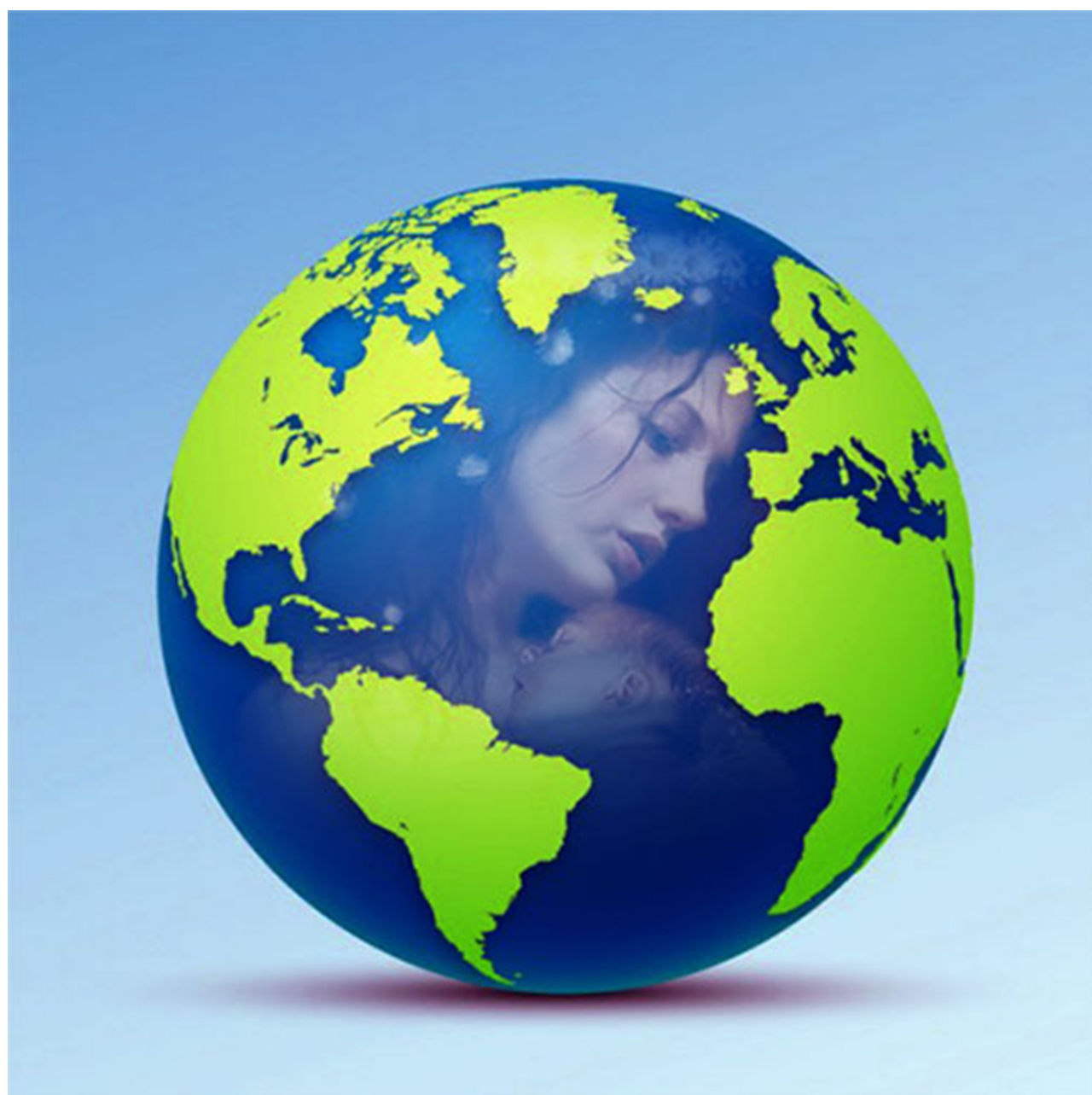


Mothers day Around the World

Mothers day Around the World



With Love and Gratitude a Dedication to all Mothers

On week 342 post, I am dedicating this to my mother Ana. I wish to honor women that are in my life that I love very much and that I witness their amazing mother's love, they work so hard and always there for their children here we go and please consider that is not any particular order, first or second place I just want to mention and honor them, with love to Carme Tenuta, mother Yolanda Tenuta, Cory Cochiolo a mother to so many so thankful for her, Oriah Mirza, Jolynn Ulibarri, Katheleen Leonard, Ann Pala, Mary Norris the mother of so many, Diane Watson, Liz Skulski, Yvonne De Patis-Kupka, Vera Steimberg, Andrea Peralta, Katie Daouthit, Angela Moos, Nadege Schoenfeld, Geneva Nash-Morgan, Lisa Astorga, Patricia Michaels, Penelope Cruz, Marcella Matheson, Mina Gurung, Nancy Tong, Araceli Blanco, Patricia Arquette, Paz Vega, Robbin Benson, Amy Basler, Eva Mendes, Valery Plame, Cheryl Ann Nick, Anna Rummel Tenenbaum, and so many more that I love and appreciate and to the mothers that are in a hard place in this world, and our amazing MOTHER EARTH for giving us so much. Happy Mothers Day.

From CARME TENUTA TO HER MOMMY



Thank you for showing us, everyone the true meaning of LOVE and the importance of FAITH.

Thank you for teaching us, how to live through LOVE & FAITH. What makes all possible.

Thank you for always making us all feel special, raising 5 of your own children & and being an essential part of your 2 grandchildren's lives. Every one of us grew up feeling that we were your favorite, WOW, now that's a talent!

Thank you for teaching us that no matter what the highs & the lows are you LOVE unconditionally, accept everyone for who they are.

Thank you for being our strength at each pivotal point in our lives & giving us the courage & support to move forward. To chase that dream & make it our reality.

Thank you for showing us the importance of Laughter, to find Joy in life & grab all the Gusto Life has to offer, to take opportunities when they come our way.

Thank you for being a living proof that age is mind over matter, being the age of a young 90, you are in perfect health, because, you never stop. You have taken good care of yourself & still are, you are still driving (w/ a perfect driving record WOW) Still making your delicious & famous ravioli's, gardening, cleaning your house & dancing whenever you can.

My Mommy, I Strive to be the Mom that you are & have been to all of us & an amazing Grandmother, Great Grandmother, & a Great Great Grandmother.

To reach the young age of 90 in Perfect Health & to be as Self Sufficient as You!

Basically, My Mommy what I want to say is Thank You for being YOU!!!

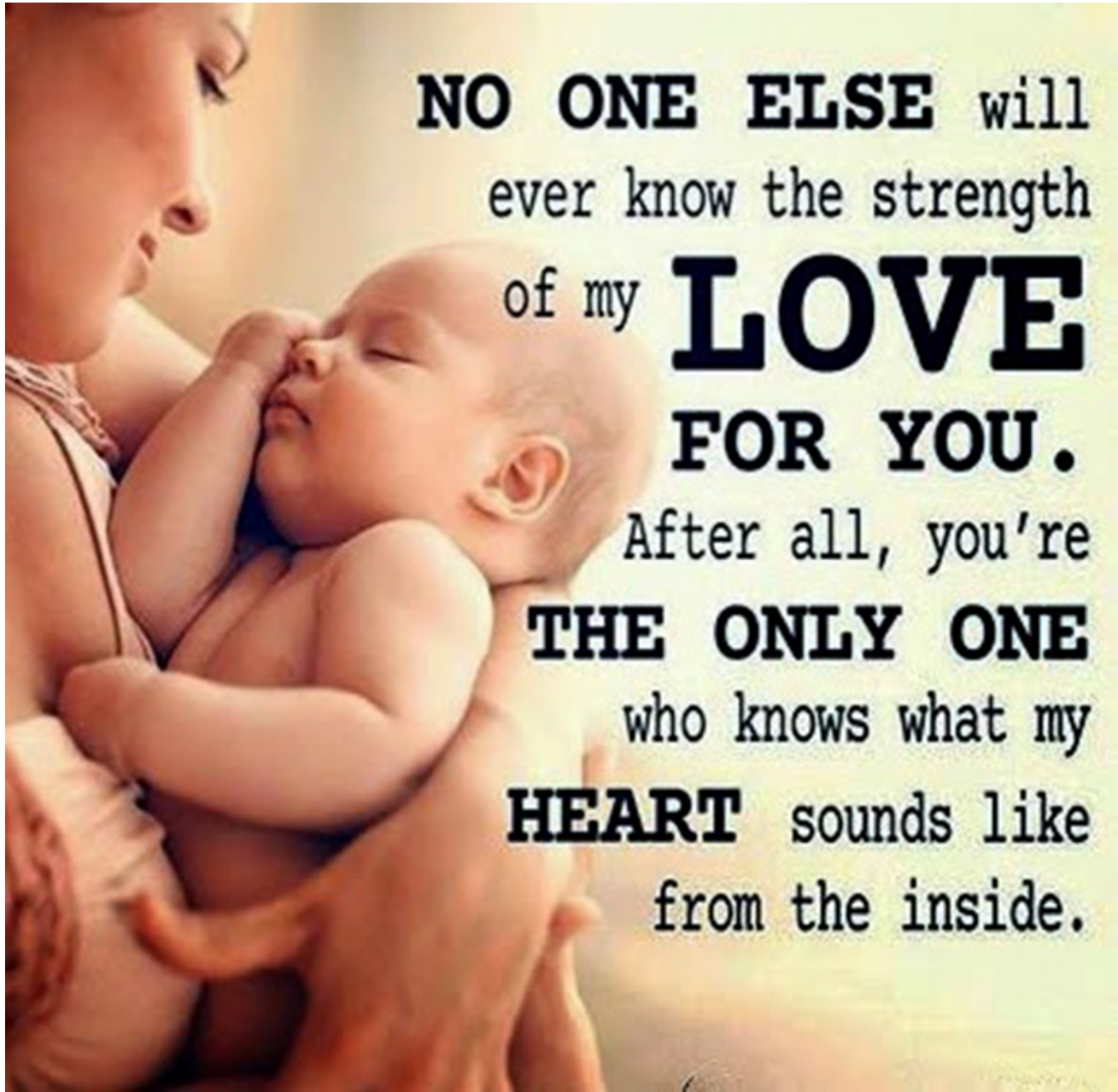
Happy Mommy's Day To My Best Mommy ♥

My Beautiful Mother ANA IGLESIAS



My mother Ana she honestly went through so much in her life, starting with her being a humanitarian. She taught me how to accept everyone regardless of their social status, color, size, beliefs, genders, or any personal quality that a person could have it didn't matter to her. She always was the same with everyone, I really appreciate that I was exposed to those beliefs, we travel to so many countries together and even, so she didn't speak their languages she always managed to touch people deeply and live them with a spiritual gift. She knew so much about so many things, she was terrific with herbs and home remedies. She taught me since very little that food is our medicine and how to prepare many different meals for the various challenges and now I still find my self doing the same for a lot of people and I smile and thank her because I know that she is letting me know what I should do and I listen.

She was an amazing fashion designer I grew up with clothes that she made me, in fact, I still have garments made by her, she was so unique in so many ways, what a rich life she lived and how many lives of others she touched an amazing human being a great mother and a grandmother to many, even when she was in hard places with her own life challenges like all of us she found a way to have fun and make magic and she did, I love you Mama we know you are here with us and will guide your little granddaughter through her life journey like you did with Macarena, Cristal and me and we all know it, thank you, Mama, for all you did and still do.



NO ONE ELSE will
ever know the strength
of my **LOVE**
FOR YOU.

After all, you're
THE ONLY ONE
who knows what my
HEART sounds like
from the inside.

