot cheaper than an eye infection not to mention the risk and pain.

For safety and hygiene purposes, **NEVER** test mascaras at the cosmetics counter even with the throw away mascara wands, you don't know if people introduce the wand a few times when trying the product before you I personally had a very bad experience by doing this.

For more tips, this is a great site

[http://www.paulaschoice.com/expert-advice/eyes/\\_/makeup-tips-tricks-mascara#dos](http://www.paulaschoice.com/expert-advice/eyes/_/makeup-tips-tricks-mascara#dos)

## Mascara Shields



**DO** Hold your brush like a pro and go vertical as well as horizontal strokes. when you use the tapered end of the brush it allows you to push lashes up for a wide-eyed look.

**DON'T** Is best not to load up to much mascara to lash tips as that make them heavy and result in the dreaded droopy look Place your focus on the roots and pulling the wand through to tips.

## Recipes to make your own Vegan mascara:

Vegan home made mascara

1tsp Candellilla Wax

1.5 tsp Jojoba Oil or Argan Oil

1 tsp Black Iron Oxide

1/4 tsp Zinc Oxide

This will make 5 to 6 pots

Here please make sure that all the utensils that are used to make the mascara are sanitized and the same with the container that you will use to keep the final product is no worth a risk to hurt your eyes otherwise.

## How to make it:

Begin by mixing the black iron oxide and zinc oxide until well blended.

Place a small glass or metal bowl over a pot with water over low heat on the stove, add the wax to it and the oil and let it sit until completely melted do not boil the mixture when it starts to melt mix well.

Add the mixture to your sanitized pots and press down with a piece of cloth like gauze or cheesecloth, you can press it with the back of a spoon. Let the mixture set and dry before

using.

A great way to transfer your finished mixture to the pot is to use a large syringe or a small pastry bag, you can also make a cone by cutting the end of a strong plastic bag, it is a bit messy this way.

Cake mascara is well applied with a spoolie brush or a brow brush.

If for some reason your mixture is runny, add a bit more Iron Oxide until desired consistency, I always like to add more color for certain recipes so you get a fuller and luscious look.

## Creamy Mascara Recipe

### Ingredients

1/2 tsp Carnauba Wax

1/2 tsp Candelilla Wax

1/4 tsp Cocoa Butter

1 tsp Jojoba oil

2 drops of preservative Sodium Benzoate or Potassium Sorbate

1 1/2 tsp pigment color use 2 tsp for pigment with Mica

this mixture makes 6 tubes or more

## Colors

Black use 1 1/2 tsp black Iron Oxide

Brown use 1 1/2 tsp brown Iron Oxide

Black Brown use 1 1/2 tsp black Iron Oxide and 1 tsp brown Iron Oxide

Blue use 1/2 tsp black Iron Oxide and 1 1/2 tsp deep blue mica, you can apply different color micas for desire looks.

## How to make it:

Mix your color pigments together using a coffee grinder or a mortar ( like you are making guacamole) or a ziploc bag.

Place a glass bowl over a pot of water on a low heat on your stove.

Add the waxes, butter, and oil to the bowl and let it sit until melted , do not boil and mix well.

Add the pigments slowly so you don't create lumps, mix well until is a smooth paste, a little whisk works really well.

Add your preservative and mix well

A safe preservative to use that are safe for eyes

is Potassium Sorbate

According

to

<https://blog.honest.com/what-is-potassium-sorbate/#>

## Ingredient: Potassium Sorbate

What it is: Potassium sorbate is a salt of sorbic acid which is naturally found in some fruits (like the berries of mountain ash). The commercial ingredient is synthetically produced creating what is termed a “nature identical” chemical (chemically equivalent to the molecule found in nature).

What it does: Fights bacteria. Most personal care products are made with a lot of water and a variety of nutrients which makes an incredibly hospitable breeding ground for microorganisms. What’s worse – the product might smell and look just fine, but be swarming with bacteria or fungi. Effective preservatives are vital for ensuring safety!

Transfer the mixture to the mascara tubes.

## Vegan Eyelash Conditioner Recipes

from:

<http://www.fashionwithaconscience.org/2012/11/16/how-to-grow-long-eyelashes-naturally/>

Most of us crave full and natural lashes. Though we can’t change the lashes we have from the inside, we can use topical treatments to help them grow healthier and longer. There are a number of different eyelash serums and growth conditioners you can purchase from the store or have prescribed from your dermatologist. They have their benefits and risks so be sure to do your research or talk with your dermatologist to see which product would suit you best. There are a number of different natural remedies to create your own homemade eyelash conditioners. Results will not come overnight but over a

period of weeks—possibly months—so be prepared for a slow process. Take a break from mascara and curling your lashes once in a while to give them a break from all the lash stress. Give these natural eyelash conditioners recipes a try to achieve longer, thicker, and fuller lashes!

## Coconut Oil Eyelash Conditioner

Ingredients:

- Coconut Oil
- Extra Virgin Olive Oil
- Vitamin E Oil or capsules
- Small clean container
- Disposable mascara wands or cotton swabs

Pour equal parts of each oils into a small container. Note that coconut oil is solid at room temperature but melts when warmed or mixed with other oils. Dip your mascara wand or cotton swab into the mixture, remove the excess and apply it to the root of your lashes twice a day. Make sure to use the conditioner on clean lashes.

Avoid using your fingers to apply the conditioners to your lashes because they can transfer bacteria into the mixture and also absorb the oils. Mascara wands and cotton swabs are precise and insure that every one of your lashes benefit from the goodness of your homemade eyelash conditioners.

Try one of these recipes and let me know how you are liking them. Also, if you have your own recipes please share them with us so we can all grow beautiful, long, voluminous lashes.

## Vitamin E Eyelash Conditioner

from: <http://www.beautylish.com/a/vmyvn/diy-lash-conditioner>



#### Ingredients:

- 1 Vitamin E oil or capsules
- 2 Small container or plate
- 3 Cotton Swabs

You can use vitamin E capsules or vials of oil to use as an eyelash conditioner. Squeeze or add a few drops of vitamin E oil into your clean container or plate, making sure not to touch the oil with your fingertips. Dab the cotton swab in the oil and sweep the swab across clean eyelashes from root to tip on both sides of lashes, twice a day (typically in the morning before makeup application and before you go to bed).

## Longer Lash Conditioning Serum

from: <http://hellonatural.co/eyelash-conditioning-serum>

#### Ingredients:

- 2 tablespoons castor oil
- 2 tablespoons 100 percent aloe vera gel
- Jar with lid
- Q-tips or clean mascara wand

#### Instructions

- 1 Combine castor oil and aloe vera in a small container with lid.
- 2 Shake to combine before each use.
- 3 Apply nightly to lashes with Q-tip or mascara wand.
- 4 Do not rinse.

**For more information watch the videos below:**

<https://youtu.be/xJ0Ig6qx-JU>



## Chantecaille Supreme Cils Mascara



CLE DE PEAU The Mascara



## Youngblood Outrageous Lashes Mineral Lengthening Mascara

Youngblood Outrageous Lashes Mineral Lengthening Mascara nourishes and volumes the lashes while increasing length and definition to get you noticeably gorgeous lashes. The long-wearing, non-flaky, smudge-proof formula is everything you want in a mascara.

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**Thanksgiving what it really  
means?**

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means?**



On this week 248 This post is about Giving thanks and yes enjoying the holiday also, let's not forget to practice GRATITUDE!!! what is really about , we forget this action and it is so important to come from this place.

When we address GRATITUDE we move to an entirely different energy in our awareness and everything changes from this place

we can source from thankfulness and appreciation for all and that wakes up kindness and love for all, is a great consciousness that we tend to overlook in our fast paced lives, please share and thank you once again for all your support and shares ,with love, gratitude and respect from all of us at Isabel's Beauty Blog enjoy your holiday and be safe.





# Happy Thanksgiving

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.

Melody Beattie

grat·i·tude

'gradə, t(y)oʊd/

noun

noun: gratitude

The quality of being thankful; readiness to show appreciation for and to return the kindness.

Synonyms:

gratefulness, thankfulness

**Is gratitude a feeling or an emotion?**



**Gratitude** is a personality trait, a mood, and an **emotion**. As an **emotion**, gratitude is a **feeling** of happiness that comes from appreciation. While under a grateful mood, grateful **emotions** are more likely to traffic. ... **Gratitude** is considered a core component of many religions.

While under a grateful mood, grateful emotions are more likely to be present and manifest more facts to be grateful for .

It's that time of year where many people begin thinking about everything they have to be thankful for. Although it's nice to count your blessings on Thanksgiving, being thankful throughout the year could have tremendous benefits on your quality of life.

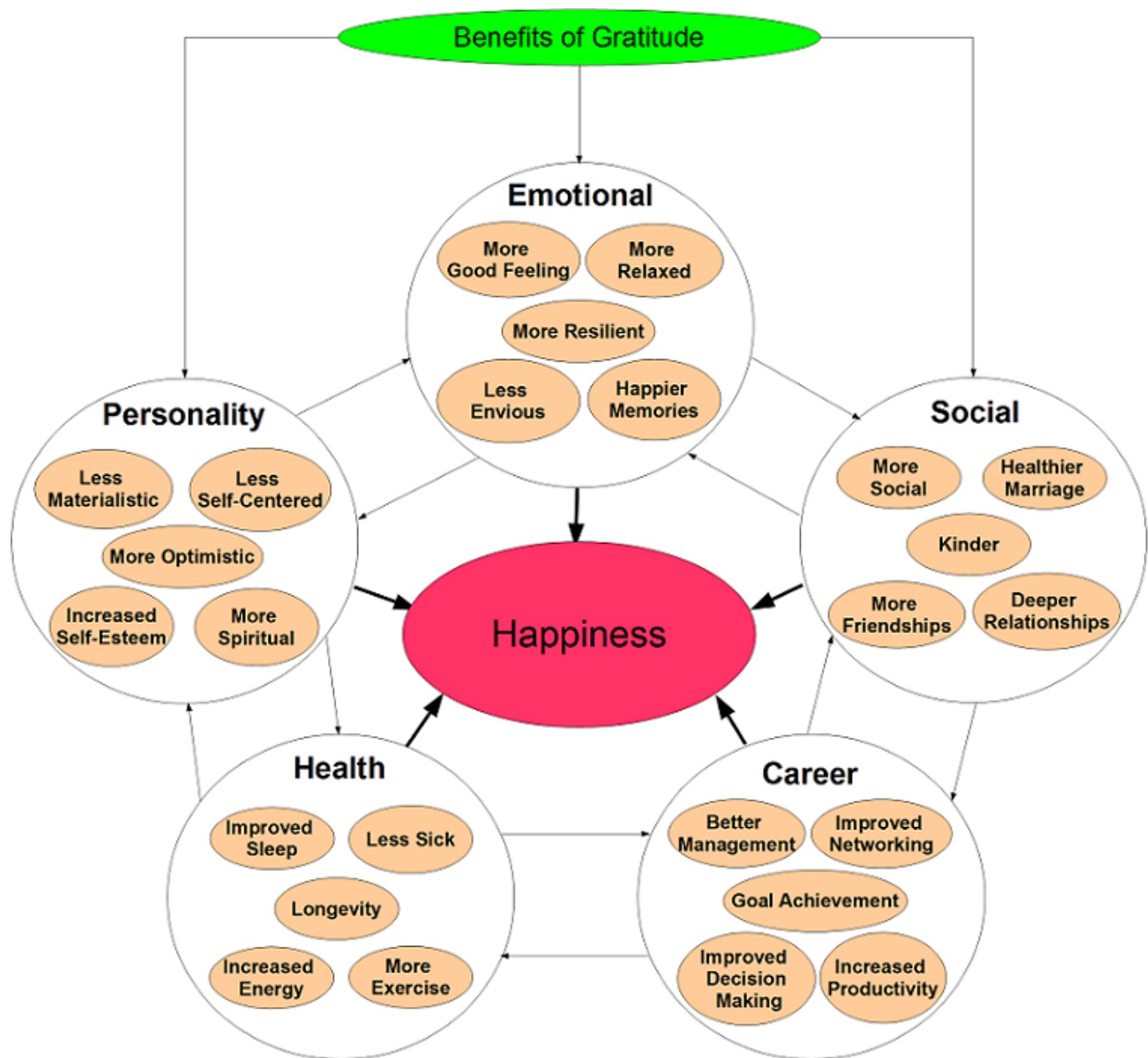
In fact, gratitude may be one of the most overlooked tools that we all have access to every day. Cultivating gratitude doesn't cost any money and it certainly doesn't take much time, but the benefits are enormous.