**About My Mother by Gary Spradling
from Isabel's Beauty blog.**



I am the son of a single parent, my mother. She worked so hard to bring my brother and me up. She became a mother when she was pregnant with my younger brother and going to college. I was a year and half

old at that time, so I don't remember much other than going with her to work at the college campus cafeteria. Once my brother was born she started working as a waitress in a coffee shop at a Las Vegas hotel. She worked very hard to make ends meet. She was promoted to a cocktail waitress and was able to buy her first house. She was so proud of that house, she was consistently doing little home improvements herself on her tight budget. She worked the graveyard shift (all night) so she could be there with us during the day. I don't know how she did that for so long. I remember her coming home from work in the morning after having a good night in tips and telling us "Let's go to Disneyland!" with a huge smile on her face and being so excited for us. There were several of those kinds of trips growing up, and we had a blast. I remember her always working so hard to make enough to provide for us and give us the best childhood possible. She even found time to put us in sports, private music lessons, and take us to our favorite places around town. She would fully support our hobbies and interests like Rocketry, BMX, or Martial Arts. When we got a little older, she started a small business, an Arts and Crafts store. She would work all night at her cocktail waitress job and work at her store during the day, again I don't know where she found the energy to do all that. She was always looking to improve our situation without jeopardizing her current income security. It felt to me that everything she did she was to make our lives better. She somehow even found a way for me to go to college out of state. Once my brother and I were old enough to move away from home, she went to school to become a massage therapist. Once she graduated she was so good at massage therapy and business, she opened her own massage school and her own Day Spa. The Spa was extremely successful and was voted best spa in Las Vegas for many years. I am always thankful that I was lucky enough to have Paula Spradling as my mother. She had what I later learned was called **unconditional love** for us. Thank you, Mom, I love you.

Mother Is Universal



According to: <http://www.todayifoundout.com/index.php/2014/11/curious-origins-words-mom-dad/>

The word MOTHER can be traced back to the 1800s for “mom.” As with so many etymologies, where these words were first uttered and by whom is a mystery still. The word “mom,” is a slightly different story and it’s widely believed that the word was born from the much older word “mamma” which itself can be traced back to the 1500s in the English language.

This can be traced back to Latin where “mamma” meant “breast” or “teat.” From this word, we also got the word “mammalian” and later “mammal” to describe animals that suckle their babies.

This brings us to the fantastic part a word remarkably similar to “mom” occurs in almost every language on Earth. We don’t mean that there is a word for “mom” in every language; we mean that the word for “mom” is shockingly similar across nearly all of the most commonly spoken languages on Earth right now. For example, if you wanted to address your mother in Dutch, you’d say “Moeder,” if you were to travel to Germany, on the other hand, you’d call her “mutter” while over in Italy you can call her, “Madre,” in Spain Mama. So let’s mix things up a bit and list the words for mom or mother in more languages, shall we say, “exotic” languages, from an English speaker’s point of view, and see if you start to notice a pattern:

Mothers from around the world how beautiful



Ways Of Saying Mother In Different Languages

- 1 Afrikaans: Moeder, Ma
- 2 Albanian: Nënë, Mëmë
- 3 Arabic: Ahm
- 4 Aragonese: Mai
- 5 Asturian: Ma
- 6 Aymara: Taica
- 7 Azeri (Latin Script): Ana
- 8 Basque: Ama
- 9 Belarusian: Matka
- 10 Bergamasco: Mader
- 11 Bolognese: Mèder
- 12 Bosnian: Majka
- 13 Brazilian Portuguese: Mãe
- 14 Bresciano: Madèr
- 15 Breton: Mamm
- 16 Bulgarian: Majka
- 17 Byelorussian: Macii
- 18 Calabrese: Matre, Mamma
- 19 Galó: Bata, Dai
- 20 Catalan: Mare

- 21 **Cebuano**: Inahan, Nanay
- 22 **Chechen**: Nana
- 23 **Croatian**: Mati, Majka
- 24 **Czech**: Abatyse
- 25 **Danish**: Mor
- 26 **Dutch**: Moeder, Moer
- 27 **Dzoratâi**: Mére
- 28 **English**: Mother, Mama, Mom
- 29 **Esperanto**: Patrino, Panjo
- 30 **Estonian**: Ema
- 31 **Faeroese**: Móðir
- 32 **Finnish**: Äiti
- 33 **French**: Mère, Maman
- 34 **Frisian**: Emo, Emä, Kantaäiti, Äiti
- 35 **Furlan**: Mari
- 36 **Galician**: Nai
- 37 **German**: Mutter
- 38 **Greek**: Mána
- 39 **Griko**: Salentino, Mána
- 40 **Hawaiian**: Makuahine
- 41 **Hindi**: Ma, Maji
- 42 **Hungarian**: Anya, Fu
- 43 **Icelandic**: Móðir
- 44 **Ilongo**: Iloy, Nanay, Nay
- 45 **Indonesian**: Induk, Ibu, Biang, Nyokap
- 46 **Irish**: Máthair

- 47 Italian: Madre, Mamma
- 48 Japanese: Okaasan, Haha
- 49 JudeoSpanish: Madre
- 50 Kannada: Amma
- 51 Kurdish: KurmanjiDaya
- 52 Ladino: Uma
- 53 Latin: Mater
- 54 Leonese: Mai
- 55 Ligurian: Maire
- 56 Limburgian: Moder, Mojer, Mam
- 57 Lingala: Mama
- 58 Lithuanian: Motina
- 59 Lombardo Occidentale: Madar
- 60 Lunfardo: Vieja
- 61 Macedonian: Majka
- 62 Malagasy: Reny
- 63 Malay: Emak
- 64 Maltese: Omm
- 65 Mantuan: Madar
- 66 Maori: Ewe, Haakui
- 67 Mapunzugun: Ñuke, Ñuque
- 68 Marathi: Aayi
- 69 Mongolian: `eh
- 70 Mudnés: Medra, mama
- 71 SardinianLogudoresu: Madre, Mamma
- 72 Neapolitan: Mamma

- 73 Serbian: Majka
- 74 Norwegian: Madre
- 75 Shona: Amai
- 76 Occitan: Maire
- 77 Sicilian: Matri
- 78 Old Greek: Mytyr
- 79 Slovak: Mama, Matka
- 80 Parmigiano: Mädra
- 81 Slovenian: Máti
- 82 Persian: Madr, Maman
- 83 Spanish: Madre, Mamá, Mami
- 84 Piemontese Mare
- 85 Swahili: Mama, Mzazi, Mzaa
- 86 Polish: Matka, Mama
- 87 Swedish: Mamma, Mor, Morsa
- 88 Portuguese: Mãe
- 89 Swiss German: Mueter
- 90 Punjabi: Mai, Mataji, Pabo
- 91 Telugu: Amma
- 92 Quechua: Mama
- 93 Triestino: Mare
- 94 Rapanui: Matu 'aVahine
- 95 Turkish: Anne, Ana, Valide
- 96 Reggiano: Mèdra
- 97 Turkmen: Eje
- 98 Romagnol: Mèder

- 99 Ukrainian: Mati
- 100 Romanian: Mama, Maica
- 101 Urdu: Ammee
- 102 Romansh: Mamma
- 103 Valencian: Mare
- 104 Venetian: Mare
- 105 Russian: Mat'
- 106 Viestano: Mamm'
- 107 Saami: Eadni
- 108 Vietnamese: me
- 109 Samoan: Tina
- 110 Wallon: Mére
- 111 Sardinian (Limba Sarda Unificada): Mama
- 112 Welsh: Mam
- 113 Sardinian Campidanese: mamai
- 114 Yiddish: Mutter
- 115 Zeneize: Moæ

Generations of mothers from around
the world







As you can clearly see from this list, there's a very peculiar and definite trend with "mom" in various languages in that it's nearly universally pronounced with an "m" sound. With a few exceptions, our favorite of which is the Mapunzugun "Ñuke," you'll note that they pretty much all employ an "m" and often a "ma" sound all across the board. As to why the "ma" sound in derivations like "mamma" came to

be assigned to women instead of men, it is generally thought that it is derived from the sound babies make while suckling or feeding from their mother's breasts. It's noted that the only sound a baby can really make while its mouth is full of his or her mother's life-giving bosom is a "slight nasal murmur" or a repeated "m" sound I personally had the experience and loved it.

The meaning of being a mother is so vast. A mother is a teacher, a protector, disciplinarian, and friend. A mother is a selfless person, who must sacrifice many of her wants and needs for the wants and needs of her children. A mother works all of her to make sure her child is equipped with the knowledge, skills, and abilities to make it safe as a fulfilled, healthy, happy human being. She is uncharged of teaching her children social skills. Being a mother is perhaps the most dedicated and most rewarding job that a woman will ever experience, and I love it even in the times of teenager when I could not see through it. I always remember thinking how much I love my child.

Mother's Love Unconditional Love

From the day a child is born, a child will test your patience. No matter what they do or say, being a mother means you will love your child unconditionally. Children who receive love and attention from their mother are less likely later on to fall in love with someone who offers love conditionally and has similarities to her, whether with behavior control or abuse, so keeping that in mind is easier to understand certain people's behaviors and at the same time ours.







Safety and Security

When a woman becomes pregnant, it is their responsibility to provide a safe and secure environment while her baby grows. This responsibility continues once she becomes a mother,

whether it's ensuring her child has a roof over its head to keep monsters away at night, walking next to them in their life path, and everything in between. Providing their child with a safe and secure environment protects them from abuse and harm as well as help boost their child's mental and emotional development. She provides a safe, healthy environment for children by reducing risks and stress as well as teaching them what is harmful to life and how to create healthy boundaries for themselves.

She is a teacher and Disciplinarian

Being a mother means being there to teach your child essential rules and roles of life, from being an empathetic human being to learning how to be responsible for one's actions. As the child grows up, they are going to face an onslaught of differing thoughts, opinions, and values from their friends, the movies, the internet, television, and magazines their views about themselves, and that is deeply carved out of what the parenting programming is. A mother will help guide their child to figure out their goals and values in life as well as teach them the importance of education, manners, and more. A mother will also discipline their child, a skill that will benefit children throughout their life as well as at school, work, and life at home and their self-boundaries.

Celebrating all the different kinds of mothers

The unconditional love of mothers

Everyone deserves the chance to love and give love to raise a life no matter what social, gender or religious believes the love accepts all and the is my belief, our daughters and of my mother and it will never be anything else, that is the only way everyone is entitle LOVE.







According to http://en.wikipedia.org/wiki/Mother's_Day

The celebration of Mother's Day started in the United States in the early 20th century. Mother's Day is not related to the many celebrations of mothers and motherhood that have occurred throughout the world over thousands of years. The Greek cult

to Cybele, the Roman festival of Hilaria, or the Christian Mothering Sunday celebration (originally a celebration of the mother church, not motherhood). Aside from this, in some countries Mother's Day has become synonymous with these older celebrations. Once a significant tradition in the United Kingdom and parts of Europe, this celebration fell on the fourth Sunday in Lent and was initially seen at a time when the patrons would return to their "mother church"—the main church in the vicinity of their home for a unique service.

The modern American holiday of Mother's Day was first celebrated in 1908 when Anna Jarvis held a memorial for her mother in Grafton, West Virginia. Her campaign to make "Mother's Day" a recognized holiday in the United States began in 1905, the year her beloved mother, Ann Reeves Jarvis, died. Anna's mission was to honor her own mother by continuing work she had started and to set aside a day to honor mothers, "the person who has done more for you than anyone in the world." Anna's mother, Ann Jarvis, was a peace activist who had cared for wounded soldiers on both sides of the Civil War and created Mother's Day Work Clubs to address public health issues.

Due to the campaign efforts of Anna Jarvis, several states officially recognized Mother's Day, the first in 1910 being West Virginia, Jarvis' home state. In 1914 Woodrow Wilson signed the proclamation creating Mother's Day, the second Sunday in May, as a national holiday to honor mothers.

By the early 1920s, Hallmark and other companies had started selling Mother's Day cards. Jarvis's holiday was adopted by other countries, and it is now celebrated all over the world.

Another precursor to Mother's Day came from the abolitionist and suffragette Julia Ward Howe. In 1870 Howe wrote the "Mother's Day Proclamation," a call to action that asked mothers to unite in promoting world peace. In 1873 Howe campaigned for a "Mother's Peace Day" to be celebrated every June 2. Other early Mother's Day pioneers include Juliet Calhoun Blakely, a temperance activist who inspired a local

Mother's Day in Albion, Michigan, in the 1870s. The duo of Mary Towles Sasseen and Frank Hering, meanwhile, both worked to organize a Mothers' Day in the late 19th and early 20th centuries. Some have even called Hering "the father of Mothers' Day."

Let's Celebrate Mother Earth



protect our mother earth by *Sofiane*

MOTHER'S DAY: CELEBRATIONS AND TRADITIONS

While versions of Mother's Day are celebrated throughout the world, traditions vary depending on the country. In Thailand, for example, Mother's Day is always celebrated in August on the birthday of the current queen, Sirikit. Another alternate observance of Mother's Day can be found in Ethiopia, where families gather each fall to sing songs and eat a massive feast as part of Antrosht, a multi-day celebration honoring motherhood.

According to <http://www.mothersdaycelebration.com/mothers-day-history.html>

Millions of people across the globe take the day as an opportunity to honor their mothers, thank them for their efforts in giving them life, raising them and being their constant support and well-wisher.

Mother's Day

is a celebration honoring the mother of the family, as well as motherhood, maternal bonds, and the influence of mothers in society. It is celebrated on various days in many parts of the world, most commonly in March or May. It complements similar celebrations honoring family members, such as Father's Day and Siblings Day.

The celebration of Mother's Day began in the United States in the early 20th century. And it is not related to the many celebrations of mothers and motherhood that have occurred throughout the world over thousands of years, such as the Greek cult to Cybele, the Roman festival of Hilaria, or the

Christian Mothering Sunday celebration (originally a commemoration of the mother church, not motherhood). Despite this, in some countries, Mother's Day has become synonymous with these older traditions.

The modern American holiday of Mother's Day was first celebrated in 1908 when Anna Jarvis held a memorial for her mother at St Andrew's Methodist Church in Grafton, West Virginia. Today St Andrew's Methodist Church now holds the International Mother's Day Shrine. Her campaign to make "Mother's Day" a recognized holiday in the United States began in 1905, the year her mother, Ann Reeves Jarvis, died. Ann Jarvis had been a peace activist who cared for wounded soldiers on both sides of the American Civil War and created Mother's Day Work Clubs to address public health issues. Anna Jarvis wanted to honor her mother by continuing the work she started and to set aside a day to honor all mothers because she believed that they were "the person who has done more for you than anyone in the world".

In 1908, the US Congress rejected a proposal to make Mother's Day an official holiday, joking that they would have to proclaim also a "Mother-in-law's Day." However, owing to the efforts of Anna Jarvis, by 1911 all US states observed the holiday, with some of them officially recognizing Mother's Day as a local holiday, the first being West Virginia, Jarvis' home state, in 1910. In 1914, Woodrow Wilson signed a proclamation designating Mother's Day, held on the second Sunday in May, as a national holiday to honor mothers.

Although Jarvis was successful in founding Mother's Day, she became resentful of the commercialization of the holiday. By the early 1920s, Hallmark Cards and other companies had started selling Mother's Day cards. Jarvis believed that the companies had misinterpreted and exploited the idea of Mother's Day and that the emphasis of the holiday was on sentiment, not profit. As a result, she organized boycotts of Mother's Day and threatened to issue lawsuits against the

companies involved. Jarvis argued that people should appreciate and honor their mothers through handwritten letters expressing their love and gratitude, instead of buying gifts and pre-made cards. Jarvis protested at a candy makers' convention in Philadelphia in 1923, and at a meeting of American War Mothers in 1925. By this time, carnations had become associated with Mother's Day, and the selling of carnations by the American War Mothers to raise money angered Jarvis, who was arrested for disturbing the peace.

While the United States holiday was adopted by some other countries, existing celebrations, held on different dates, honoring motherhood have become described as "Mother's Day" Such as Mothering Sunday in the United Kingdom or, in Greece, the Eastern Orthodox celebration of the presentation of Jesus Christ to the temple (2 February of Julian Calendar). Both the secular and religious Mother Day are present in Greece. Mothering Sunday is often referred to as "Mother's Day" even though it is an unrelated celebration.

In some parts of the world, the date adopted is significant to the majority religion, such as Virgin Mary Day in Catholic countries. Other countries selected a time with historical significance. For example, Bolivia's Mother's Day is the date of a battle in which women participated. See the "International history and tradition" section for the complete list.

Ex-communist countries usually celebrated the Socialist International Women's Day instead of the more capitalist Mother's Day. Some ex-communist countries, such as Russia, still follow this custom¹ or simply celebrate both holidays, which is the custom in Ukraine. Kyrgyzstan has recently introduced Mother's Day, but International Women's Day remains a more widely favorite holiday.

Mother's Day has different meanings, is associated with

various events (religious, historical, or legendary), and is celebrated on different dates. The extent of the celebrations varies greatly. In some countries, it is potentially offensive to one's mother not to mark Mother's Day.

Religion

In the Roman Catholic Church, the holiday is strongly associated with and revering the Virgin Mary. In some Catholic homes, families have a special shrine devoted to the Blessed Virgin Mary. In many Eastern Catholic and Eastern Orthodox Churches, a particular prayer service is held in honor of the Theotokos Virgin Mary.

In Islam, there is no concept of Mother's Day, but mothers hold a very high position in religious matters. According to the Quran, Heaven is said to be found under a mother's feet, meaning that one can attain admission into heaven after death if they are caring and loving sons to their mothers.

In Hindu tradition, Mother's Day is called "Mata Tirtha Aunshi" or "Mother Pilgrimage fortnight," and is celebrated in countries with a Hindu population, especially in Nepal. The holiday is observed on the new moon day in the month of Baisakh, i.e., April/May. This celebration is based on the Hindu religion and it pre-dates the creation of the US-inspired holiday by at least a few centuries.

In Buddhism, the festival of Ullambana is derived from the story of Maudgalyayana and his mother.

Mother's Day By Country

Arab world



Mother's Day in most Arab countries is celebrated on 21 March. It was introduced in Egypt by journalist Mustafa Amin and was first honored in 1956. The practice has since been copied by other Arab countries.

Argentina



In Argentina, Mother's Day is celebrated on the third Sunday of October. The holiday was originally celebrated on 11 October, the old liturgical date for the celebration of the Maternity of the Blessed Virgin Mary but after the Second Vatican Council, which moved the Virgin Mary festivity to 1

January, the Mother's Day started to be celebrated the third Sunday of October because of favorite tradition. Argentina is the only country in the world that celebrates Mother's Day on this date.

Armenia



Photo Atelier Marashlyan Retro

In Armenia, Mother's Day is celebrated on 8 March, and on 7 April as Maternity and Beauty Day.

Australia

In Australia, Mothers Day is celebrated with a lot of enthusiasm and joy. It falls on the same day as in the US – on the second Sunday in May and is celebrated similarly as in the US. People of Australia take Mother's Day as an opportunity to express gratitude to their mother. Children show love to their moms by gifting flowers and cards to them.

Just as in the US, there is a tradition of wearing a carnation on Mother's Day in Australia. A colored carnation signifies that a person's mother is living while a white carnation is used to honor a deceased mother. Besides their own mothers, children honor their grandmothers and other women who love and care for them as a mother does. Children ponder over the role of mothers in their lives and acknowledge the hardships their mother go through while raising them up. As a mark of respect children pamper their mother on Mother's Day by treating them with breakfast on bed and with gifts and cakes.

Belarus

Belarus celebrates Mother's Day on 14 October. Like other ex-Communist republics, Belarus used to celebrate only the

International Women Day on 8 March. Mother's Day in Belarus was officially established by the Belarus government, and it was honored for the first time in 1996. The celebration of the Virgin Mary (the holiday of Protection of the Holy Mother of God) is celebrated on the same day.

Belgium

In Belgium, Mother's Day (*Moederdag* or *Moederkesdag* in Dutch and *Fête des Mères* in French) is celebrated on the second Sunday of May. In the week before this holiday children make little presents at primary school, which they give to their mothers in the early morning of Mother's Day. Typically, the father will buy croissants and other sweet bread and pastries and bring these to the mother while she is still in bed – the beginning of a day of pampering for the mother. There are also many people who celebrate Mother's Day on 15 August instead; these are mostly people around Antwerp, who consider that day (Assumption) the classical Mother's Day and the observance in May an invention for commercial reasons. It was initially established on that day as the result of a campaign by Frans Van Kuyck, a painter, and Alderman from Antwerp.

Bolivia



In Bolivia, Mother's Day is celebrated on 27 May. *El Día de la Madre Boliviana* was passed into law on 8 November 1927, during the presidency of Hernando Siles Reyes. The date commemorates the Battle of La Coronilla, which took place on 27 May 1812, during the Bolivian War of Independence, in what is now the city of Cochabamba. In this battle, women fighting for the

country's independence were slaughtered by the Spanish army. It is not a public holiday, but all schools hold activities and festivities throughout the day.

Brazil



In Brazil, Mother's Day is celebrated on the second Sunday of May. The first Mother's Day in Brazil was promoted by Associação Cristã de Moços de Porto Alegre (Young Men's Christian Association of Porto Alegre) on 12 May 1918. In 1932, then President Getúlio Vargas made the second Sunday of May the official date for Mother's Day. In 1947, Archbishop

Jaime de Barros Câmara, Cardinal-Archbishop of Rio de Janeiro, decided that this holiday would also be included in the official calendar of the Catholic Church.

Mother's Day is not an official holiday (see Public holidays in Brazil), but it is widely observed and typically involves spending time with and giving gifts to one's mother. Because of this, it is considered one of the celebrations most related to consumerism in the country, second only to Christmas Day as the most commercially lucrative holiday.

Canada

In the North American country of Canada, Mothers Day is the most popular festival after Christmas and Valentine's Day. Just as in the USA, Mothers Day in Canada is celebrated on the second Sunday in May. People pay tribute to their mothers on the day and thank them for their constant support and love. In Canada, cards and flowers are the most commonly used methods of expressing love for moms.

As Mothers Day is a festival with strong emotional value, it has been commercialized to a large extent with compelling advertising strategies in the technologically advanced country of Canada. The sale of cards breaks all records on Mother's day. Many people also take their mothers out to dinner on Mother's Day and bake special cakes for them. Mothers are also pampered with gifts and day off from the kitchen by their loving children.

Caring children make it a point to greet Mothers Day to their own moms, grandmothers, and to women who are like their mothers. Those staying away from their mothers visit them and

make them feel special. While those who cannot pay a visit call on the phone. No wonder, phone traffic is highest on the occasion of Mother's Day.

China



Mother's Day is becoming more popular in China. Carnations are a very popular Mother's Day gift and the most sold flowers that day. In 1997 Mother's Day was set as the day to help poor mothers and to remind people of the poor mothers in rural areas such as China's western region. In the People's Daily, the Chinese government's official newspaper, an article

explained that “despite originating in the United States, people in China accept the holiday without hesitation because it is in line with the country’s traditional ethics – respect for the elderly and filial piety towards parents.”

In recent years, the Communist Party member Li Hanqiu began to advocate for the official adoption of Mother’s Day in memory of Meng Mu, the mother of Mèng Zǐ. He formed a non-governmental organization called *Chinese Mothers’ Festival Promotion Society*, with the support of 100 Confucian scholars and lecturers of ethics. Li and the Society want to replace the Western-style gift of carnations with lilies, which, in ancient times, were planted by Chinese mothers when children left home. Mother’s Day remains an unofficial festival, except in a small number of cities. Czech Republic

In the Czech Republic, Mother’s Day is celebrated every second Sunday in May. It started in former Czechoslovakia in 1923. The promoter of this celebration was Alice Masaryková. After World War II communists replaced Mother’s Day with International Woman’s Day, celebrated on 8 March. Former Czechoslovakia celebrated Women’s Day until the Velvet Revolution in 1989. After the split of the country in 1993, the Czech Republic started celebrating Mother’s Day again.