Increased gratitude is a common result of practicing mindfulness. As we start paying more attention to our thoughts and we become more aware, we notice where we block ourselves from appreciating the good things in life. For example, that you always used to get angry when stuck in traffic, but now when you bring your focus to where you are (rather than where you want to get to) you notice things such as the song on the radio or a beautiful scene beyond the car window and we detach from the feeling of powerless and enjoy life more, with gratitude we can manage the frustration of trying to control everything in our lives and the circumstances around us creating anxiety and much stress. We can't feel grateful for things we don't notice, and so mindfulness and gratitude go hand-in-hand.



According to Wikipedia:  
<https://en.wikipedia.org/wiki/Gratitude>

**Association with well-being**



A large body of recent work has suggested that people who are more grateful have higher levels of subjective well-being. Grateful people are happier, less depressed, less stressed, and more satisfied with their lives and social relationships. Specifically, in terms of depression, gratitude may serve as a buffer by enhancing the coding and retrievability of positive experiences. Grateful people also have higher levels of control of their environments, personal growth, purpose in life, and self-acceptance and Happiness. Grateful people have more positive ways of coping with the difficulties they experience in life, being more likely to seek support from other people, reinterpret and grow from experiences, and spend more time planning how to deal with the problem. Grateful people also have less negative coping strategies, being less likely to try to avoid the problem, deny there is a problem, blame themselves, or cope through substance abuse. Grateful people sleep better, and this seems to be because they think less negative and more positive thoughts.

Gratitude has been said to have one of the strongest links with the mental health of any character trait. Numerous studies suggest that grateful people are more likely to have higher levels of happiness and lower levels of stress and depression.

While many emotions and personality traits are important to well-being, there is evidence that gratitude may be uniquely important. First, a longitudinal study showed that people who were more grateful coped better with a life transition. Specifically, people who were more grateful before the transition were less stressed, less depressed, and more satisfied with their relationships three months later.. Second, two recent studies have suggested that gratitude may have a unique relationship with well-being, and can explain aspects of well-being that other personality traits cannot. Both studies showed that gratitude was able to explain more well-being than the Big Five and 30 of the most commonly studied personality traits.



## Psychological interventions

Given that gratitude appears to be a strong determinant of people's well-being, several psychological interventions have been developed to increase gratitude. For example, Watkins and colleagues had participants test a number of different gratitude exercises, such as thinking about a living person for whom they are grateful, writing about someone for whom they are grateful, and writing a letter to deliver to someone for whom they are grateful. Participants in the control condition were asked to describe their living room. Participants who engaged in a gratitude exercise showed increases in their experiences of positive emotion immediately after the exercise, and this effect was strongest for participants who were asked to think about a person for whom they are grateful. Participants who had grateful personalities, to begin with, showed the greatest benefit by experiencing these gratitude exercises. In another study concerning gratitude, participants were randomly assigned to one of six therapeutic intervention conditions designed to improve the participants' overall quality of life (Seligman et al., 2005). Out of these conditions, it was found that the biggest short-term effects came from a "gratitude visit" where participants wrote and delivered a letter of gratitude to someone in their life. This condition showed a rise in happiness scores by 10 percent and a significant fall in depression scores, results which lasted up to one month after the visit. Out of the six conditions, the longest lasting effects were associated with the act of writing "gratitude

journals” where participants were asked to write down three things they were grateful for every day. These participants’ happiness scores also increased and continued to increase each time they were tested periodically after the experiment. In fact, the greatest benefits were usually found to occur around six months after treatment began. This exercise was so successful that although participants were only asked to continue the journal for a week, many participants continued to keep the journal long after the study was over and stay on that great feeling of Gratitude. Similar results have been found from studies conducted by Emmons and McCullough (2003) and Lyubomirsky et. all. (2005). See also gratitude journal. Recently (2013), the Greater Good Science Center at the University of California, Berkeley, has been offering awards for dissertation-level research projects with the greatest potential to advance the science and practice of gratitude.

Gratitude, according to current research, can do anything from helping you to achieve your goals more fluidly, to improving your skills of empathy and resilience. Through a cutting edge study supported by the John Templeton Foundation, Dr. Robert Emmons et al engaged in a long-term project designed to accumulate and disseminate scientific data on the nature of gratitude and its potential impact on human health and well-being. What they discovered makes gratitude seem like a very good idea on several fronts.

This does not mean that grateful people deny or ignore life’s negative aspects, only that their feelings of thankfulness and appreciation act as a protective factor against life’s problems keeping them down. Resilience in the making!

There is a sort of peace of mind that appears to come with an “attitude of gratitude,” “grateful individuals place less importance on material goods; they are less likely to judge their own and others success in terms of possessions accumulated; they are less envious of others; and are more likely to share their possessions with others, relative to

less grateful persons.” Grateful people seem to find it easier to love what they have, they aren’t so preoccupied with the kinds of insecurities that come from “comparing and despairing” or “comparing their insides with everyone else’s outsides.

So as we can see GRATITUDE is life changing and beneficial on so many levels.

**THANKSGIVING BECOMES AN OFFICIAL  
HOLIDAY**



According

to

## <http://www.history.com/topics/thanksgiving/first-thanksgiving-meal>

Pilgrims held their second Thanksgiving celebration in 1623 to mark the end of a long drought that had threatened the year's harvest and prompted Governor Bradford to call for a religious fast. Days of fasting and thanksgiving on an annual or occasional basis became common practice in other New England settlements as well. During the American Revolution, the Continental Congress designated one or more days of thanksgiving a year, and in 1789 George Washington issued the first Thanksgiving proclamation by the national government of the United States; in it, he called upon Americans to express their gratitude for the happy conclusion to the country's war of independence and the successful ratification of the U.S. Constitution. His successors John Adams and James Madison also designated days of thanks during their presidencies.

In 1817, New York became the first of several states to officially adopt an annual Thanksgiving holiday; each celebrated it on a different day, however, and the American South remained largely unfamiliar with the tradition. In 1827, the noted magazine editor and prolific writer Sarah Josepha Hale—author, among countless other things, of the nursery rhyme “Mary Had a Little Lamb”—launched a campaign to establish Thanksgiving as a national holiday. For 36 years, she published numerous editorials and sent scores of letters to governors, senators, presidents and other politicians. Abraham Lincoln finally heeded her request in 1863, at the height of the Civil War, in a proclamation entreating all Americans to ask God to “commend to his tender care all those who have become widows, orphans, mourners or sufferers in the lamentable civil strife” and to “heal the wounds of the nation.” He scheduled Thanksgiving for the final Thursday in November, and it was celebrated on that day every year until 1939 when Franklin D. Roosevelt moved the holiday up a week in

an attempt to spur retail sales during the Great Depression. Roosevelt's plan, known derisively as Franksgiving, was met with passionate opposition, and in 1941 the president reluctantly signed a bill making Thanksgiving the fourth Thursday in November.

## THANKSGIVING TRADITIONS



In many American households, the Thanksgiving celebration has lost much of its original religious significance; instead, it now centers on cooking and sharing a bountiful meal with family and friends. Turkey, a Thanksgiving staple so ubiquitous it has become all but synonymous with the holiday,

may or may not have been on offer when the Pilgrims hosted the inaugural feast in 1621. Today, however, nearly 90 percent of Americans eat turkey for the most part—whether roasted, baked or deep-fried—on Thanksgiving, according to the National Turkey Federation. Other traditional foods include stuffing, mashed potatoes, cranberry sauce and pumpkin pie and pecan pie to mention a few dishes. Volunteering is a common Thanksgiving Day activity, and communities often hold food drives and host free dinners for the less fortunate.

As an annual celebration of the harvest and its bounty, moreover, Thanksgiving falls under a category of festivals that spans cultures, continents and millennia. In ancient times, the Egyptians, Greeks, and Romans feasted and paid tribute to their gods after the fall harvest. Thanksgiving also bears a resemblance to the ancient Jewish harvest festival of Sukkot. Finally, historians have noted that Native Americans had a rich tradition of commemorating the fall harvest with feasting and merrymaking long before Europeans set foot on their shores.

## Fun facts about Thanksgiving

- The first Thanksgiving was held in the autumn of 1621 and included 50 Pilgrims and 90 Wampanoag Indians and lasted three days. Many historians believe that only five women were present at that first Thanksgiving, as many women settlers didn't survive that difficult first year in the U.S.
- Thanksgiving didn't become a national holiday until over 200

years later! Sarah Josepha Hale, the woman who actually wrote the classic song "Mary Had a Little Lamb," convinced President Lincoln in 1863 to make Thanksgiving a national holiday, after writing letters for 17 years campaigning for this to happen.

- No turkey on the menu at the first Thanksgiving: Historians say that no turkey was served at the first Thanksgiving! What was on the menu? Deer or venison, ducks, geese, oysters, lobster, eel, and fish. They probably ate pumpkins, but no pumpkin pies. They also didn't eat mashed potatoes or cranberry relish, but they probably ate cranberries.

- No forks at the first Thanksgiving! The first Thanksgiving was eaten with spoons and knives – but no forks! That's right, forks weren't even introduced to the Pilgrims until 10 years later and weren't a popular utensil until the 18th century.

- Thanksgiving is the reason for TV dinners! In 1953, Swanson had so much extra turkey (260 tons) that a salesman told them they should package it onto aluminum trays with other sides like sweet potatoes – and the first TV dinner was born!

- Thanksgiving was almost a fast – not a feast! The early settlers gave thanks by praying and abstaining from food, which is what they planned on doing to celebrate their first harvest, that is until the Wampanoag Indians joined them and (lucky for us!) turned their fast into a three-day feast!

- Presidential pardon of a turkey: Each year, the president of the U.S pardons a turkey and spares it from being eaten for Thanksgiving dinner. The first turkey pardon ceremony started with President Truman in 1947. President Obama pardoned a 45-pound turkey named Courage, who has flown to Disneyland and served as Grand Marshal of the park's Thanksgiving Day parade!

- Why is Thanksgiving the fourth Thursday in November? President Abe Lincoln said Thanksgiving would be the fourth Thursday in November, but in 1939 President Roosevelt moved it up a week hoping it would help the shopping season during the Depression era. It never caught on and it was changed back two years later.

- The Macy's Thanksgiving Day Parade began in 1924 with 400 employees marching from Convent Ave to 145th street in New



York City. No large balloons were at this parade, as it featured only live animals from Central Park Zoo.

- Turkey isn't responsible for drowsiness or the dreaded "food coma." So what
- is? Scientists say that extra glass of wine, the high-calorie meal or relaxing after a busy work schedule is what makes you drowsy!
- How did the tradition of watching football on Thanksgiving start? The NFL started the Thanksgiving Classic games in 1920 and since then the Detroit Lions and the Dallas Cowboys have hosted games on Turkey Day. In 2006, a third game was added with different teams hosting.
- Wild turkeys can run 20 miles per hour when they are scared, but domesticated turkeys that are bred are heavier and can't run quite that fast.

## Thanksgiving trivia quick facts – the speed round!

- Benjamin Franklin wanted the turkey to be the national bird, not the eagle.
- Americans eat 46 million turkeys each Thanksgiving.
- The heaviest turkey on record, according to the Guinness Book of Records, weighs 86 pounds.
- Californians consume the most turkey in the U.S. on Thanksgiving Day!
- Female turkeys (called hens) do not gobble. Only male turkeys gobble.
- The average turkey for Thanksgiving weighs 15 pounds.
- Campbell's soup created green bean casserole for an annual cookbook 50 years ago. It now sells \$20 million worth of cream of mushroom soup.

According to the U.S. Census Bureau, Minnesota is the top turkey-producing state in America, with a planned production

total of 46.5 million in 2011. Six states—Minnesota, North Carolina, Arkansas, Missouri, Virginia, and Indiana—account for nearly two-thirds of the 248 million turkeys that will be raised in the U.S. this year.

The National Turkey Federation estimated that 46 million turkeys – one-fifth of the annual total of 235 million consumed in the United States—were eaten at Thanksgiving.

In a survey conducted by the National Turkey Federation, nearly 88 percent of Americans said they eat turkey at Thanksgiving. The average weight of turkeys purchased for Thanksgiving is 15 pounds, which means some 690 million pounds of turkey were consumed in the U.S. during Thanksgiving in 2007.

Cranberry production in the U.S. is expected to reach 750 million pounds in 2011. Wisconsin, Massachusetts, New Jersey, Oregon, and Washington are the top cranberry-growing states.

Illinois, California, Pennsylvania and New York are the major pumpkin-growing states, together they produced 1.1 billion pounds of pumpkin in 2010. Total U.S. production was over 1.5 billion pounds.

The sweet potato is most plentifully produced in North Carolina, which grew 972 million pounds of the popular Thanksgiving side dish vegetable in 2010. Other sweet potato powerhouses included California and Mississippi, and the top producing states together generated over 2.4 billion pounds of the tubers.