Egypt

Mother’s Day in Egypt is celebrated on the 21 of March, the first day of spring in the northern hemisphere. It was introduced in Egypt by journalist Mustafa Amin in his book *Smiling America* (1943). The idea was overlooked at the time. Later Amin heard the story of a widowed mother who devoted her

whole life to raising her son until he became a doctor. The son then married and left without showing any gratitude to his mother. Hearing this, Amin grew motivated to promote "Mother's Day." The idea was first ridiculed by president Gamal Abdel Nasser, but he eventually accepted it and Mother's Day was first celebrated on 21 March 1956. The practice has since been copied by other Arab countries.

When Mustafa Amin was arrested and imprisoned, there were attempts to change the name of the holiday from "Mother's Day" to "Family Day" as the government wished to prevent the occasion from reminding people of its founder. These attempts were unsuccessful, and celebrations continued to be held on that day; classic songs celebrating mothers remain famous to this day.

Ethiopia

Mother's Day is celebrated for three days in Ethiopia, after the end of the rainy season. It comes in mid-fall where people enjoy a three-day feast called "Antrosht."

For the feast, ingredients will be brought by the children for a traditional hash recipe. The components are divided into genders, with girls bringing spices, vegetables, cheese, and butter, while the boys bring a lamb or bull. The mother hands out to the family the hash.

A celebration takes place after the meal. The mothers and daughters anoint themselves using butter on their faces and chests. While honoring their family and heroes, men sing songs.

Estonia

In Estonia, Mother's Day (*emadepäev* in Estonian) is celebrated on the second Sunday of May. It is recognized nationally but is not a public holiday.

France

In France, amidst alarm at the low birth rate, there were attempts in 1896 and 1904 to create a national celebration honoring the mothers of large families. In 1906 ten mothers who had nine children each were given an award recognizing "High Maternal Merit" ("Haut mérite maternal"). American World War I soldiers fighting in France popularized the US Mother's Day holiday created by Anna Jarvis. They sent so much mail back to their country for Mother's Day that the Union Franco-Américaine created a postal card for that purpose. In 1918, also inspired by Jarvis, the town of Lyon wanted to celebrate a "journée des Mères", but instead decided to celebrate a "Journée Nationale des Mères de familles nombreuses." The holiday was more inspired by anti-depopulation efforts than by the US holiday, with medals awarded to the mothers of large families. The French government made the day official in 1920 as a day for mothers of large families. Since then the French government awards the Médaille de la Famille française to mothers of large families.

In 1941, by the initiative of Philippe Pétain, the wartime Vichy government used the celebration in support of their policy to encourage larger families, but all mothers were now honored, even mothers with smaller families.

In 1950, after the war, the celebration was reinstated. The law of 24 May 1950 required that the Republic pay official homage to French Mothers on the last Sunday in May as the "Fête des Mères" (except when Pentecost fell on that day, in which case it was moved to the first Sunday in June).

During the 1950s, the celebration lost all its patriotic and natalist ideologies and became heavily commercialized.

In 1956, the celebration was given a budget and integrated into the new Code de l'action Sociale et des familles. In 2004 responsibility for the holiday was transferred to the Minister responsible for families.

Georgia

Georgia celebrates Mother's Day on 3 March. It was declared by the first President of Georgia Zviad Gamsakhurdia in order to replace the International Women Day, and it was officially approved by the Supreme Council in 1991. Nowadays Georgia celebrates both Mother's Day on 3 March and International Women's Day on 8 March.

Germany

Mother's Day cake in Germany

In the 1920s, Germany had the lowest birthrate in Europe, and the declining trend was continuing. This was attributed to women's participation in the labor market. At the same time, influential groups in society (politicians of left and right, churchwomen, and feminists) believed that mothers should be honored but could not agree on how to do so. However, all groups strongly agreed on the promotion of the values of motherhood. In 1923, this resulted in the unanimous adoption of *Muttertag*, the Mother's Day holiday as imported from America and Norway. The head of the Association of German Florists cited "the inner conflict of our *Volk* and the loosening of the family" as his reason for introducing the holiday. He expected that the holiday would unite the divided country. In 1925, the Mother's Day Committee joined the task force for the recovery of the *volk*, and the holiday stopped depending on commercial interests and began emphasizing the need to increase the population in Germany by promoting motherhood.

The holiday was then seen as a means to encourage women to bear more children, which nationalists saw as a way to rejuvenate the nation. The holiday did not celebrate individual women, but an idealized standard of motherhood. The progressive forces resisted the implementation of the holiday because it was backed by so many conservatives and because they saw it as a way to eliminate the rights of working women. *Die Frau*, the newspaper of the Federation of German Women's Associations, refused to recognize the holiday. Many local authorities adopted their own interpretation of the holiday: it would be a day to support economically larger families or single-mother families. The guidelines for the subsidies had eugenics criteria, but there is no indication that social workers ever implemented them in practice, and grants were

given preferentially to families in economic need rather than to families with more children or “healthier” children.

With the Nazi party in power during 1933–1945, the situation changed radically. The promotion of Mother’s Day increased in many European countries, including the UK and France. From the position of the German Nazi government, the role of mothers was to give healthy children to the German nation. The Nazi party intended to create a pure “Aryan race” according to Nazi eugenics. Among other Mother’s Day ideas, the government promoted the death of a mother’s sons in battle as the highest embodiment of patriotic motherhood.

The Nazis quickly declared Mother’s Day an official holiday and put it under the control of the NSV (National Socialist People’s Welfare Association) and the NSF (National Socialist Women Organization). This created conflicts with other organizations that resented Nazi control of the holiday, including Catholic and Protestant churches and local women’s organizations. Local authorities resisted the guidelines from the Nazi government and continued assigning resources to families who were in economic need, much to the dismay of the Nazi officials.

In 1938, the government began issuing an award called Mother’s Cross (*Mutterkreuz*), according to categories that depended on the number of children a mother had. The medal was awarded on Mother’s Day and also on other holidays due to a large number of recipients. The Cross was an effort to encourage women to have more children, and recipients were required to have at least four.

Hungary

In Hungary, Mother's Day is celebrated on the first Sunday of May. It was first celebrated in 1925 by the Hungarian Red Cross Youth.

India

The concept of celebrating Mothers Day on the second Sunday of May is very new in India, and it can be said that in a time span of less than a decade, Mother's Day has been a great success. In the presence of an umpteenth number of existing festivals, it is a remarkable achievement for a foreign festival to make its presence felt in a vast and culturally diverse country like India.

Globalization, to a great extent, has helped to make this Western, or mainly American festival to make its presence felt in India. Besides the interaction of Indians with the West is at an all-time high. A lot many people have been in the US or have their relatives staying there. The Internet and satellite revolution have made information about other cultures more accessible than ever. But the reason behind the success of Mothers Day in India can be attributed to the emotions which are attached to the festival. Mothers are mothers everywhere, they are as much loved and respected in India as in any other part of the world. Perhaps Indians have always felt the need for such a day which is devoted solely to mothers. Mothers Day gives them all the opportunity to celebrate such a day.

Time to Reflect and Rejoice

Just as in the West, Indians too take Mother's Day as a time to reflect on the importance of mothers in their life. They decide it is time to think about all the pains their mother took while they were sick, the hardships she went through in bringing them up, and all the sacrifices she made so that they lead a better life. Mothers Day is the time to say a big thank you to mother for all this and for being a constant guiding force in our lives.

In India, people send cards to their mamas on Mother's Day. Make a meal for Mothers so that she can have a day of rest from the kitchen. The tradition of giving gifts on Mother's Day is also rampant. The whole idea of celebrating Mother's Day is to thank mother, to make her feel important on the day, and be happy about mothering caring children. Mothers should be pampered on the day by children and on the whole, should be given a happy Mother's Day.

Indonesia

Indonesian Mother's Day (Indonesian: *Hari Ibu*) is celebrated nationally on 22 December. The date was made an official holiday by President Soekarno under Presidential Decree (Indonesian: *Dekrit Presiden*) no. 316 in 1953, on the 25th anniversary of the 1928 Indonesian Women Congress. The day initially sought to celebrate the spirit of Indonesian women and to improve the condition of the nation. Today, the meaning of Mother's Day has changed, and it is celebrated by expressing love and gratitude to mothers. People present gifts to mothers (such as flowers) and hold surprise parties and

competitions, which include cooking and kebaya wearing. People also allow mothers a day off from domestic chores.

The holiday is celebrated on the anniversary of the opening day of the first Indonesian Women Congress (Indonesian: *Kongres Perempuan Indonesia*), which was held from 22 to 25 December 1928. The Congress took place in a building called Dalem Jayadipuran, which now serves as the office of the Center of History and Traditional Values Preservation (Indonesian: *Balai Pelestarian Sejarah dan Nilai Tradisional*) in Brigjen Katamso Street, Yogyakarta. The Congress was attended by 30 feminist organizations from 12 cities in Java and Sumatra. In Indonesia, feminist organizations have existed since 1912, inspired by Indonesian heroines of the 19th century, e.g., Kartini, Martha Christina Tiahahu, Cut Nyak Meutia, Maria Walanda Maramis, Dewi Sartika, Nyai Ahmad Dahlan, Rasuna Said, etc. Congress intended to improve women's rights in education and marriage.

Indonesia also celebrates the Kartini Day (Indonesian: ***Hari Kartini***) on 21 April, in memory of activist Raden Ajeng Kartini. This is a celebration of the emancipation of women. The observance was instituted at the 1938 Indonesian Women Congress.

During President Suharto's New Order (1965-1998), government propaganda used Mother's Day and Kartini Day to inculcate into women the idea that they should be docile and stay at home.

Ireland

In Ireland, Mothers Day is not celebrated on the same day as in the US. Mothers Day celebrations in Ireland takes place on

the fourth Sunday in the Christian fasting month of Lent. This corresponds to the day on which Mothers Day or Mothering Sunday is celebrated in the UK, a close neighbor of Ireland. While in the US Mothers Day is celebrated on the second Sunday in May. But just as in scores of other countries, people in Ireland honor their mothers on the occasion of Mother's Day for all their love and affection.

History of Mother's Day in Ireland

The history of celebrating Mothering Sunday or Mothers Day in Ireland can be traced to the medieval practice where children from needy families were sent to work as domestic servants and apprentices to work with the rich. Once in the year in the middle of the Lent, these children were given a day off to visit their 'Mother Church' and worship Virgin Mary. After visiting the Mother Church or Cathedral of their hometown, these children visited their mothers and presented them with flowers they picked along the way. Girls bake special Mothering Cake on the day. The pattern of living changed after the Industrial Revolution, and Mothering Sunday celebration almost lapsed. The custom was revived after World War II. Americans too helped to bring back the charm of the festival in European countries as their tradition and way of celebrating Mothers Day spread far and wide.

Mother's Day Celebration in Ireland

On Mothers Day, people in Ireland present flowers and cards to

their mothers to express love and gratitude. People take their mother out for dinners and lunches and often pamper them with breakfast in bed. Gifts are given to mothers with love from caring children. Programs, plays, and skits are organized at several places in honor of mothers.

Iran

In Iran, Mother's Day is celebrated on 20 Jumada al-thani. This is the sixth month of the Islamic calendar (a lunar calendar) and every year the holiday falls on a different day of the Gregorian calendar. This is the birthday anniversary of Fatimah, Prophet Muhammad's only daughter according to Shia Islam orthodoxy. Mother's Day was initially being observed on 16 December, but the date was changed after the Iranian Revolution in 1979. The celebration is both Women's Day (replacing International Women's Day) and Mother's Day.

In 1960, the Institute for Women Protection adopted the Western holiday and established it on 25 Azar (16 December), the date the Institute was founded. The Institute's action had the support of Queen Farah Pahlavi, the wife of the last Shah of Persia, who promoted the construction of maternity clinics in remote parts of the country to commemorate the day. The government used the holiday to encourage its maternalist view of women. The Shah's government honored and gave awards to women who represented the idealized view of the regime, including mothers who had many healthy children.

The Islamic Republic government is accused of using the holiday as a tool to undercut feminist movements and to promote role models for the traditional concept of family.

Fatimah is seen by these critics as the chosen model of a woman entirely dedicated to specific traditionally sanctioned feminine roles. However, supporters of the choice contend that there is much more to her life story than merely such “traditional” roles.

Israel

The Jewish population of Israel used to celebrate Mother’s Day on Shevat 30 of the Jewish calendar, which falls between 30 January and 1 March. The celebration was set to the same date that Henrietta Szold died (13 February 1945). Henrietta had no biological children, but her organization Youth Aliyah rescued many Jewish children from Nazi Germany and provided for them. She also championed children’s rights. Szold is considered the “mother” of all those children, and that is why her annual remembrance day (יום השואה) was set as Mother’s Day (יום האם, yom ha’em). The holiday has evolved over time, becoming a celebration of mutual love inside the family, called Family Day (יום המשפחה, yom hamishpacha). Mother’s Day is mainly celebrated by children at kindergartens. There are no longer mutual gifts among members of the family, and there is no longer any commercialization of the celebration. It is not an official holiday.

Italy

Mother's Day in Italy was celebrated for the first time on 12 May 1957, in the city of Assisi, thanks to the initiative of Reverend Otello Migliosi, parish priest of the Tordibetto church. This celebration was so successful that the following year Mother's Day was adopted throughout Italy. On 18 December 1958, a proposal was presented to the Italian Senate to make official the holiday.

Japan

In Japan, Mother's Day (母の日 *Haha no Hi*[?]) was initially commemorated during the Shōwa period as the birthday of Empress Kōjun (mother of Emperor Akihito) on 6 March. This was established in 1931 when the Imperial Women's Union was organized. In 1937, the first meeting of "Praise Mothers" was held on 8 May, and in 1949 Japanese society adopted the second Sunday of May as the official date for Mother's Day in Japan. Today, people typically give their mothers gifts of flowers such as red carnations and roses.

Kyrgyzstan

In Kyrgyzstan, Mother's Day is celebrated on 19 May every year. The holiday was first observed in 2012. Mothers are also honored on International Women's Day.

Latvia

Mother's Day in Latvia was celebrated for the first time in 1922. Since 1934, Mother's Day is celebrated on the second Sunday of May. After the end of the Soviet occupation of the Baltic states celebration was resumed in 1992. Mothers are also honored on International Women's Day.

Malta

The first mention of Mother's Day in Malta occurred during the Radio Children's Programmes run by Frans H. Said in May 1961. Within a few years, Mother's Day became one of the most popular dates in the Maltese calendar. In Malta, this day is commemorated on the second Sunday in May. Mothers are invariably given gifts and invited for lunch, usually at a good quality restaurant.

Mexico

In the North American country of Mexico, Mothers Day is celebrated on a fixed day of May 10 as opposed to Mother's Day in the US that falls on the second Sunday in May. Mothers Day in Mexico is celebrated in a colorful fashion. Children honor their mothers and thank them for their efforts in bringing them up, and According to a custom in Mexico, sons and

daughters make themselves present in the house on the eve of Mothers Day on May 8.

Mothers Day celebration in Mexico takes place on May 10 as the day is special for the people of Mexico. The day is celebrated with gusto as churches in Mexico organize special mass. The highpoint of the event is the orchestra which plays "las mañanitas" and distribution of 'tamales' and 'atole', the traditional early-morning meal to all local mothers.

On Mother's Day people in Mexico gift flowers and cards to their mothers. There is also a tradition of giving gifts on Mother's Day. While the older children buy gifts from the store the younger ones prepare handmade gifts to honor their mothers. In several schools, the Mothers Day functions are organized where little ones present skits and songs to express their gratitude for their mothers and to entertain them.

Netherlands

In the Netherlands, Mother's Day was introduced as early as 1910 by the Dutch branch of the Salvation Army. The Royal Dutch Society for Horticulture and Botany, a group protecting the interest of Dutch florists, worked to promote the holiday; they hoped to emulate the commercial success achieved by American Florists. They were imitating the campaign already underway by florists in Germany and Austria, but they were aware that the traditions had originated in the US.

Florists launched a significant promotional effort in 1925. This included the publication of a book of articles written by famous intellectuals, radio broadcasts, newspaper ads, and the collaboration of priests and teachers who wanted to promote

the celebration for their own reasons. In 1931 the second Sunday of May was adopted as the official celebration date. In the mid-1930s the slogan *Moederdag – Bloemendag* (Mother's Day – Flowers' Day) was coined, and the phrase was popular for many years. In the 1930s and 1940's "Mother's Day cakes" were given as gifts in hospitals and to the Dutch Queen, who is known as the "mother of the country." Other trade groups tried to cash in on the holiday and to give new meaning to the holiday to promote their own wares as gifts.

Roman Catholic priests complained that the holiday interfered with the honoring of the Virgin Mary, the divine mother, which took place during the whole month of May. In 1926 Mother's Day was celebrated on 7 July in order to address these complaints. Catholic organizations and priests tried to Christianize the holiday, but those attempts were rendered futile around the 1960s when the church lost influence and the holiday was thoroughly secularized.

In later years, the initial resistance disappeared, and even leftist newspapers stopped their criticism and endorsed Mother's Day.

In the 1980s, the American origin of the holiday was still not widely known, so feminist groups who opposed the perpetuation of gender roles sometimes claimed that Mother's Day was invented by Nazis and celebrated on the birthday of Klara Hitler, Hitler's mother.

Nepal

In Nepal, there is a festival equivalent to Mother's Day, called Mata Tirtha Aunsi ("Mother Pilgrimage New Moon"), or

Mata Tirtha Puja (“Mother Pilgrimage Worship”). It is celebrated according to the lunar calendar. It falls on the last day of the dark fortnight in the month of Baishakh which falls in April–May (in 2015, it will occur on 18 April). The dark fortnight lasts for 15 days from the full moon to the new moon. This festival is observed to commemorate and honor mothers, and it is celebrated by giving gifts to mothers and remembering mothers who are no more.

To honor mothers who have died, it is the tradition to go on a pilgrimage to the Mata Tirtha ponds, located 6 km to the southwest of downtown Kathmandu. The nearby Mata Tirtha village is named after these ponds. Previously, the tradition was observed primarily by the Newar community and other people living in the Kathmandu Valley. Now, this festival is widely celebrated across the country.

Many tragic folklore legends have been created, suggesting different reasons why this pond became a pilgrimage site. The most popular version says that, in ancient times, the mother of a shepherd died, and he made offerings to a nearby pond. There he saw the face of his mother in the water, with her hand taking the offerings. Since then, many people visited the pond, hoping to see their deceased mother’s face. Pilgrims believe that they will bring peace to their mother’s souls by visiting the sacred place. There are two ponds. The larger one is for ritual bathing. The smaller one is used to “look upon mother’s face”, and it’s fenced by iron bars to prevent people from bathing on it.

Traditionally, in the Kathmandu valley, the South-Western corner is reserved for women and women-related rituals, and the North-Eastern is for men and men-related ceremonies. The worship place for Mata Tirtha Aunsi is located in Mata Tirtha in the South-Western half of the valley, while the worship place for Gokarna Aunsi, the equivalent celebration for deceased fathers, is located in Gokarna, Nepal, in the North-Eastern half. This division is reflected in many aspects of

life in Kathmandu valley.¹

Mother's Day is known as Aama ko Mukh Herne Din in Nepali, which literally means "day to see mother's face." In Nepal Bhasa, the festival is known as Mām yā Khwā Swayegu, which can be translated as "to look upon mother's face."

New Zealand

In New Zealand, Mothers Day is celebrated on the second Sunday in May. This is the same day on which the US celebrates its Mothers Day. And as the idea of celebrating Mothers Day in New Zealand has come from the US, the manner of celebrating Mothers Day in New Zealand is much the same as that in the US. On Mothers Day people of New Zealand thank their mothers and recognize their esteemed efforts in bringing them up and caring for them.

The festival of Mothers Day has turned out to be a big day for the people of New Zealand. There is a significant euphoria over the day, and people celebrate the day by going out for picnics and dinners. Markets see a busy time as people make it a point to buy gifts for their mothers, grandmothers and friends and relatives who are mothers. Flowers and cards business mainly flourish at this time of the year.

People also indulge their mothers by treating them with breakfast in bed and baking a Mother's Day special cakes for them. Some also like to give their mother a day of rest from the kitchen and household chores and treat them with a spa or beauty treatment.

Nicaragua

In Nicaragua, the *Día de la Madre* has been celebrated on 30 May since the early 1940s. The date was chosen by President Anastasio Somoza García because it was the birthday of Casimira Sacasa, his wife's mother.

Norway

Mother's Day was first celebrated on 9 February 1919 and was at the beginning organized by religious institutions. Later it has become a family day, and the mother is often treated to breakfast in bed, flowers, and cake.

It has gradually become a major commercial event, with lots of advertisements for unique pastries, flowers, and another present just for this day. Day-cares and primary schools often encourage children to make cards and other gifts.

Maldives

In the Maldives, Mother's Day is celebrated on 13 May. The day is celebrated in different ways. Children give gifts and spend

time with their mothers. Daughters give their mothers cards, and handmade gifts and sons give their mothers gifts and flowers. Maldivians love to celebrate Mother's day, and they have it specially written on their calendar.

Pakistan

In Pakistan, Mother's Day is celebrated on the second Sunday of May. Media channels celebrate with special shows. Individuals honor their mothers by giving gifts and commemorative articles. Individuals who have lost their mothers pray and pay their respects to their loved ones lost. Schools hold special programs to acknowledge the efforts of their mothers.

Panama

In Panama, Mother's Day is celebrated on 8 December, the same day as the Feast of the Immaculate Conception. This date was suggested in 1930 by the wife of Panama's President Florencio Harmodio Arosemena. 8 December was adopted as Mother's Day under Law 69, which was passed the same year.^[32]

According to another account, in 1924 the Rotary Club of Panama asked that Mother's Day is celebrated on 11 May. Politician Aníbal D. Ríos changed the proposal so that the

celebration would be held on 8 December. He then established Mother's Day as a national holiday on that date.

Paraguay

In Paraguay, Mother's Day is celebrated on 15 May, the same day as the *Día de la Patria*, which marks the independence of Paraguay. This date was chosen to honor the role played by Juana María de Lara in the events of 14 May 1811 that led to Paraguay's independence.

In 2008, the Paraguayan Minister of Culture, Bruno Barrios, lamented this coincidence because, in Paraguay, Mother's Day is much more popular than independence day and the independence celebration goes unnoticed. As a result, Barrios asked that the ceremony is moved to the end of the month. A group of young people attempted to gather 20,000 signatures to ask the Parliament to move Mother's Day. In 2008, the *Comisión de festejos* (Celebration Committee) of the city of Asunción asked that Mother's Day is transferred to the second Sunday of May.

Philippines

In the Philippines, Mother's Day is officially celebrated every second Sunday of May, but it is not a public holiday. Although not a traditional Filipino holiday, the occasion owes

its popularity to American influence and is thus more commonly celebrated every second Sunday of May like in the United States.

According to a 2008 article by the Philippine News Agency, in 1921 the Ilocos Norte Federation of Women's Clubs asked to declare the first Monday of December as Mother's Day "to honor these fabulous women who brought forth God's children into this world." In response, Governor-General Charles Yeater issued Circular No. 33 declaring the celebration. In 1937 President Manuel L. Quezon issued Presidential Proclamation No. 213, changing the name of the occasion from "Mother's Day" to "Parent's Day" to address the complaints that there wasn't a "Father's Day." In 1980 President Ferdinand Marcos issued Presidential Proclamation No. 2037 proclaiming the date as both Mother's Day and Father's Day. In 1988 President Corazon Aquino issued Presidential Proclamation No. 266, changing Mother's Day to the second Sunday of May, and Father's Day to the third Sunday of June, discontinuing the traditional date. In 1998 President Joseph Estrada returned both celebrations to the first Monday of December.