According to the Guinness Book of World Records, the largest pumpkin pie ever baked weighed 2,020 pounds and measured just over 12 feet long. It was baked on October 8, 2005 by the New Bremen Giant Pumpkin Growers in Ohio, and included 900 pounds of pumpkin, 62 gallons of evaporated milk, 155 dozen eggs, 300 pounds of sugar, 3.5 pounds of salt, 7 pounds of cinnamon, 2 pounds of pumpkin spice and 250 pounds of crust.

Three towns in the U.S. take their name from the traditional Thanksgiving bird, including Turkey, Texas (pop. 465); Turkey Creek, Louisiana (pop. 363); and Turkey, North Carolina (pop.

270).

Originally known as Macy's Christmas Parade—to signify the launch of the Christmas shopping season—the first Macy's Thanksgiving Day Parade took place in New York City in 1924. It was launched by Macy's employees and featured animals from the Central Park Zoo. Today, some 3 million people attend the annual parade and another 44 million watch it on television.

Tony Sarg, a children's book illustrator, and puppeteer, designed the first giant hot air balloons for the Macy's Thanksgiving Day Parade in 1927. He later created the elaborate mechanically animated window displays that grace the façade of the New York store from Thanksgiving to Christmas.

Snoopy has appeared as a giant balloon in the Macy's Thanksgiving Day Parade more times than any other character in history. As the Flying Ace, Snoopy made his sixth appearance in the 2006 parade.

The first time the Detroit Lions played football on Thanksgiving Day was in 1934, when they hosted the Chicago Bears at the University of Detroit stadium, in front of 26,000 fans. The NBC radio network broadcast the game on 94 stations across the country—the first national Thanksgiving football broadcast. Since that time, the Lions have played a game every Thanksgiving (except between 1939 and 1944); in 1956, fans watched the game on television for the first time.

A lot of cranberries are needed to accompany all that turkey on Thanksgiving. In all, 768 million lbs. (350 million kilograms) of cranberries were produced in the United States last year. Two states – Wisconsin and Massachusetts – were responsible for most of the production, producing 450 million and 210 million lbs. (200 million and 95 million kg) of cranberries, respectively.

How sweet it is

Satisfying America's sweet tooth takes a few billion pounds of sweet potatoes. Last year alone the United States produced 2.6 billion lbs. (1 billion kg) of sweet potatoes. North Carolina led production with 1.2 billion lbs. (0.5 billion kg).

# Thanksgiving Fun Facts



**Q:** Is turkey the real cause of feeling sleepy after a Thanksgiving Day meal?

**A:** Turkey does contain Tryptophan which could make us feel sleepy; however, sleepiness is likely caused by the over-consumption of alcohol and food, especially desserts.



**Q:** Is Thanksgiving the biggest drinking night of the year?

**A:** Yes, more alcohol is consumed on Thanksgiving than any other holiday of the year. So be careful on the roadways if you're traveling Thursday evening.



**Q:** Did the pilgrims officially declare Thanksgiving as a public holiday?

**A:** No, Abraham Lincoln declared Thanksgiving a public holiday in 1863.



**Q:** Why did the Pilgrims first celebrate Thanksgiving?

**A:** The feast they celebrated in 1621 in Plymouth was the result of a good harvest.

Historians believe the Pilgrims served wild game and vegetables, instead of turkey, at the first Thanksgiving.

Approximately 46 million turkeys are eaten on Thanksgiving every year!

The Macy's Thanksgiving Day parade began in 1924 with only 400 employees.

Pilgrim means foreigner or traveler from afar!

The state of California consumes the most turkey!



[www.TheSilverLining.com](http://www.TheSilverLining.com)

SOURCES:  
[www.huffingtonpost.com/2011/11/21/thanksgiving-trivia-facts](http://www.huffingtonpost.com/2011/11/21/thanksgiving-trivia-facts)  
[www.businessinsider.com/fun-thanksgiving-day-facts-statistics-and-thankfulness-2011-11](http://www.businessinsider.com/fun-thanksgiving-day-facts-statistics-and-thankfulness-2011-11)  
[www.wikipedia.org/wiki/Thanksgiving](http://www.wikipedia.org/wiki/Thanksgiving)

# Great Thanksgiving recipes

## Green Chile Cornbread

Author: Nava

Recipe type: Pan quick bread

Cuisine: Vegan / Healthy

Prep time: 15 mins

Cook time: 25 mins

Total time: 40 mins

Serves: 12

This moist vegan cornbread, spiked with green chile peppers, is an ideal companion to bean dishes, stews, and another hearty fare.

Ingredients

- 1 cup cornmeal, preferably stone ground
- 1 cup whole wheat pastry flour or spelt flour
- 1 teaspoon baking soda
- $\frac{1}{2}$  teaspoon baking powder
- 1 teaspoon salt
- 6-ounce container plain coconut yogurt or  $\frac{3}{4}$  cup applesauce
- $\frac{1}{4}$  cup olive oil
- $\frac{1}{3}$  cup unsweetened nondairy milk or more as needed
- 1 to 2 small fresh hot chile peppers, seeded and minced, or one 4-ounce can chopped mild green chilies
- $\frac{1}{2}$  cup frozen corn kernels, thawed
- $\frac{3}{4}$  cup grated vegan cheddar cheese, optional (but highly

recommended!)

## Instructions

1. Preheat the oven to 400 degrees F.
2. Combine the first 6 (dry) ingredients in a mixing bowl and stir together.
3. Make a well in the center of the dry ingredients. Pour in the yogurt or applesauce, oil, and half of the rice milk. Stir until well combined, adding just a bit more nondairy milk if needed to make a smooth, slightly stiff batter, but don't let the batter be too wet.
4. Stir in the chilies and corn kernels.
5. Pour the mixture into an oiled 9-inch-square baking pan. Bake for 20 to 25 minutes, or until the top is golden and a knife inserted in the center tests clean.
6. Let cool slightly; cut into 3 sections in one direction and 4 in the other to create 12 squares. Serve warm.

Read more at

## VEGAN STUFFINGS

Cranberry-Pear Wild Rice Stuffing

Author: Nava

Recipe type: Bread stuffing / Thanksgiving

Cuisine: Vegan / Healthy

Prep time: 20 mins

Cook time: 35 mins

Total time: 55 mins

Serves: 8 to 10

Wild rice adds a wonderful texture to this stuffing, and the slight sweetness of dried cranberries lends a delicious flavor.

Ingredients

- 2½ cups prepared vegetable broth, or 2½ cups water with 1 vegetable bouillon cube
- ⅔ cup raw wild rice
- 1½ tablespoons olive oil
- 1 medium red onion, chopped
- 1 large celery stalk, diced
- 2 medium firm pears (such as bosc), cored and diced
- 4 cups finely diced whole grain bread
- ⅓ cup dried cranberries
- ¼ cup finely chopped pecans or walnuts
- 1 tablespoon salt-free seasoning blend (like Frontier or Mrs. Dash)
- ¼ to ½ teaspoon dried thyme, to taste
- Salt and freshly ground pepper to taste
- ½ cup apple or pear juice, or as needed

## Instructions

1. Bring the broth to a simmer in a small saucepan. Stir in the wild rice, then cover and simmer gently until the water is absorbed, about 35 minutes.
2. Preheat the oven to 375 degrees F.
3. Heat the oil in a medium-sized skillet. Add the onion and sauté until translucent. Add the celery and sauté over medium heat until both are golden.
4. Combine the onion-celery mixture with the cooked wild rice and all the remaining ingredients except the apple juice in a mixing bowl. Stir well to combine.
5. Drizzle the apple juice in slowly, stirring all the while until the mixture is evenly moistened.
6. Transfer the mixture to a lightly oiled large shallow baking dish. Bake for 30 to 35 minutes, or until the top begins to get slightly crusty.

Read more  
 at <http://www.vegkitchen.com/recipes/cranberry-pea>

## Vegetable Bread Pudding

Serves: 6

- 5 slices crusty, dense whole grain bread, torn into small pieces
- 1/2 cup unsweetened rice milk or other nondairy milk
- 1 tablespoon olive oil
- 1 large onion, finely chopped
- 4 to 5 cups finely chopped vegetables of your choice (see options, below)
- 1 grated mozzarella- or cheddar-style nondairy cheese
- 1/4 cup vegan mayonnaise
- 1/4 cup chopped fresh parsley
- 1 tablespoon minced fresh dill or 1/2 teaspoon dried
- 1/2 teaspoon paprika
- 1/2 teaspoon dried basil or thyme
- Salt and freshly ground pepper to taste
- Sesame or poppy seeds for topping

Preheat the oven to 375 degrees F.

Place the torn bread in a mixing bowl and pour the nondairy milk over it. Stir to moisten the bread, then set aside until needed.

Heat the oil in a large skillet. Add the onion and sauté over medium-low heat until the golden and just beginning to turn brown.

Add the vegetables of your choice and just enough water to keep the skillet moist; cover and steam until just tender, 5 to 8 minutes. Drain off any liquid that has remained.



Combine the vegetable mixture with the bread in the bowl and stir in the remaining ingredients. Mix well, then transfer to a shallow 1 1/2-quart baking dish. Sprinkle some sesame seeds over the top.

Bake for 35 to 40 minutes, or until the top is golden and just beginning to turn crusty. Let stand for 5 to 10 minutes, then cut into squares or wedges to serve.

## VEGETABLE OPTIONS:

You can use a single vegetable, or combine two or three. You'll need a total of 4 to 5 cups raw vegetables, prepared as instructed below.

- Broccoli, finely chopped and steamed
- Cauliflower, finely chopped and steamed
- Small zucchini, thinly sliced
- Peeled and diced eggplant, steamed
- Firm, ripe tomatoes, diced
- Corn kernels (cooked fresh or thawed frozen)
- Mushrooms, cleaned and sliced

Read [more](http://www.vegkitchen.com/recipes/vegetable-bread-pudding/#WMZKyWL2GdAA0rjI.99) at <http://www.vegkitchen.com/recipes/vegetable-bread-pudding/#WMZKyWL2GdAA0rjI.99>



## Around the World Wine Chest

A world map keepsake chest holds French Beaujolais Burgundy, rich Italian Tormaresca red, and an unforgettable menu of globe-spanning fare.



## Indulgent Harvest Crate

An enduring crate features an open window glimpse into healthy indulgence – dried stone fruits, fresh jumbo cashews, chocolate dipped apricots and more.



## Kenneth Cole New York Chevron Quilted Coat with Fur Hood

You'll stay warm, cozy, and stylish in this Kenneth Cole New York® jacket.



## UGG Becket

Get ready to stomp through cold-weather temps with the Becket boot from UGG®.



## UGG Patsy

Buckle up your chic style with the Patsy boot from Ugg®.

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# **Cupping for Beauty and Wellbeing**









# Cupping

This week 247, we are sharing an ancient procedure that has been used for thousands of years in many cultures. I grew up with it. Our NANA, She was Mapuche and Quero Indian and she used cupping to help us with ailments from pains to fevers and so much more. It is an amazing procedure and it really works for so many conditions. When I lived in China, I started back on it and learned that they use it for Cosmetic purposes too, and WOW it does create very substantial results. The procedures are used for Cellulite, wrinkles, and scars to reduce fat deposits for face lifts and many other treatments.

We recommend for you to get the work done by a professional and to consult your health practitioner before you embark in any health related treatments. Acupuncture Doctors will be glad to tell you all the benefits and contradictions. Enjoy and share these procedures with others, they are life changing in many ways.

## Definition of cupping

The word cupping was derived from the Arabic verbs “Hajama” and :Haj’jama” by that they mean to minimize or to restore to basic size, or to diminish in volume. In Arabic is a verb “ahjama” which means TO withdraw or retreat from an attack.