A Filipina mother is called the "light of the household" around which all activities revolve, and per Filipino culture, it is the object of filial piety. Standard practices include treating mothers and mother-figures to meals out, strolling in a park or shopping at malls, or giving mothers time to pamper themselves. Most families celebrate at home, with children doing household chores that the mother routinely handles such as preparing food or giving mothers small handcrafted tokens such as cards.

Portugal

In Portugal, the “Dia da Mãe” (“Mother’s Day”) is an unofficial holiday held each year on the first Sunday of May (sometimes coinciding with Labour Day). The weeks leading up to this Sunday, school children spend a few hours a day to prepare a gift for their mothers, aided by their school teachers. In general, mothers receive gifts from their family members, and this day is meant to be celebrated with the whole family. Before was observed on 8 December, the same date as the Conception of the Virgin celebration.

Romania

Since 2010, Mother’s Day has been celebrated on the first Sunday of May in Romania. Law 319/2009 made both Mother’s Day and Father’s Day official holidays in Romania. The measure was passed thanks to campaign efforts from the Alliance Fighting Discrimination Against Fathers (TATA).¹ Previously, Mother’s Day was celebrated on 8 March, as part of International Women’s Day (a tradition dating back to when Romania was part of the Eastern bloc). Today, Mother’s Day and International Women’s Day are two separate holidays, with International Women’s Day being held on its original date of 8 March.

Russia

Main article: International Women's Day

Traditionally Russia had celebrated International Women's Day and Mother's Day on 8 March, an inheritance from the Soviet Union, and a public holiday.^[94]

Women's Day was first celebrated in 1913 and in 1914 was proclaimed as the "day of struggle" for working women.

In 1917, demonstrations marking International Women's Day in Saint Petersburg on the last Sunday in February (which fell on 8 March on the Gregorian calendar) initiated the February Revolution. Following the October Revolution later that year, the Bolshevik Alexandra Kollontai persuaded Vladimir Lenin to make it an official holiday in the Soviet Union, and it was established but was a working day until 1965.

On 8 May 1965, by the decree of the Presidium of the Supreme Soviet, International Women's Day was declared a non-working day in the Soviet Union. "In commemoration of the outstanding merits of Soviet women in communistic construction, in defense of their Fatherland during the Great Patriotic War, in their heroism and selflessness at the front and in the rear, and also marking the significant contribution of women to strengthening friendship between peoples, and the struggle for peace. But still, women's day must be celebrated as are other holidays.

Samoa

In Samoa, Mother's Day is celebrated on the second Sunday in May, and as a recognized national holiday on the Monday following.

Singapore

In Singapore, Mother's Day is celebrated on the second Sunday of May. The day is celebrated by individuals but not recognized as a holiday by the government.

Slovakia

Czechoslovakia celebrated only Women's Day until the Velvet Revolution in 1989. After the country split in 1993, Slovakia started celebrating both Women's Day and Mother's Day. The politicization of Women's Day has affected the official status of Mother's Day. Center-right parties want Mother's Day to replace Women's Day, and social-democrats wish to make Women's Day an official holiday. Currently, both days are festive, but they are not "state holidays." In the Slovak Republic, Mother's Day is celebrated every second Sunday in May.

South Africa

In South Africa, Mothers Day is celebrated on the second Sunday in May. People of South Africa celebrate Mother's Day in its true spirit by acknowledging the importance of mothers in their lives and thanking them profusely for all their love and care. People also gift flowers and cards to their mother as an expression of their heartfelt feeling of gratitude and affection.

The most commonly used flowers on Mothers Day is the traditional carnation. People wear red or pink carnation for mothers who are living while white carnation is used as a symbol of mothers who are dead. In South Africa, Mother's Day is taken as an opportunity to thank not just mothers but also grandmothers and women who are like mothers.

Mothers are pampered by caring children on the day. Many children treat their mother with a delicious breakfast in bed but owing to the changing lifestyles, a large number of people take their mother out for dinners. Young children present their mothers with homemade gifts while the elder ones buy gifts for their mothers.

South Sudan

In South Sudan, Mother's Day is celebrated on the first Monday in July. President Salva Kiir Mayardit proclaimed Mother's Day

as the first Monday in July after handing over from Sudan. Children in South Sudan are presenting mothers with gifts and flowers. The first Mother's Day was held in that country on 2 July 2012.

Spain

In Spain, Mother's Day or Día de la Madre is celebrated on the first Sunday of May. The weeks leading up to this Sunday, school children spend a few hours a day to prepare a gift for their mothers, aided by their school teachers. In general, mothers receive gifts from their family members & this day is meant to be celebrated with the whole family. It is also said to be celebrated in May, as May is the month dedicated to the Virgin Mary (mother of Jesus) according to Catholicism.

Sri Lanka

In Sri Lanka, Mother's Day is celebrated every year on the second Sunday of May. Although relatively new to Sri Lanka, this occasion is now becoming more popular, and more people now honor their mothers on this day. Mother's Day is celebrated by individuals but is not yet recognized as a holiday on the government calendar.

Sweden

In Sweden, Mother's Day was first celebrated in 1919, by an initiative of the author Cecilia Bååth-Holmberg. It took several decades for the day to be widely recognized. Swedes born in the early nineteen hundreds typically did not celebrate the day because of the common belief that the holiday was invented strictly for commercial purposes. This was in contrast to Father's Day, which has been widely celebrated in Sweden since the late 1970s. Mother's Day in Sweden is celebrated on the last Sunday in May. A later date was chosen to allow everyone to go outside and pick flowers.

Switzerland

In Switzerland, the "règle de Pentecôte" law allows Mother's Day to be celebrated a week late if the holiday falls on the same day as Pentecost. In 2008, merchants declined to move the date.

Taiwan

In Taiwan, Mother's Day is celebrated on the second Sunday of

May, coinciding with Buddha's birthday and the traditional ceremony of "washing the Buddha." In 1999 the Taiwanese government established the second Sunday of May as Buddha's birthday so they would be celebrated on the same day.

Since 2006, the Tzu Chi, the most extensive charity organization in Taiwan, celebrates the Tzu Chi Day, Mother's Day and Buddha's birthday altogether, as part of a unified celebration and religious observance.

Thailand

Mother's day in Thailand is celebrated on the birthday of the Queen of Thailand, Queen Sirikit (12 August). The holiday was first observed around the 1980s as part of the campaign by the Prime Minister of Thailand Prem Tinsulanonda to promote Thailand's Royal family.¹ Father's Day is celebrated on the King's birthday.

Ukraine

Ukraine celebrates Mother's Day (Ukrainian: День Матері) on the second Sunday of May. In Ukraine, Mother's Day officially became a holiday only in 1999 and is celebrated since 2000. Since then Ukrainian society struggles to transition the main holiday that recognizes women from the International Women's

Day, a holiday adopted under the Soviet Union that remained as a legacy in Ukraine after its collapse, to Mother's Day.

UK

Mother's Day on 6th March, Sunday

Mothers Day in the UK is celebrated with great excitement and verve, but it does not fall on the same date as in the US. In the UK, Mother's Day celebrations take place on the fourth Sunday in the month of Lent. Since the Lent days are not fixed, the date for Mother Day changes every year.

Mothers Day came to be celebrated in the UK in the 17th century as Mothering Sunday, much before the custom began in the US. Today, the traditional festival of Mothering Sunday is more commonly called as Mothers Day in England and is celebrated in much the same way as it is celebrated in the US. On this day children give flowers and bouquets to their mothers to express their love for them.

History of Mother's Day in England

The tradition of celebrating Mothers Day began much earlier in England than it started in the USA. In fact, England was the first country in the world to dedicate a day for mothers as early as the 1600s. They called this day for mothers as 'Mothering Sunday'. The festival has its roots in practice wherein poor people in England send their little children to work as domestic servants or apprentice with the rich. At that time it was considered important by the people that these children, staying away from their families be allowed to visit their homes once in a year. The time decided for the annual visit to home was the middle Sunday of the fasting period of Lent (which lasts from Ash Wednesday to Easter). For this

reason, the day was called 'Refreshment Sunday' or 'Mid-Lent Sunday.'

In England the day dedicated for mothers was more commonly called Mothering Sunday as people, mainly children visited their 'Mother Church' or the church of their home and not the 'Daughter Church,' the closest church in the vicinity. After paying a visit to a church, children met their mothers and presented them flowers, which they gathered from bushes along the way. Girls baked special cakes called 'Simnel Cakes' for their mothers.

The tradition of Mothering Sunday stopped with the advent of the Industrial Revolution in England when the working conditions and life patterns changed. Over the period of time on Sunday – 4th Sunday in Lent (3 weeks before Easter) was reserved in honor of mothers. In the present time, the original meaning of Mothering Sunday has been lost and has taken the form and name of Mothers Day in the US.

Mother's Day Celebration in England

Mothers Day is celebrated in a big way in England. Children pay tribute to their mothers and thank them for all their love and support. An atmosphere of excitement prevails on the day, and marketers make all efforts to make big profits out of the euphoria. Flowers record their maximum sale as people in England love to express their gratitude for their mothers by gifting them flowers more than anything else. Most popular flowers on Mother's Day in Great Britain are roses followed by carnations and chrysanthemums. In the UK, there is also a tradition of making a costly almond cake for mothers called 'Mothering Cake' or 'Simnel Cake' on Mother's Day.

United States

Main article: Mother's Day (United States)

Prince Harry, Michelle Obama and Jill Biden helping children create Mother's Day cards at the White House, 9 May 2013

Handmade Mother's Day gifts

The United States celebrates Mother's Day on the second Sunday in May. In 1872 Julia Ward Howe called for women to join in support of disarmament and asked for 2 June 1872, to be established as a "Mother's Day for Peace." Her 1870 "Appeal to womanhood throughout the world" is sometimes referred to as Mother's Day Proclamation. But Howe's day was not for honoring mothers but for organizing pacifist mothers against the war. In the 1880s and 1890s there were several further attempts to establish an American "Mother's Day," but these did not succeed beyond the local level.

In the United States, Mother's Day remains one of the biggest days for sales of flowers, greeting cards, and the like; Mother's Day is also the biggest holiday for long-distance telephone calls.^[112] Moreover, churchgoing is also popular on Mother's Day, yielding the highest church attendance after Christmas Eve and Easter. Many worshippers celebrate the day with carnations, colored if the mother is living and white if she is dead.

Mother's Day continues to be one of the most commercially successful U.S. occasions.

Mothers Day Skincare Recipes

Golden pink cleanser



Grapefruits contain citric acid which rejuvenates skin and closes pores. they also include fructose and vitamins A, C, D.

The juice assists in collagen production, which supports healthier, smoother skin

2 tablespoons grapefruit juice

1/2 teaspoon aluminum-free baking soda

2 tablespoons nonfat plain yogurt

PREPARATION In a small bowl, combine the grapefruit juice, baking soda, and yogurt. Blend well.

APPLICATION Pour a small amount of this onto a clean wet washcloth or sponge. Gently wash your face with this every morning and evening. Rinse with warm water.

Orange you gorgeous vodka toner



Orange peel is a rich source of flavonoids, which are potent antioxidants. Vodka's mild, natural alcohol closes pores.

1 Tablespoon grated orange zest

2 tablespoons vodka

PREPARATION In a clean plastic container, mix the zest, vodka, and 1/4 cup of water. Shake well, then strain.

APPLICATION Gently wipe this over your face using a clean cotton ball.

**So delicious! cocoa butter eye
cream**



Vitamin E is quickly absorbed by the skin, and it reduces the appearance of fine lines and wrinkles. Its antioxidant activity fights free radicals.

1/2 tablespoon cocoa butter

2 vitamin E capsules

PREPARATION In a small microwave-safe bowl, Liquefy the cocoa butter by heating it for several seconds in the microwave or in a water bath. Cut off the tips of the capsules. In a small bowl, combine the butter and oil. Test for temperature.

APPLICATION Gently apply a thin layer of this around the eye area.

Lemon Figgie moisturizer



Lemon is an excellent source of citric acid, which closes pores. Figs contain natural humectants – the perfect skin hydration.

1 tablespoon chopped black figs

1 tablespoon low-fat sour cream

1 tablespoon lemon juice

PREPARATION In a blender, combine the figs and the sour cream and mix well. Add the lemon juice and blend again until creamy.

APPLICATION Apply a thin layer of this over your face in the morning and evening after cleansing.

Magic Melon Moisturizer



Melons are cooling and hydrating. They contain vitamins A, B, and C and natural sugars, which are healing for the skin. Lemon is good for skin tone. This moisturizer balances the skin's pH.

1 slice honeydew melon

1 teaspoon sunflower oil

1 teaspoon lemon juice

PREPARATION Peel the melon, then puree it in a food processor or blender. Add the oil and lemon juice and blend until creamy.

APPLICATION Apply a very thin layer of this over your face and neck every morning and evening after cleansing.

Lemon and honey cleanser



Milk is the best cleaner for the skin. Honey naturally exfoliates. The vitamin C in lemon juice helps produce a rosy complexion.

1/4 cup milk

1 Tablespoon honey

1 teaspoon lemon juice

PREPARATION In a small bowl, combine the milk and honey and mix well. Add the lemon juice and mix well.

APPLICATION Pour a small amount of this onto a clean wet washcloth or sponge. Gently wash your face with this every morning and evening. Rinse with warm water.

Carrot nutty, smooth moisturizer



Nature's defender, carrots help balance the pH of your skin's surface. When combined with coconut yogurt, they make a mask that rejuvenates aging skin.

1 Tablespoon nonfat plain yogurt

1 Tablespoon carrot juice

1/2 teaspoon coconut oil

PREPARATION In a small bowl, combine the yogurt and carrot juice and mix well. Add the coconut oil and mix well again.

APPLICATION Gently cover your face with this every morning and evening after cleansing.

Effects Of Stress On Your Skin Part 2

Effects Of Stress On Your Skin Part 2

Welcome back to our blog, we appreciate your time and visit in a world that doesn't have time for much in the go. We realize that your time is golden and your visit is well appreciated.

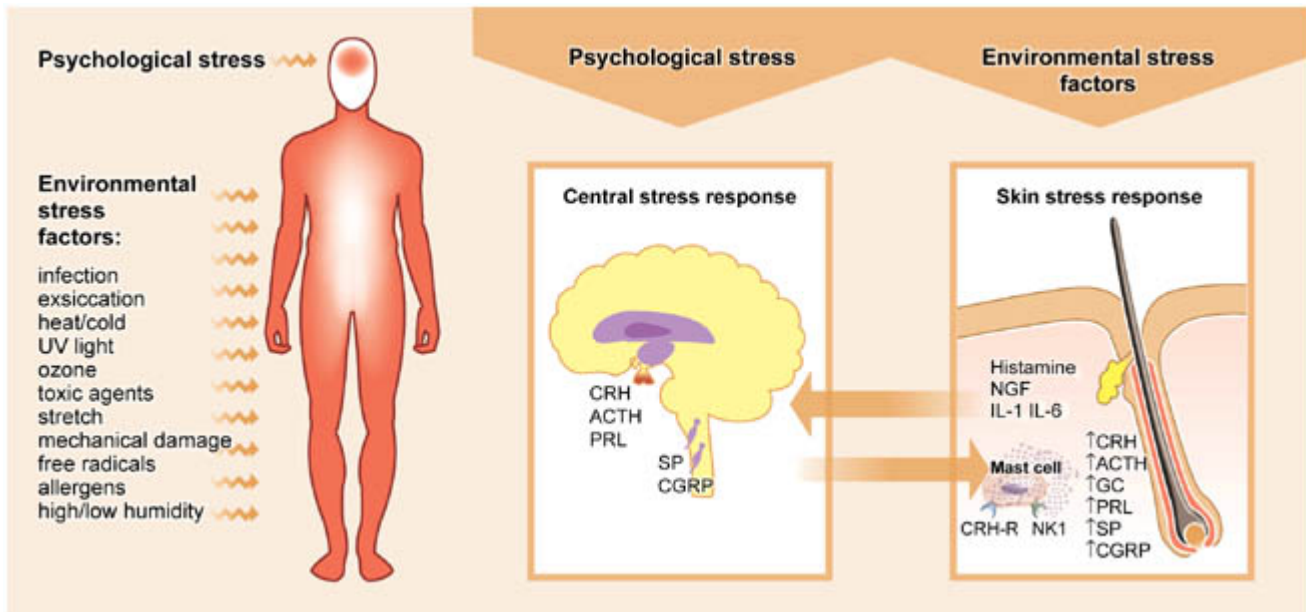
On week 341 we are continuing our post on the relationship

between personal external and internal beauty and STRESS !!. We all know that the effects of stress on our overall wellbeing is devastating and life-threatening, not much focus or readily available information on the impact on our appearance. So with that said we like to share our research and authority information that will take you to a different understanding of what happens when we are in "I don't have time mode" and then rushing through a lifestyle that is so common across the planet especially in the US. I hear kids saying I don't have time, wow really?. If they don't have time, who does? We live fast we die fast and that is a fact so let's take a look at the effects of stress on our overall health and include appearances that are commonly called BEAUTY.

Neglect and abuse of skin

If you're overloaded with frustrating demands and a never-ending to-do list, you may find yourself going to bed with your makeup on, not bothering to moisturize, and even indulging in bad habits like picking at your skin. To get your skin back on track, treat yourself to a professional facial. "Make sure the Spa you choose provides a soothing atmosphere and plenty of TLC. With a little pampering to reduce your

stress level and a revitalized complexion, you'll feel motivated to resume a disciplined skincare routine."We recommend choosing a natural Organic Skincare system to indeed regenerate and calm the skin without harsh chemicals that cause more issues for your body to deal with.



Dull and troubled skin



What is happening with your digestion can have a significant impact on what is going on with your skin. In Chinese Medicine, the lungs rule Skin so if we are not experiencing full breathing we will have issues with our skin, hair, and nails to mention a few,. Chinese Medicine believes that the

Spleen controls weight loss, the ability to create cellulite, and the Spleen is directly connected to worrying and sagging is control by the Spleen. Also, the spleen manages the distribution of fluid in our body no so cute right?, So ladies for the overly worry and controlling little fairies you may want to let go and trust don't forget that trust is connected to our deep intuition and faith, and we have that available at all time we just need to tap into it. Our When stressed, the body's digestive system can go a haywire because the blood is directed away from the digestive system, and everything becomes Unbalanced, and this kind of digestion issues has been found to lead to problem skin such as dryness, oiliness, blemishes, and dullness, or sometimes a combination of all of these issues. Problems such as eczema, rosacea, and dermatitis can occur, from these facts.

Tip:

Boost your circulation with at least three sessions of cardiovascular exercise a week that can include dancing, fast walking, Zumba classes or just inviting our self to great hikes nature has many healing qualities and fresh air. This will also help you cope better with the stress itself. Include plenty of alkalizing foods in your diet (let's don't forget that stress is acid), such as apple cider vinegar, which makes a great salad dressing, green leafy vegetables, and non-animal protein sources because animal sources are acid and in a taxed system is hard to digest. Remember to chew your food thoroughly as this helps to alkalize it further before you ingest it, and the most significant part of digestion occurs in the mouth, how about that. You can also consider taking probiotics, which can help balance the environment in your gut and the outbreaks you may consider applying a probiotic skincare line or yogurt with a bit of salt.



80% Alkaline /20% Acid rule for healthy life

Food List - Eating less may promote more efficient acid/alkaline balance

Highly Alkaline CONSUME MORE	Moderately Alkaline	Mildly Alkaline	Neutral/Mildly Acidic	Moderately Acidic	Highly Acidic CONSUME LESS
<p>pH 9.5 alkaline water Aust. Lake salt Grasses Cucumber Kale Kelp Spinach Parsley Broccoli Sprouts (soy, alfalfa etc) Sea Vegetables (Kelp) Red Vegetable drink/dried Green Vegetable drinks (dried) Aust. Rain Plum drinks/dried Ume Plum All Sprouted Beans/Sprouts</p>	<p>Avocado Beetroot Capsicum/Pepper Cabbage Celery Collard/Spring Greens Endive Garlic Ginger Green Beans Lettuce Mustard Greens Okra Onion Radish Red Onion Rocket/Arugula Tomato Lemon Lime Papaya Butter Beans Soy Beans White Haricot Beans Chia/Salba Quinoa</p>	<p>Artichokes Asparagus Brussels Sprouts Cauliflower Carrot Chives Courgette/Zucchini Leeks New Baby Potatoes Peas Rhubarb Swede Watercress Grapefruit Coconut Buckwheat Spelt Lentils Tofu Other Beans & Legumes Goat & Almond Milk Most Herbs & Spices Avocado Oil Coconut Oil Flax Oil/ Udo's Oil</p>	<p>Black Beans Chickpeas/Garbanzos Kidney Beans Seitan Cantaloupe Currants Fresh Dates Nectarine Plum Sweet Cherry Watermelon Amaranth Millet Oats/Oatmeal Spelt Soybeans Rice/Soy/Hemp Protein Freshwater Wild Fish Rice & Soy Milk Brazil Nuts Pecan Nuts Hazel Nuts Sunflower Oil Grapeseed Oil</p>	<p>Fresh, Natural Juice Ketchup Mayonnaise Butter Apple Apricot Banana Blackberry Blueberry Cranberry Grapes Mango Mangosteen Orange Peach Pineapple Strawberry Brown Rice Oats Rye Bread Wheat Wholemeal Bread Wild Rice Wholemeal Pasta Ocean Fish</p>	<p>Alcohol Coffee & Black Tea Fruit Juice (Sweetened) Cocoa Honey Jam Jelly Mustard Miso Rice Syrup Soy Sauce Vinegar Yeast Dried Fruit Beef Chicken Eggs Farmed Fish Pork Shellfish Cheese Dairy Artificial Sweeteners Syrup Mushrooms</p>

May be part of your 20% Acid food

You may get more information about changing food habits at www.ilifefoods.com

E&OE C2011

Lines and wrinkles

No one likes to talk about wrinkles, let alone face them in the mirror. Ensure your skin stays smoother, longer by minimizing stress. "Cortisol also causes blood sugar levels to spike. The excess sugar molecules in your bloodstream can bind to the proteins in your skin's collagen fibers causing them to harden and crack and resulting in loose skin(definitely, the Spleen controls satin and is directly connected to worry and stress) and deep wrinkles." To maintain proper blood sugar levels and keep skin looking youthful, Isabel recommends avoiding refined carbohydrates and eating more vegetables, whole grains, and beans, fermented food like Sauerkraut, organic pickles, any fermented food hugely aids digestion. There are two ways of stress that contributes here. Firstly, as previously mentioned, stress can cause dry, nd problem skin, and dryness and dehydration are the leading causes of fine lines and wrinkles. Secondly, the facial expressions that typically come with stress can cause deep, dynamic lines that last far beyond the stressful period. We're talking frown lines, crow's feet from squinting at your computer screen, and deep lines that run from the nose to the mouth and the chin.