## Ancient Cupping Tools Carved on Stone



### History of Cupping Therapy

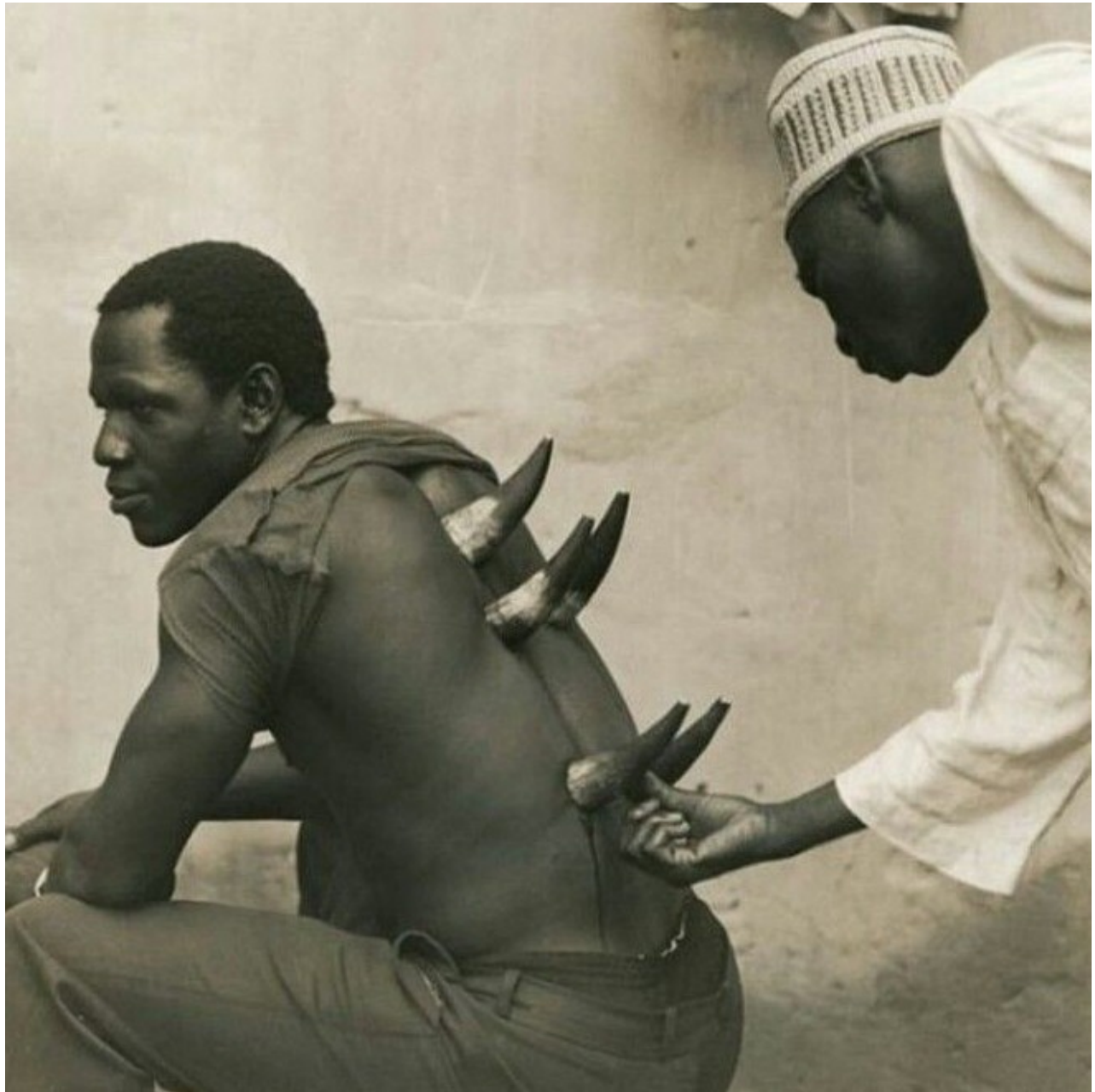
Cupping Therapy has been around for thousands of years. It developed over time from the original use of hollowed out animal horns (the Horn Method) to treat boils and suck out the toxins out of snakebites and skin lesions. Horns slowly evolved into bamboo cups, which were eventually replaced by glass. Therapeutic applications evolved with the refinement of the cup itself, and with the cultures that employed cupping as a health care technique.



**Bamboo Cups**



**Animal Horns Cupping**



# Ancient Cupping Tools





For the most part common information consider the Chinese to be responsible for cupping, however, the earliest records date back to the ancient Egyptians around 1500 B.C. Translations of hieroglyphics in the Ebers Papyrus, the oldest medical text book, detail the use of cupping for treating fever, pain, vertigo, menstrual imbalances, weakened appetite intestinal illness and many other conditions helping to accelerate the healing crisis.

From the Egyptians, cupping was introduced to the ancient Greeks, where Hippocrates, the Greek doctor, Father of Modern Medicine and cupping advocate, viewed cupping as a remedy for almost every type of disease, he mentions it in the 400 BC In fact, other Greek physicians used the strong suction of cupping to restore spinal alignment by reducing dislocated vertebrae from protruding inward.

The earliest recorded use of cupping came from the famous alchemist and herbalist, Ge Hong (281-341 A.D.), who popularized the saying "Acupuncture and cupping, more than half of the ills cured."

Though little known here in North America, this form of treatment is still popular through Asia, the middle East, Finland South America and many other countries. As such, it is called by many names including Ba gwan, giac hoi, bekam, buhang, ventosa, bentusa in South west Asia. In the middle East, it is commonly referred as hijama, hejamat, and badkesh among many others.

The procedure involves using glass or ceramic cups, metal bells, bamboo tubes, animal horns, and a wide variety of other tools. However, recently the use of glass jars, plastic, and silicone are more popular, the common procedures from acupuncture practitioners is to use a cotton soaked in alcohol or medicated oil and ignited, this is place a side the container to heat it, lowering its internal pressure, the cup is immediately placed on the skin, and as the air inside

cools, it creates a vacuum effect which makes the cup stick in a vacuum suction to the skin. Blood immediately rushes to the area, creating a natural body response.



**There are two types of cupping: wet and dry.**

**The Dry Cupping** session Usually this dry type of cupping is offered as part of a series and is used along with another therapy, and is applied to the back neck and shoulders, rarely

to the limbs. Traditional Chinese medicine believes that the blood will flow better to the areas that are starved of oxygen.

More and more practitioners are using plastic or silicone cups versus glass ones

The Chinese expanded the utilization of cupping to include its use in surgery to divert blood flow from the surgery site. In the 1950's, after much extensive research, a collaborative effort between the former Soviet Union and China confirmed the clinical efficacy of cupping therapy. Since then, cupping has become a part of government-sponsored hospitals of Traditional Chinese medicine.

In time cupping spread to ancient cultures in many countries of Europe and even the Americas. Throughout the 18th century, European and American doctors widely used cupping in their practices to treat common colds and chest infections, often in the form of Wet Cupping.

**Wet Cupping**, also known as Artificial Leeching and Hijamah in Muslim societies, is where the practitioner makes tiny incisions in the skin to dredge the blood or poisons out.

By the late 1800's, cupping became less popular and was severely criticized and discredited by the newly established scientific model of medicine. Since cupping was a surface treatment, with this new medical paradigm, which had shifted away from hands-on manipulative therapies for the most part.

Cupping therapy gradually became reduced to a mere curiosity and history of the past, for the most part collecting dust on practitioners' shelves. In 2004 Cupping re-emerged as a hot new celebrity trend in the limelight of a New York film festival, where actress Gwyneth Paltrow's, Jennifer Aniston and other celebrities backs revealed their fresh cupping marks. Countless celebrities like Jennifer Aniston, Victoria Beckham, and Denise Richards followed suit and became fast

adopters of this hot new cupping trend. Unfortunately, some of the Hollywood buzz viewed the celeb's cupping marks as simply bruises and rolled their eyes at its potential healing benefits.





Over the past three years, however, a handful of new studies have shown it helps relieve back, neck, carpal tunnel and knee pain among many other benefits. One thing is certain, and that is cupping is a powerful healing modality that can complement many healthcare modalities ranging from spa treatments to medical massage and physical therapy.

Vacuum massage has a beneficial effect on the body:

1. it improves the blood circulation and lymphatic drainage;
2. it increases the supply oxygen of tissue;
3. it accelerates the metabolism;
4. it facilitates the removal of toxins from the body;
5. it improves the immunity.
6. Increased local qi and blood circulation to the skin
7. Drawing nutrients to the surface
8. Enhancing absorption of lotions or serums

Let's talk about cupping in the beauty world, for cellulite, facelifts, Wrinkles, general circulation, edema, inflammation and improving blood circulation to the skin and by gently stimulating the fibroblast cells, which produce natural collagen and elastin, your skin will reveal a healthy glow and plump those fine lines.







# MASSAGE CUPPING FOR THE FACE



## Facial cupping

Facial cupping is said to clear heat and serves as a method of detoxifying the skin: it also drains stagnant fluids and eases puffiness.

Cupping is used either as a stand-alone treatment or as an

addition to acupuncture facial treatment, facial cupping has benefits far beyond reducing fine lines and sagging jowls.

While traditional cupping can leave marks on the skin, facial cupping does not. Cosmetic facial cupping is entirely painless and is not an irritant to the skin it must be done preferably with oil or a very emollient cream. Cupping can be a unique way to prolong the wellbeing of skin and of the aging time.

The procedure itself takes anywhere from 15 minutes to half hour to perform depending if it is combined with other methods and the therapist that performs the procedure. After applying a lotion or oil, a small cup is either placed for a few seconds over a deep wrinkle to increase blood flow to the area, or it is moved along the face and down the neck to drain lymphatic fluid and stimulate blood flow. Cups are placed over acupuncture points on the face for short periods of time to stimulate them as part of the overall treatment this procedure is best done by a professional due to the fact that they know the points and the amount of suction so you don't create a bruise.

Done properly, cupping therapy will bring collagen to the surface and increase blood flow, reduce puffiness, dark circles and diminish fine lines. But the benefits go beyond just cosmetic, facial cupping can be very beneficial to drain nasal sinuses and the lymphatic system.

When increased of local blood supply it will bring nourishment to the muscles and skin and allow for toxins to be carried away via the veins and the lymphatic system.

Is a movement in the beauty industry that is taking us back to non-surgical and more traditional beauty methods with astounding results.

Cosmetic Facial Cupping is a wonderful and effective alternative to chemical , Laser or surgical facelift.

[Reference:http://www.thenaturalbeautydoctor.com/facial\\_cupping.html](http://www.thenaturalbeautydoctor.com/facial_cupping.html)

## Contemporary Cupping Therapy for Health and Beauty

from:

<http://nabuxmont.com/2015/02/24/contemporary-cupping-therapy-for-health-and-beauty/>

Cupping therapy is a safe, comfortable and effective treatment for many health disorders, with roots in ancient medical practice, in cultures as diverse as Egypt, Greece, Rome, Aztec, Native American, China and more. The current influence of Traditional Chinese Medicine and traditional Ayurvedic medicine has seen a reintegration of this healing therapy.

There are many methods of cupping, including stationary, dynamic, massage, bio-magnetic and facial rejuvenation cupping, among others. This modality can be integrated into other bodywork or received as a stand-alone treatment for stubborn conditions and orthopedic injuries. In many applications, the results from cupping protocols are comparable to other expensive and painful treatments.

The gentle pulling action of massage cupping engages the parasympathetic nervous system, allowing the body to float into deep relaxation. A sense of lightness, warmth, and relaxation often last for hours—or even days—after treatment.

Using suction and negative pressure, a vacuum is created,

lifting skin, muscles, and connective tissues. The slow movement of the cups is able to penetrate deep into the muscles and fascia, releasing rigid soft tissue, gently loosening adhesions to break up and drain stagnation while increasing blood and lymphatic flow. A cupping treatment offers many of the benefits of deep tissue, lymphatic drainage, sports massage, abdominal massage and myofascial release not possible using tissue compression.

## A WORD OF WARNING

If the Massage Cup is left in one area too long, a temporary cup mark or bruise can occur and it won't be the result you are wishing to accomplish so it is best to exercise care. If you are concerned about how your skin might react, test the product on a part of your body that is not normally exposed. use it for longer than two seconds on each area of your skin, then gradually increase the time to no longer than one minute as you gain experience and here we are speaking of a massage, not continuous suction.

Do not use the face cup on pimples, blemishes, open lesions, sunburned or broken skin or on skin inflammations.

Drink plenty of water to help your body release toxins by itself.

On a therapeutic level, cupping is beneficial for many health conditions including:

Asthma

Diabetes

High blood pressure

Sinus congestion

Frozen shoulder

Chronic colon

Congestion

Anxiety

Sports injuries

Carpal tunnel

Tendinitis

Migraines and tension headaches

Chronic fatigue and fibromyalgia.

It is also beneficial for the treatment of pain, disorders of the digestive, circulatory and respiratory systems and to support detoxification.

The increased circulation of blood and lymph, drainage of waste and the loosening of adhesions improves the appearance of varicose veins, scar tissue, and stretch marks and lessens the appearance of dimpling on the thighs, hips and buttocks associated with cellulite.

Digestive function cupping therapy as a whole may be enhanced by abdominal cupping procedure. This is a very gentle treatment that stimulates the organs and the secretion of digestive fluids, and increases peristaltic movement and promotes better nutrient absorption overall.

The respiratory system responds very well to cupping therapy and breathing can improve for those with asthma. Sinus

congestion, infection, and inflammation are directly relieved by the loosening and draining effects of the cups.

Stubborn and painful joint conditions may benefit by the stretching of connective tissues with cupping procedures, it creates an increased circulation and improved secretion of synovial fluid, thereby releasing congestion and stiffness and improving the range of motion in most cases.

Facial rejuvenation therapy has been practiced in Asia, Europe, and Russia for generations.

Cupping aids in detoxification. When the body is subjected to food additives, preservatives, and other external toxins that it is unable to break down and release, the toxins often become stored in the body, increasing an overall sense of malaise or muscle and joint pain.

It is recommended to drink lots of water when you are doing cupping procedures to aid moving toxins out of the body easily.

The suction process of cupping therapy pulls cellular debris and toxic waste to the surface, where it is released through the skin or picked up by the blood and lymph for elimination.

Whether looking for improved flexibility, more vitality, enhanced immune system, increased digestive function or to support detoxification, consider a contemporary cupping treatment and experience feeling lighter and more energized.



Cupping Body Massage System includes superior medical grade silicone cups. These hand-squeezed vacuum suction cups are based on the healing success of Ancient Chinese Cupping.

First, apply plenty of lotion or oil to the area to facilitate smooth movement and that will help avoid bruising.

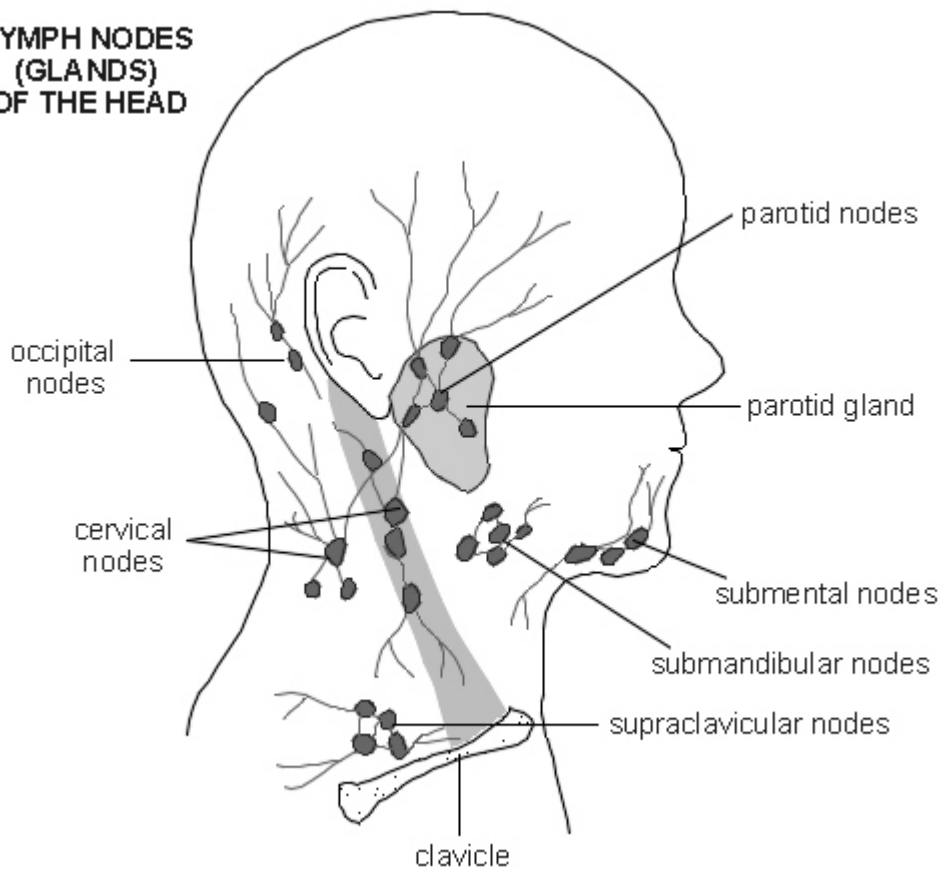
It is recommended to start with the softer cup. Begin by squeezing the cup in the middle to create a very light suction. Place the cup's lip to your skin and release make sure you do this gently and don't grab too much skin and do not keep the cup in one place with a big suction it may cause a bruise, Move the cup over your skin using straight-line, circular and zigzag movements to massage the area for about

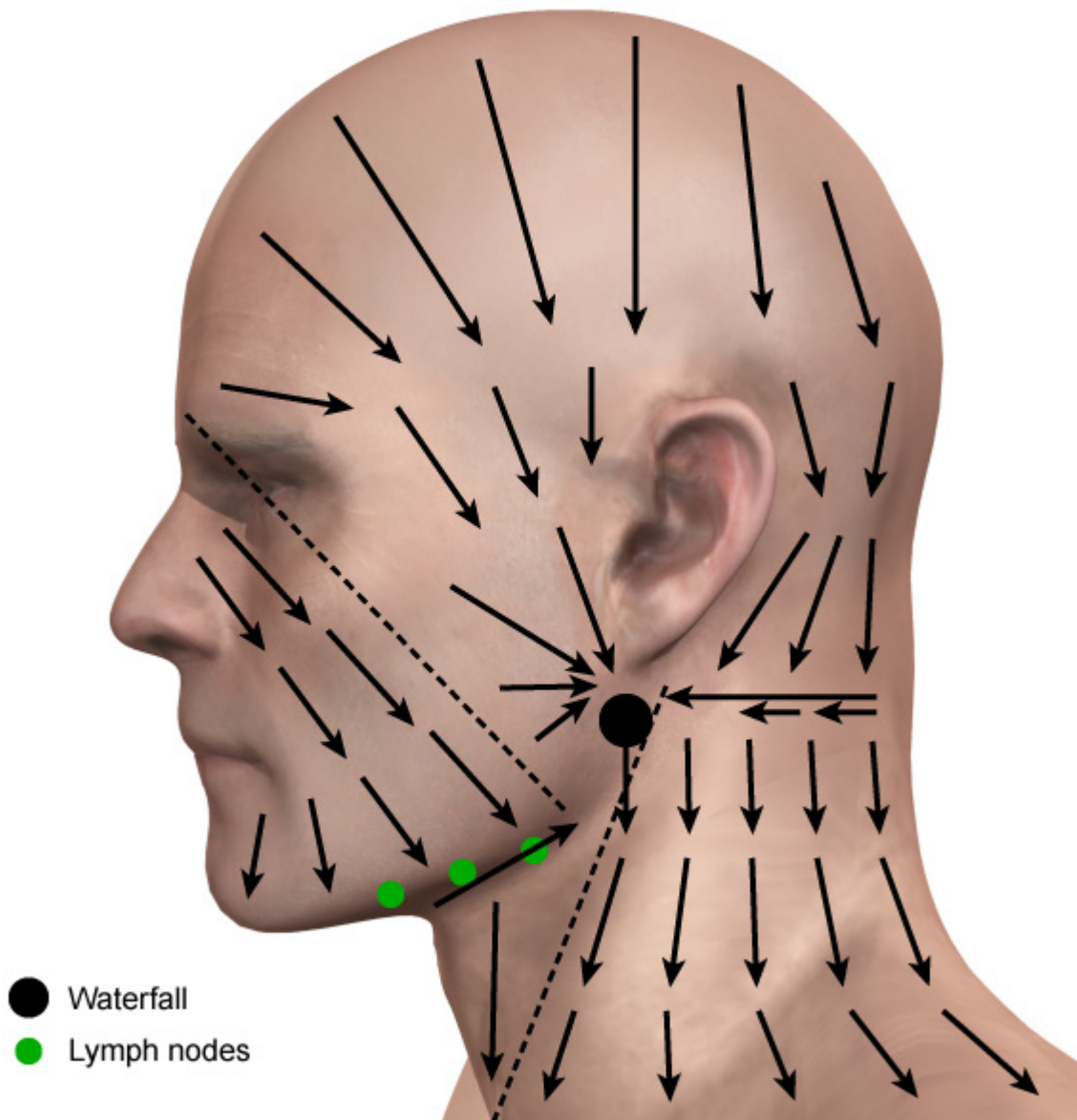
eight minutes at a time. Drain the area by moving the cup toward the nearest lymph nodes.

**Lymph glands draining direction of Head**



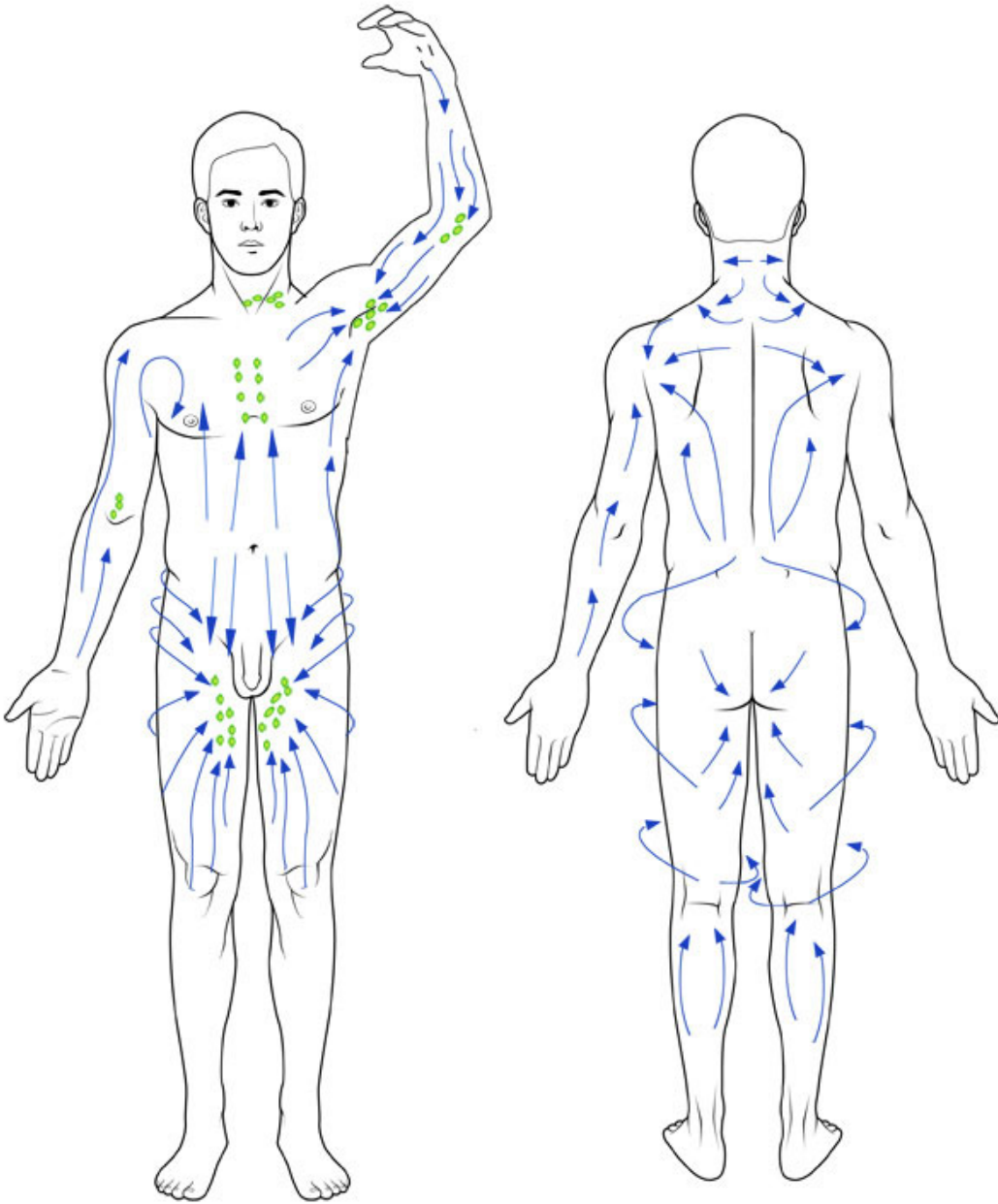
**LYMPH NODES  
(GLANDS)  
OF THE HEAD**





Doing this technique doesn't require any special preparation. The results are dramatic and best done on a consistent daily basis, after the third week be patient start slowly and increase to an everyday routine or at least four times a day, is recommended to start twice a week for the first week and a third day the second week is best to start slow and increase the amount of time so your body can adjust. The massage should not be painful, squeeze the cup so it is comfortable for you.

Gradually increase suction to stimulate circulation, remove stagnation, and release built up "sludge." Once your skin has become more elastic graduate into the use of a hard cup. Continue to use the softer cup for more sensitive areas such as the arms, stomach, and inner thighs. The hard cup can be used on the back or other less sensitive areas always remember to do the massage in the direction of the Lymph nodes direction for drainage.



According  
to <http://www.bellabaci.com/facial-massage/>

## SQUEEZE, IT'S EASY

There are 2 silicone cups in the Bellabaci Facial Massage System. Start with the softer cup, graduate onto the harder cup after a few weeks once your skin becomes elasticized enough.

Apply cleanser, cream or nourishing oil to your face and neck, to facilitate smooth movement.

Squeeze the cup in the middle, then place the cup's lips to your skin and release. Congratulations you've just given yourself your first Bellabaci kiss.

Massage according to the diagram provided.

Tone your skin afterward.

Use 2-3 times a week for best results.

- In Bellabaci Facial Massage System There is two superior grade medical silicone cups. It is recommended to start with the softer cup, graduate onto the harder cup after a few weeks once your skin becomes elasticized enough so you don't create unnecessary pulling of the tissue .
- To start, apply a generous amount of cleanser, cream or nourishing oil to your face and neck, to facilitate smooth movement. We recommend our [Bellabaci Skin Get A Life Genie](#), a powerful treatment lotion that turns into a luxurious oil, this treatment contains the modalities of Homeopathic and Aromatherapeutic complexes to stimulate skin renewal and repair.

- By Squeezing the cup in the middle, and then placing the cup's lips to your skin and release you are on your way. Congratulations you've just given yourself your first Bellabaci kiss. Now , remember to keep the cup moving to avoid bruising!
- Massage according to the diagram provided on the box.
- Tone your skin afterward. Use 2 – 3 times a week for best results.

When improving blood circulation with the Facial Massage by gently stimulating the fibroblast cells, natural collagen, and elastin is produced and improved you must have consistency. Your skin will show a healthy glow Massage the face and neck according to the diagram provided. Apply your favorite toner and anti-aging moisturizer after the Facial Massage completion and enjoy your well toned glowing skin.

## **BROKEN CAPILLARIES**

How to work on Broken capillaries, also known as Telangiectasia, it can negatively have an influence on one's confidence levels. Broken Capillaries become visible between the ages of 30-50 and sometimes much earlier. The tiny vessels are you find just under the surface of the skin are delicate and can be bruised or damaged quite easily so is best to be gentle with them. Pressure or one of the mentioned factors below may cause them to dilate and break. Once broken, they veins remain that way and for the most part cannot constrict back to their normal thickness or repair themselves for so many reasons.

## Main Causes of Broken Capillaries:

- Excessive Alcohol Consumption
- Extreme temperature
- Using too hot of water in the shower or when washing the skin
- Excessive harsh rubbing of the skin
- Certain medications such as sinus medications, cortisones
- Related skin disorders or complications such as Rosacea or Acne
- High Blood Pressure
- Allergies (causing excessive sneezing, thus putting pressure on capillaries) and many other reasons

## What else contributes to broken capillaries?

Broken capillaries become more prominent as you get more mature because your skin gets thinner due to some collagen loss and there forth with it becomes easier to see the veins. Some conditions can also be hereditary if your parents had problems with telangiectasia rosacea; chances are you may have the experience yourself.

When you have excessive consumption of alcohol over a long time you can increase the blood pressure, causing the veins in to dilate. The repeated dilation may lock the veins in that position. Broken capillaries may also indicate liver issues.

What you can do apart from using sunscreen, lowering alcohol use, adding gentler facial products and in general being more conscious about are overall behavior. The many options of treatments offered to rid of broken capillaries are some times painful and expensive. Some of the testaments offered include Sclerotherapy and laser/IPL treatments and

more. Results are not truly guaranteed and for the most part repeated sessions may be required if the results are not accomplished.

## **How you can treat your broken capillaries more easily and naturally.**

One easy way out is to use your Facial Bellabaci Cup set combined with our innovative formula of products designed for this purpose, The Skin Get a Life Genie. The negative pressure from the cup allows new fresh blood and oxygen to help the damaged capillaries, immediately improving the redness, you will notice that as you use your cup, you will observe the vein that looks blue will become red, and then lighter until everything disappears. It almost feels like an illusion as it disappears before your eyes. The Homeopathic Synergies and Aromatic oils in the Genie will also assist to strengthen your skin and reduce visibility and occurrence. Make this a part of your daily routine, just a few minutes per day and your skin will continuously repair itself, also addressing the thickness of your skin by regenerating collagen.





## [Skin Get a Life Facial Kit from Bellabaci](#)

The perfect trio to give you that glowing skin you have been dreaming about. The Skin Get a Life Facial Kit includes: 1 x Deep Cleanse-Pro Mitt 1 x 4oz Skin Get a Life Genie in a Bottle 1 x Face Cup Set (1x soft and 1 hard cup in a set) Start your skin care regime by achieving the perfect cleans. All you need to do so is the Deep Cleanse-Pro Mitt. Just wet it with warm (not too hot) water, and wipe away your make up and the day's stresses. To cleanse, just rinse and hang to dry. Follow by applying your Skin Get a Life Genie in a bottle. This Genie is a gel that turns into a luxurious oil and treats all your skin concerns, which includes: Dry and Dehydrated skin Itchy skin, Psoriasis and Eczema Broken Capillaries Ageing skin Wrinkles and lines Crow's feet Fluid retention in areas such as under eye bags Poor circulation Use your Bellabaci Facial Cups over your Skin Get a Life Genie to increase product penetration, and to deeply stimulate the skin for repair and renewal. Regular facial massage helps to stimulate collagen and elastin production, which delays the ageing process and gives you that instant glow healthy skin has.



## Premium Quality Cupping Set w/ 19 Cups, 10 Acu-pressure pointers are INCLUDED

19 x Plastic Cupping Cups (Premium Quality, 13 of the 2" dia cups, 1 of the 1.8", 2 of the 1.6", 2 of the 1.3", and 1 of the 1.1" dia cups), 1 x Pistol Grip Hand Pump, 1 x extension tube (optional), 1 x Carrying Case (Professional Look).

Magnificent quality plastic cups with shockproof & heatproof that can be sterilized with boiling water. 10 custom Acu-pressure pointers included. It is finest baby bottle plastic material used for strong, clean, and leaves no marks and scratches easy.



## Cupping Therapy Set – Best Quality in Class Massage Cups for Face, Body, Back and Legs for Trigger Point, Myofascial Release, Cellulite & Wrinkles

- One of the BEST GIFTS You Can GIVE Yourself and Your Loved Ones – Cupping Massage is known to help: improve circulation, reduce inflammation, release toxins (lymphatic drainage and detox), lower blood pressure, relax muscles, relieve joint pain, fibromyalgia, regulate hormones, release endorphins, promote healing,

improve sleep.

- MASSAGE Can help you feel human again! Stretch weak, tight or atrophied muscles, reduce post-surgery adhesions, ease medication dependence, reduce spasms and cramping, lessen depression and anxiety. If you suffer from headaches, migraines, neck, shoulder or lower back problems, muscle stiffness, tension, sport injury, Carpal Tunnel – Cupping can help!
- Body Cups: traditionally used for thousands of years to relieve muscle & joint pain & inflammation, neck and shoulder tension, stress, increase circulation, metabolism, visibly improve cellulite, stretch marks, scars, spider veins, digestive function, fibromyalgia, firm & tone skin and much more!
- What You Get: 5 Massage Cups – Body Cups: 1 Large (2"), 2 Small (1.5") + 1 Facial Cup (.75"), 1 Eye Cup (.25") diameter + FREE Exfoliating silicone face brush, satin bag, tutorial, professional cupping videos and unconditional guarantee and replacement warranty.
- You Will LOVE How Cupping Makes You Feel and THE DRAMATIC RESULTS. LURE created a unique a GIFT SET to help you achieve desired results with Cupping Therapy: strengthen the immune system by stimulating lymph flow – the body's natural defense system; improve condition of your skin (collagen and elastin), wrinkles, stretch marks, cellulite, scars and more!



## Bellabaci Super Training Set from Bellabaci

- A highly innovative yet insanely practical massage therapy cup that not only takes the strain out of massage, it allows you to offer your clients long-term solutions to persistent problems.
- Once trained it is easily performed by qualified massage therapists and physicians. a wonderful ancient technique has found its place in the modern world of healing.
- Bellabaci massage is a modified and simplified version of the ancient cupping therapy
- Less stress and strain on your own body during massage. faster better results and solutions to old ailments and treatments can be tailored to suit any massage routine.
- This massage utilizes the Bellabaci silicone, hand squeezed cups, which create suction on the body surface and moving them in a specified sequence we have created

an exciting new treatment, which apart from being different and new it also provides the patient with excellent healing results.



## Bellabaci – Video Training & Digital Manual



## Bellabaci Professional Therapist Massage System from Bellabac

Cellulite Treatment, Lymphatic Drainage, Deep Tissue Massage, 4 body cups, 2 face cups, case, and instructional DVD, A daily ten-minute massage can bring you incredible results!





## California Signature Wine Basket

A trio of famous California wines, luxury chocolates, and delicious gourmet fare in our signature hammered copper wine chiller.



## **Sweet Celebration Fruit Basket**

Ready for a country drive or a perfect picnic, this charming basket is overflowing with succulent fruits, sweet candies and gourmet cookies.

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# Ayurveda and Fall

**AYURVEDA and Fall**



On week 247 let's take a look at what the ancient system of Ayurveda is about and what modalities are available to us to enter fall in an aware synergy with this season so we can live in harmony and wellness. When we live conscious of mind, body

and spirit we are whole and we can function from a well-sustained energy that supports us in every aspect of our lives.

Let's take a tour of our body and what goes on in fall, so with this information, we can be aware of how we work with the earth's rhythms in the different seasons.

## Our Muscles & Colon

This video can truly explain why we have pains, dryness and so much more and how easy is to correct it

Fall the opposite of spring season, by late September our reduced blood flow leaves your muscles inducing fatigue. In this season the days start to grow darker earlier, a comfortable evening curled up on the couch or our beds with a favorite movie or a book seems the thing to do. Smooth muscle tissue, including the tissue of our colon, become sluggish when the temperature and pulse rate drop. The colon, also sensitive to stress, holds the wear and tear of the autumn season.

## Indigestion & Electrolytes

A process called cold diuresis (Diuresis is the physiological process by which urine production in the kidneys is increased as part of the body's homeostatic maintenance of fluid balance.) this action causes the fluid loss in Autumn. Cold diuresis is a response to vasoconstriction. When our blood vessels constrict, it increases blood pressure much as squeezing the air inside a balloon. The kidneys then proceed to release the extra pressure by removing fluids from circulation and emptying them into the urine. A summer of hot sweating followed by cold diuresis may leave you dehydrated and electrolyte deficient. Here is important to keep in mind to add foods that can support electrolyte, juiciness and salty taste encourages water retention for dry Vata. Vata types should avoid dry foods in the fall altogether.

## Cold Feet & Warm Socks



Some people get cold feet even when wearing extra warm clothes to compensate. Too much of tight clothing like socks can't coax blood out of hibernation once it moves to the core. The body at this point may simply lack confidence or strength to maintain core temperature and warm our feet. A sweater to heat the core does a better job than an extra pair of socks to cure

cold feet. Lifestyle changes, such as warm clothes and indoor heating, can convince the body it has heat to spare. Additionally, daily oil massage in the morning before bath coats the skin and prevents evaporation. As in a summer sweat, evaporation causes significant heat loss. Oil massage thus helps retain heat by creating a protection barrier, let's be aware of the kinds of oil that can help with this process. Once the pathological cold has penetrated our system, hot baths may be the only way to restore circulation. A pinch of turmeric keeps circulation strong. Sour lemons in morning tea convince sweat glands and stomach glands to stay juicy, Ginger lemon tea is a great aid here.

Fall is a time of transition. It is evident everywhere around us. Trees and shrubs are quietly undressing in preparation for the winter in their beautiful rhythm of the seasons. There is a subtle browning of the earth she goes within. Temperatures, which, just a few weeks ago were raging with the intense heat of summer, are beginning to hint at the telltale crispness of autumn. And there is the wind: slowly gathering strength, carrying the tides of winter on its breath to its role in nature. Fall harbors a certain emptiness that can leave us feeling exposed and a little raw, but it is also filled with possibility—a time when we, too, can strip down to a quiet essence of being and savor the simplicity of life and heart connection. The fall brings with it a predominance of air element and prana (the vital breath, the subtle essence of life) is abundant in the atmosphere at this time. Autumn is dry, it can be rough, windy, erratic, cool, subtle, and clear. These are all qualities shared by Vata dosha, and because like increases like, autumn is considered a Vata season. This same principle illustrates why taking a few simple steps to balance Vata dosha this fall can be tremendously beneficial to be in balance



- **Emotions, the Mind, Inspiration  
time**



**"Life should be a  
continuous source  
of inspiration."**

**-Paramhansa Yogananda**

The fall is a time for inspiration and to work on new ideas. The movement of blood from the extremities back to the core increases blood flow to the mind a very interesting process of the intelligence of our body. The opportunity to reflect on the last few months could stir up emotions as well. The Wind, sudden temperature shifts, and the school season also provoke

higher stress levels this time of year. According to Ayurveda, keeping the nervous system stable through fall is our number one tool for maintaining strong immunity and staying healthy. Ashwagandha is Ayurveda's most important herb for Vata-type anxiety and Chywanprash helps build immunity.

## Routine & Flexibility

When we wear oneself ragged in Fall social calendar it can result in a compromised immunity for flu season. Alternatively, relaxation and downtime free up the energy to help the body prepare for winter. Skipping meals, staying up late, and irregular mealtimes, toxic process food that had never seen sun or soil, create stress and deficiency. Here is a great contributor to check, Joyful Belly offers a nurturing fall program called Restoring Youth and Vitality to prepare the body for winter.

Ayurveda is an ancient science based on elemental principles that pertain to life on earth and the connection to it with body, mind, and soul is no separation here. Ayurveda recognizes the elements of ether, air, fire, water, and earth as the building blocks of the natural world. According to Ayurveda, these five elements pair-up in three combinations to form the primary forces of nature called doshas. Ether and air form Vata dosha. Fire and water make up pitta dosha. Water and earth create Kapha dosha which we all possess in ourselves.

Great video to learn and get your answers from enjoy

[https://youtu.be/U5J2\\_Gah19w](https://youtu.be/U5J2_Gah19w)

**The Vata Dosha is the one connected with Fall lets find out what Vata is about:**



Vata dosha predominates, movement and change are characteristic of the nature of Vata. You tend to always be on the go, with an energetic and creative mind. As long as Vata is in balance, you will be lively and enthusiastic, with a lean body, Energy that controls bodily functions associated with motion, including blood circulation, breathing, blinking,

and your heartbeat.

- In balance: There are creativity and vitality.
- Out of balance: Can produce fear and anxiety.

Vata Predominant Types: Creative; Quick to learn and grasp new knowledge, but also quick to forget, Slender; Tall and a fast-walker; Tendency toward cold hands and feet, discomfort in cold climates; Excitable, lively, fun personality; Changeable moods; Irregular daily routine; High energy in short bursts; Tendency to tire easily and to overexert; Full of joy and enthusiasm when in balance; Responds to stress with fear, worry, and anxiety, especially when out of balance; Tendency to act on impulse; Often have racing, disjointed thoughts; Generally have dry skin and dry hair and don't perspire much.



# How to Remedy Common Vata Imbalances

## Vata-Pacifying Guidelines

### Daily Regime

- . Rise daily by 6am
- . Daily bowel movement
- . Abhyanga wt Sesame oil
- . Shower and Pray/Meditate
- . Time for rest & reflection
- . Yoga/walking/short hikes
- . Listen to soothing music
- . Keep warm
- . Get enough sleep 7- 8 hrs
- . Meditate & bed by 10pm

### Daily Meals

- . Breakfast by 8am
- . Lunch 12pm - 1pm
- . Dinner by 7pm
- . Favor warm and freshly cooked
- . Favor Sweet, Sour, and Salty foods
- . Minimize intake of raw foods
- . Avoid cold foods and drinks

### Legumes

- . Mung beans
- . Red lentils
- . Tofu/Tempeh

### Grains

- . Rice
- . Quinoa
- . Wheat
- . Cooked Oatmeal

### Veggies

- . Asparagus
- . Zucchini
- . Carrot
- . Beets

### Fruits

- . Banana
- . Avocado
- . Apricot
- . Berries

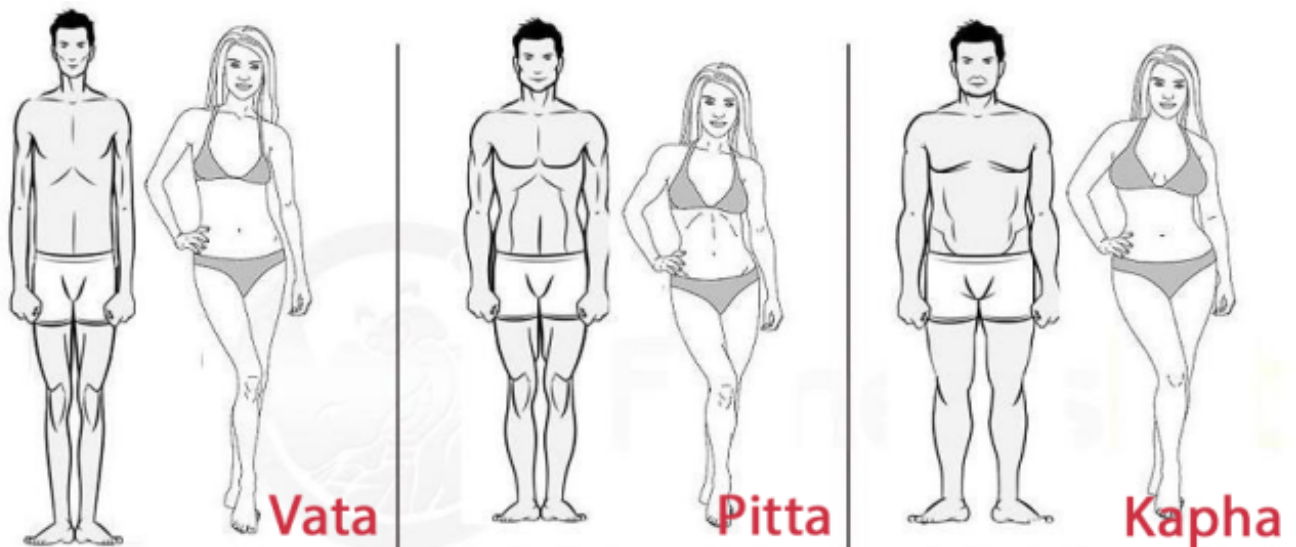
### Spices

- . Cardamom
- . Cumin
- . Ginger
- . Cinnamon

### Fats/Oils

- . All Soaked nuts and seeds
- . Coconut oil
- . Olive oil

## Physical Characteristics



Those with a predominance of Vata dosha usually have a thin, light frame and excellent agility. Their energy comes in bursts and they are likely to experience sudden bouts of fatigue. Vata's typically have dry skin and hair and cold hands and feet. They sleep lightly and their digestion can be sensitive. When the Vata dosha becomes imbalanced, it manifests in the body as weight loss, constipation, hypertension, arthritis, weakness, restlessness, and digestive challenges.

#### Emotional Characteristics

Vatas love excitement and new experiences. They are quick to anger but also to forgive. When Vata are in balance, they are

energetic, creative, and flexible. They also take initiative and are lively conversationalists. When unbalanced, they are prone to worry and anxiousness and often suffer from insomnia. When they feel overwhelmed or stressed, their response is, "What did I do wrong?"

The influence of Vata's ether and air contributions, we can feel light, carefree and creative or spacey, scattered, and unstable. The etheric nature of Vata creates a sense of space, in which you may feel free or lost if it is not balanced. The airy aspect of Vata can inspire productivity or promote anxiety. Ayurveda teaches that like increases like much like the law of attraction, isn't it?. If you are dominantly Vata by nature or are consistently influenced by Vata, you are more likely to experience the negative effects of excess Vata during the Vata season.

**Who determines what Dosha we are  
and where it comes from?**



VATA	KAPHA	PITTA
<p><b>LATE FALL/EARLY WINTER</b> COLD, DRY, LIGHT, SWIFT, MOBILE, IRREGULAR, ROUGH</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Thin, light and wiry frame, long and tapered fingers and toes, small dark eyes, smaller mouths and thin lips.</li> <li><input type="checkbox"/> Dryness of skin, hair, lips and joints. Irregularity in bones, teeth, hair, spine ect (scoliosis).</li> <li><input type="checkbox"/> Extreme sensitivity to cold, wind, and dry weather.</li> <li><input type="checkbox"/> Cold extremities, such as hands, feet, and nose.</li> <li><input type="checkbox"/> Erratic appetites and irregular digestion.</li> <li><input type="checkbox"/> May suffer from arthritis, fibromyalgia, anxiety, migraines</li> <li><input type="checkbox"/> Irregular menstrual cycles with premenstrual physical and emotional symptoms.</li> <li><input type="checkbox"/> Light, restless sleep.</li> <li><input type="checkbox"/> Very active mind. Creative, artistic with imaginative ideas. Ideas change often. Open and tolerant of others. Energetic but sporadic.</li> </ul>	<p><b>LATE WINTER/EARLY SPRING</b> COOL, WET, OILY, HEAVY, DENSE, STATIC, STABLE</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Stocky build, large and strong frame, tendency to gain weight easily, and well-developed chest. Large and attractive blue or light brown eyes, thick eyelashes, round faces with full lips .</li> <li><input type="checkbox"/> Soft, thick, oily hair that is wavy and plentiful.</li> <li><input type="checkbox"/> Intolerant of cold, damp environments.</li> <li><input type="checkbox"/> Cool extremities that may be clammy (cool sweaty palms/feet).</li> <li><input type="checkbox"/> Steady appetite with slow but regular bowel movements and minimal urination.</li> <li><input type="checkbox"/> Tendency towards colds, congestion, allergies, water retention, and sluggish digestive systems.</li> <li><input type="checkbox"/> Regular menstrual cycles with little premenstrual symptoms</li> <li><input type="checkbox"/> Heavy sleepers with tendency to over sleep</li> <li><input type="checkbox"/> Easy going, fun loving, patient, slower moving, endurance, grounded deposition, resistance towards change</li> </ul>	<p><b>SUMMER</b> HOT, OILY, LIGHT, LIQUID, MOBILE, SHARP, SOFT, SMOOTH</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Medium-sized build, moderate muscle tone, ruddy coloring, medium sized eyes that are light in color.</li> <li><input type="checkbox"/> Skin is fair, warm, reddish, soft, and moist. Many freckles and moles, with a tendency towards rashes or acne. Soft, thin, light-colored or reddish hair, tendency to grey or bald early.</li> <li><input type="checkbox"/> Burn easily in sun. Sensitive to heat and humidity.</li> <li><input type="checkbox"/> Extremities are warm with good circulation.</li> <li><input type="checkbox"/> Robust, healthy appetites. Become irritable if they skip a meal.</li> <li><input type="checkbox"/> Prone to inflammation of muscles and tissues, especially in the shoulders and middle back where they accumulate stress. Indigestion, heartburn.</li> <li><input type="checkbox"/> Regular menstrual cycles with heavy bleeding and PMS.</li> <li><input type="checkbox"/> Light but moderately good sleep. Often overheat during sleep with tendency to burn candle at both ends.</li> <li><input type="checkbox"/> Intelligent, powerful, clear, focused mind. Aggressive, quick temper, competitive, workaholic, overly ambitious, great conversationalists.</li> </ul>

Here is a quick test to find out what Dosha you are:

Here is a great site to determine what dosha you are: [Chopra Dosha Quiz](#)

Prakriti is our basic constitution. This is determined at the moment of conception and relates to your genetically inherited physical and emotional qualities. Prakriti specifically relates to those qualities, characteristics, and tendencies that are the stable makeup of ourselves. For instance, while you may experience temporary changes, like gaining or losing ten pounds, feeling nervous or irritable, developing a cold or flu, to mention a few, in the natural course of life you will never gain or lose five inches on your height or experience a change of eye color unless it is a major affection, but not in our normal state of health.

Prakriti is enlivened and described by three main doshas or forces: Vata, Pitta, and Kapha. These are loosely translated as Air, Fire, and Earth, respectively. Each of us has all three doshas in our constitution, in our unique proportions.

In Ayurveda, seven dosha-predominant Prakritis are described: Vata-predominant, Pitta-predominant, Kapha-predominant;

Three dual Prakritis,

Where two doshas are equally, or nearly equally predominant: Vata-Pitta predominant, Pitta-Kapha predominant

And Vata-Kapha predominant

And one Prakriti that has all three doshas equally prominent: Vata-Pitta-Kapha predominant.

Note: Even a thoughtful test cannot take the place of an evaluation by a qualified Ayurvedic practitioner. The results of this test may give a good indication of the primary doshas in your Prakriti but the evaluation of your practitioner may be more accurate.

Vata governs movement in the body, the activities of the nervous system, and the process of elimination.

## Qualities of Vata:

# QUALITIES OF VATA

- Dryness • Lightness • Coldness • Roughness
- Minuteness • Movement

## The 5 Elements



## 10 pairs of opposing qualities:

Furthermore, each of the 5 elements has a unique combination of basic qualities.

Heavy / Light  
Cold / Hot  
Oily / Dry  
Slow / Fast  
Gross / Subtle  
Sticky / Clear

These five elements containing differing proportions of the opposing qualities in turn joins together categories termed as "Doshas."

## Basic Doshas

Doshas are also known as mind-body types, subtle energies that cannot be perceived but that express particular patterns - unique blends of physical, emotional, and mental characteristics.



VATA



PITTA



KAPHA



*Green Gram* Ayurveda Wellness Village

- Cold
- Light
- Dry
- Irregular
- Rough
- Moving
- Quick
- Changeable

As the external environment changes during the Vata season, your internal environment can experience the same type of changes; dry leaves, dry skin; crackly leaves, crackly joints; shorter days, shorter attention span; colder days, colder extremities, windy days, windy bowels. The qualities of Vata dosha are found in the disorders that are common at this time of year. By observing the processes of Mother Nature, you can better understand the processes of your body, mind, and spirit.

Applying the Ayurvedic principle that opposite actions create balance, you can maintain balance during the Vata season by emphasizing lifestyle and food choices that are grounding, stabilizing, warming, moisturizing and softening. You can stay calm and connected in this whirlwind season with a consistent practice that includes nourishing and protective measures. Ayurveda promotes simple and regular routines as having a deeper effect on balancing Vata than an 'as needed' approach.

Offered here are Ayurvedic recommendations for enjoying the Vata season with stability and serenity:

Fall is a time of transition. It is evident everywhere around you. Many trees and shrubs are quietly undressing in

preparation for the winter. There is a subtle browning of the earth. Temperatures, which, just a few weeks ago were raging with the intense heat of summer, are beginning to hint at the telltale crispness of autumn. And there is the wind: slowly gathering strength, carrying the tides of winter on its breath. The autumn harbors a certain emptiness that can leave us feeling exposed and a little raw, but it is also filled with possibility—a time when we, too, can strip down to a quiet essence of being and savor the simplicity. The fall brings with it a predominance of air element and prana (the vital breath, the subtle essence of life) is abundant in the atmosphere. Autumn is dry, rough, windy, erratic, cool, subtle, and clear. These are all qualities shared by Vata dosha, and because like increases like, autumn is considered a Vata season. This same principle illustrates why taking a few simple steps to balance Vata this fall can be tremendously beneficial.

Ayurveda considers a seasonal routine an important cornerstone of health, year around. Balancing the nature of your local climate with lifestyle choices that offset the potential for seasonally-induced imbalances is one of the simplest ways that you can protect your well-being. But keep in mind that the seasons vary widely from one place to another, as do the qualities that they engender. “Vata season” is whatever time of year most embodies the attributes that characterize Vata dosha: dry, light, cold, rough, subtle, mobile, and clear (or empty). Autumn is the classic Vata season. However, depending on where you live, the dry and expansive qualities of Vata may be prevalent components of your environment as early as summer, and the autumn may be followed by a very drying, cold, isolating, and/or windy winter.

Beginning to observe your environment from this qualitative perspective empowers you to respond to both daily and seasonal fluctuations in your local climate. The truth is that many of us adopt seasonally appropriate habits already, without even being conscious of doing so. For instance, summer is a time

when we often enjoy salads and watermelon in abundance, both perfect antidotes to the heat and intensity of the summer. Whereas by October and November, we're often baking delicious pumpkin bread and dining on hearty, grounding soups—foods that naturally subdue the dry, light, and erratic nature of the fall. By making diet and lifestyle choices that counter the effects of each season, you can better maintain your internal sense of equilibrium throughout the year

If we consider the Ayurvedic principle that opposites balance, Vata season (which is cool, light, dry, windy, and unpredictable) will be less aggravating if you fill it with warmth, oiliness, deep nourishment, loving relationships, and a sense of stability, routine, and groundedness. In addition, you may find it helpful to familiarize yourself with signs and symptoms of Vata imbalance so that you are better prepared to address those immediately if they do arise. The following recommendations are appropriate for most people, but if you know your constitution or your current state of balance, you can tailor your seasonal routine appropriately. Below the general recommendations that follow, you will find links to more dosha-specific considerations.

Your diet is a powerful way to soothe Vata this fall. Substantive, oily, nourishing foods that are high in protein, high in fat, brought to life with warming, stimulating spices, and served hot, will go a long way toward maintaining your internal reserves of moisture and keeping you grounded through the Vata season. You'll also want to favor the sweet, sour, and salty tastes. In general, eat mushy, soft foods and garnish them generously with ghee or oil. Breakfasts of cooked grains—like oatmeal, tapioca, cream of rice, and cream of

wheat—are perfect at this time of year. Lunches and dinners that include steamed vegetables, hearty grains, soups, and stews are grounding and moisturizing. If you eat meat and eggs, this is one of the best times of year to enjoy them. Dairy products and most nuts and seeds are also beneficial. In general, you'll want to reduce your consumption of raw vegetables, cold and frozen foods, as well as the bitter, pungent, and astringent tastes. It is best to minimize light, cooling, and drying foods like broccoli, cabbage, cauliflower, sprouts, leafy greens, white potatoes, beans, popcorn, crackers, millet, and dried fruit. If you do eat these foods, eat them in moderation and make sure that they are soaked, well cooked, or served with ghee.

You may find that, during the course of the fall, you'll naturally want to increase your intake of food, but be careful to follow the lead of your appetite and digestion. This is also a great time of year to do a mono diet type of cleanse. Vata requires adequate nourishment so it is best to avoid fasting.

## **The following is a list of ideal Vata season foods:**

Fruits to Favor

Apples (cooked)

Avocados

Bananas

Dates

Figs

Grapefruit

Grapes



Lemons

Limes

Mangoes

Oranges

Papayas

Prunes (soaked)

Raisins (soaked)

Tangerines

Vegetables to Favor

Beets

Carrots

Chilies

Garlic

Okra

Onions

Pumpkins

Squash, Winter

Sweet Potatoes

Grains to Favor

Amaranth

Basmati Rice

Brown Rice

Oats

Quinoa

Wheat

Legumes to Favor

Kidney Beans

Miso

Mung Beans

Tur Dal

Urad Dal

Nuts and Seeds to Favor

All nuts and seeds are supportive of vata season

Dairy to Favor

Butter

Buttermilk

Cheese

Cream

Ghee

Kefir

Milk (not cold)

Sour Cream

Yogurt

Animal Products to Favor (If You Eat Them)

Beef

Buffalo

Chicken

Crab

Duck

Eggs

Fish

Lobster

Oysters

Shrimp

Turkey

Venison

Oils to Favor

Almond Oil

Ghee

Olive Oil

Peanut Oil

Safflower Oil

Sesame Oil

Sweeteners

Honey

Jaggary

Maple Syrup

Molasses

Rice Syrup

Sugar (Raw)

Spices to Favor (All Spices Are Good for Vata Season)

Allspice

Anise

Asafoetida (Hing)

Basil  
Bay Leaf  
Black Pepper  
Cardamom  
Cinnamon  
Clove  
Cumin  
Dill  
Garlic  
Ginger  
Mustard Seeds  
Nutmeg  
Oregano  
Paprika  
Parsley  
Rosemary  
Saffron  
Turmeric

## Vata Season Lifestyle Choices

One of the most effective ways to support Vata is by establishing a daily routine. Try to do the same things (wake up, exercise, eat meals, go to bed, etc.) at roughly the same times each day. Set the tone for your day by rising early, taking full advantage of the silence, stillness, and peace that are intrinsic to the early morning hours. Then, you can calm your nervous system, awaken your tissues, and ground your energy by massaging your skin with warm, organic Sesame Oil. Follow this practice with a warm, relaxing shower, leaving a coat of oil on the skin to absorb throughout the day. Steam baths and humidifiers can help to preserve internal moisture as well. Some gentle yoga and ten to fifteen minutes of

meditation will further your sense of stability and wellness. If you enjoy a little fragrance, vetiver, geranium, and citrus essential oils are very appropriate this time of year. Dress in autumn colors when appropriate—reds, yellows, oranges, and whites—and wear enough clothes that you stay warm throughout the day. When you step out into the elements, cover your head and ears to protect them from the biting wind and cold. If possible, minimize your exposure to drafts, loud noise, aggressive music, fast driving, and excessive sexual activity. Try to be in bed by 10 p.m. so that you get plenty of rest before dawn.

## **Vata Season Exercise**

The best times of day to exercise are in the early morning and evening hours (6–10 a.m. and 6–10 p.m.). Vata is very easily aggravated by fast, mobile activities, so consider slow, gentle, strengthening forms of exercise instead. Walking, hiking, swimming, biking, yoga, and tai chi are good choices, provided they are done at an appropriate level of intensity. Ideally, exercise at about fifty to seventy percent of your capacity, breathing through your nose the entire time. And remember to balance your activity with adequate relaxation and sleep so that your tissues can rejuvenate properly.

## **Vata Season Yoga**

Incorporating a sense of warmth, grounding, stability, and focus on your yoga practice has a profoundly calming effect on Vata and can work wonders during Vata season. Your breath should be deep and fluid. If you practice pranayama (yogic breathing exercises), alternate nostril breathing is very balancing this time of year. In your asana practice, favor Vata-pacifying yoga. Warm up slowly and include some joint rotations. Move with intention and fluidity—grounding the hands and the feet on the mat whenever possible—and avoid jumping between postures. Gentle flows like a relaxed sun salutation are perfect for Vata. You can also favor standing and balancing poses such as mountain, warrior I, warrior II, and tree pose to increase stability and strength. Connect with the earth beneath you in poses such as thunderbolt, cat-cow, cobra, and child's pose, and quiet the mind with forward bends such as intense westward stretch. Gentle inversions and restorative poses such as legs up the wall are also very good for Vata. Close your practice with a long corpse pose, covering yourself with a blanket so that you don't get chilled.

#### Herbal Support for Vata Season

Taking Chyavanprash in the morning can help to reinforce immunity, strength, and energy during the autumn season. Ashwagandha is stabilizing to the mind and nervous system, and can promote sound sleep, strong digestion, proper elimination, and appropriate strength; it is available as a powder, tablet, and liquid extract. Similarly, herbal teas made from ginger, licorice, or a combination of cumin, coriander, and fennel, can help to promote proper digestion and warmth. Another grounding, vitalizing herbs and formulas include Dashamula, Haritaki (also available in tablets), Triphala (also available in tablets), and Vidari. The following herbal tablets are also

generally quite supportive during Vata season: Healthy Vata, Joint Support, Mental Clarity, Stress Ease, Tranquil Mind, and Vata Digest.

More Specific Support for Your System

The following links to dosha-specific recommendations are intended to assist you in offering more personalized support to your particular constitution. If you don't know yours, consider taking our simple Prakriti quiz, and then choose the appropriate link below to further customize your seasonal routine.

Remember, a seasonal routine is an investment in your own health and vitality. And while the specifics may vary from one person to the next, we all stand to benefit from aligning ourselves with the rhythms of nature throughout the year. This fall, embrace the unique gifts of autumn and—with the help of an appropriate seasonal routine—enjoy it from a place of stability, humility, and gratitude.

Ayurveda is an ancient science based on elemental principles that pertain to life on earth. Ayurveda recognizes the elements of ether, air, fire, water, and earth as the building blocks of the natural world. According to Ayurveda, these five elements pair-up in three combinations to form the primary forces of nature called doshas. Ether and air form Vata dosha. Fire and water make up pitta dosha. Water and earth create Kapha dosha.

Under the influence of Vata's ether and air contributions, you can feel light, carefree and creative or spacy, scattered, and unstable. The etheric nature of Vata creates a sense of space, in which you may feel free or lost. The airy aspect of Vata can inspire productivity or promote anxiety. Ayurveda teaches that like increases like. If you are dominantly Vata by nature or are consistently influenced by Vata, you are more likely to experience the negative effects of excess Vata during the Vata season.

As the external environment changes during the Vata season,

your internal environment can experience the same type of changes; dry leaves, dry skin; crackly leaves, crackly joints; shorter days, shorter attention span; colder days, colder extremities, windy days, windy bowels. The qualities of Vata dosha are found in the disorders that are common at this time of year. By observing the processes of Mother Nature, you can better understand the processes of your body, mind, and spirit.

Applying the Ayurvedic principle that opposite actions create balance, you can maintain balance during the Vata season by emphasizing lifestyle and food choices that are grounding, stabilizing, warming, moisturizing and softening. You can stay calm and connected in this whirlwind season with a consistent practice that includes nourishing and protective measures. Ayurveda promotes simple and regular routines as having a deeper effect on balancing Vata than an 'as needed' approach.

Offered here are Ayurvedic recommendations for enjoying the Vata season with stability and serenity



## Chinese Laundry Emmanuelle Pinstud Single Handle Bucket Bag w/ Adjustable Strap

Make yourself right at home with the Emmanuelle Pinstud Single Handle Bucket Bag w/ Adjustable Strap.





## Columbia Snow Eclipse™ Mid Jacket

Enjoy the energetic hustle and bustle of busy city streets from within the comfortable confines of the Snow Eclipse™ Mid Jacket.



## Kuhl Alska™ Hoodie

The Alska™ Hoodie brings cozy comfort to your cool-weather layering.