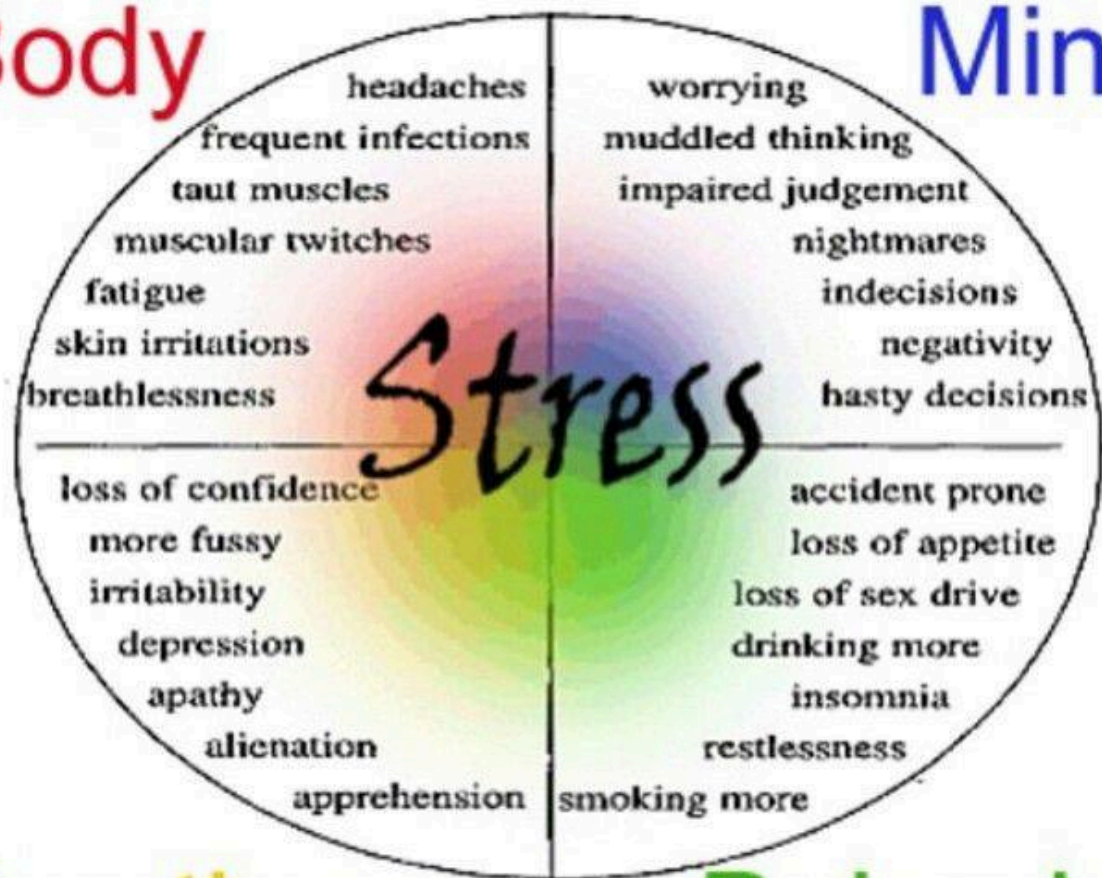
Tip:

Practice mindfulness and meditation be sworn off your expressions not only for the permanent marks we can accomplish by this action we probably have a look that is not so

attractive. Be aware of the moment you are in. If you feel yourself frowning, or your mouth is turned down, step away from the source of your stress, be it your computer screen, the phone, or simply the in-tray on your desk. If possible, take 10 minutes to give yourself a facial massage take a deep breath and reset your mode. Press your fingertips into the middle of your eyebrows and work them all the way around your orbital bones to help relax the muscles that cause the expressions. Relax your mouth by saying your vowels in an overly accentuated manner up to 10 times. This will also help relax your jaw and prevent you from clenching and grinding your teeth which if yours are stressed you most likely do that in your sleep as well and is a great cause of TMJ and if that is the case you may want to use a guard so you don't damage your teeth, jaw or pop a filling. Even if you don't feel like smiling, force yourself to do it. Research suggests the very act of smiling, even if it's fake, can improve mood and induce relaxation.

Body

Mind



Emotions

Behavior



Lack of sleep

Stress causes sleepless nights. This will directly impact on the appearance of your skin and definitely impact your mood and ability to cope aside it dehydrates you. Just one night of tossing and turning will draw the freshness from your face, hair and overall internal and external wellbeing, and if it

becomes an ongoing problem, it can affect your skin's regeneration functions chronically, resulting in dullness, fatigue, under-eye circles and bags and bloodshot eyes which is the result of overtaxed adrenals these little glands are your batteries.

Tip:

Put good sleep practices in place. Save vigorous exercise for earlier in the day, rather than just before bed. Before bed, take 15 to 20 minutes to do some gentle stretches and deep breathing to ease the tension of the day. Make sure you have clean sheets made from natural fabrics, allow fresh air to circulate through your bedroom and remove all devices such as smartphones or tablets. Don't have a TV in your room and definitely no watching TV close to bed it should be at least two hours before so just recording your show and watch them early in the day that way you can forward them and avoid commercials!! see it works out – watching excitable programs it will stimulate your brain and nervous system and make sleeping soundly even harder. Avoid caffeine after 2pm. You can also consider playing meditation CDs to relax you.

Bad habits

Stress can trigger the onset of unhealthy habits such as excessive alcohol consumption, smoking, and comfort eating sugar and more. Again, this can make you less determined to exercise and can create an unhealthy cycle, where you rely on

these things to help you relieve stress. This can lead to bad skin and weight gain, heart issues as well as many other health problems.

Tip:

Before you reach for a bottle of wine, cigarette or chocolate, take a walk and get some fresh air, dance on your own laugh do some Zumba, play with your pet all of these can help you reset your mood. Swap alcohol for a cup of Chamomile tea like Tulsi Tea (Holy Basil). Practice meditation and keep positive and uplifting affirmations on your office wall or the fridge to deter you from bad habits and don't forget to laugh.

Youtube has many videos of relaxing subjects, you can find funny videos and so much more.

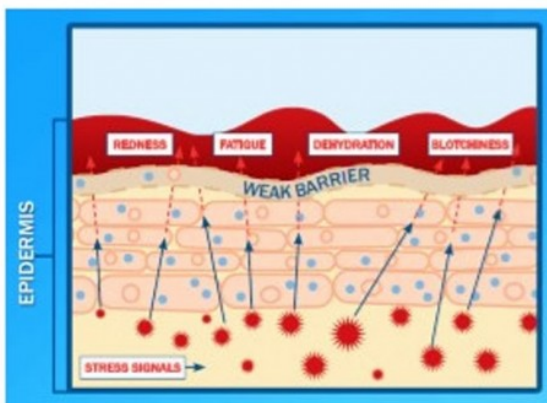
Heavy jaw

Grinding teeth and clenching of the jaw are common symptoms of stress. Unfortunately, these habits can cause the jaw muscles to work overtime. This can result not only in damaged teeth but also heavier than usual jawline, as the muscles become larger with the grinding action and tension headaches.

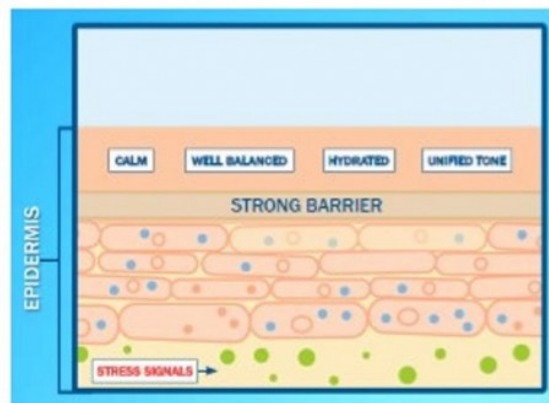
Tip:

Speak to your dentist about wearing a special mouthguard if

you grind your teeth in your sleep. A good magnesium supplement is a great muscle relaxer some come with calcium and are effervescent and it tastes really good. You can also try alternative practices such as kinesiology, acupuncture, and cranial sacrum massage to help ease the tension. Acupuncture is what I use and it works miracles. Chiropractor work is another choice I usually resource to for relaxing, Yoga and Qi Gong are my favorites.



- STRESSED SKIN**
- When stress signals are released from inside the body, it causes an inflammatory skin response resulting in visible signs of stress
 - Continued stress responses can make skin more vulnerable and can lead to premature skin aging



- STRESSED SKIN WITH SKIN RESCUER**
- With ingredients that limit the number of stress signals that attack skin along with protecting the skin barrier, this formula is better able to minimize the visible signs of stress.
 - Over time, skin becomes less vulnerable to daily stress.

Detoxifying Your Life: Stress-Detox Secrets By Dr. Perricone

Stress is probably the greatest age-accelerating precipitator there is. As a dermatologist, I can also unequivocally state that stress is also the precipitator of a great many skin problems; in fact, these problems often have their very roots in the psyche.

This can include everything from acne to eczema, rosacea to psoriasis, and worse. Unfortunately, normal day-to-day interactions with our partners and children can be stressful – no matter how much we love them. Of all of the physical conditions we experience, stress is also the most deadly.

Many circumstances create stress in our daily lives. Arguing with family, friends, or colleagues, not getting enough sleep, worrying, working too hard, or even playing too hard can all create stress. Weekend warriors, who try to make up for a week of inactivity by spending hours engaged in strenuous physical sports, raise their stress levels to an unhealthy degree. Any activity that is practiced without moderation can lead to a stress response.

To help reduce the negative effects of stress, I recommend following the anti-inflammatory diet and taking targeted anti-inflammatory nutritional supplements. I also suggest implementing these simple strategies:

Make sure that you get enough sleep

Try to minimize situations that create stress in your life

Don't drink coffee. Coffee contains many organic acids which

can elevate our cortisol levels. It's important to avoid spiking these levels, as it can be toxic when large amounts of cortisol are circulating in our system for prolonged periods of time. It is not specifically because of the caffeine because you can drink a cup of decaffeinated coffee at 8 AM and your cortisol levels will still be measurable at 10 PM –the same effects as a cup of regular coffee.

Set aside fifteen or twenty minutes a day for meditation or prayer. It is a well-established fact that people who do this have significantly lower cortisol levels. Long-term benefits include keeping our skin clear, maintaining a healthy immune system and preventing age-related diseases, such as diabetes, cancer or cardiovascular disease.

Consider learning some simple Yoga exercises. Yoga is an outstanding stress-reducing discipline and can lower cortisol levels.

Substitute green tea for coffee.

Get out in nature—fresh air, trees, blue skies, all contribute to our physical and mental well-being.

Foods To Help Ease Anxiety & Stress by [Dr. William Cole](#)

According

to <http://www.mindbodygreen.com/0-15428/13-foods-to-help-ease-anxiety-stress.html>

Oysters

[Research has correlated](#) an imbalance of zinc to copper with anxiety. This trace mineral ratio is responsible for proper neurotransmitter function and adaptation to stress. Increased

copper and decreased zinc may lead to symptoms of anxiety.

If it is, oysters are packed with zinc! This superfood of the sea is a great way to balance the proper trace mineral ratio and your stress levels. It's also important to note that foods like grains and legumes contain phytic acid, an antinutrient that can bind to zinc and block their absorption.

Chamomile Tea

Sip on this natural anti-anxiety medicine for its natural calming effect. This soothing, [mild tea was shown](#) to significantly decrease anxiety symptoms in just a few weeks!

Turmeric

Curcuminoids, the antioxidants in turmeric, have a neuroprotective quality and help enhance your mood. It was shown in a randomized controlled trial to be an effective option for a major depressive disorder, which is closely linked to anxiety disorders.

Dark Chocolate

Science has vindicated chocolate lovers everywhere. A randomized, [placebo-controlled trial](#) published in the *Journal of Psychopharmacology* revealed that people who drank a dark chocolate drink, equal to about 1.5 ounces of dark chocolate

per day, felt calmer than those who did not.

Adaptogenic Herbs

The common hormonal signaling pathway dysfunction DR William Cole found in patients struggling with anxiety disorders is the brain-adrenal axis. The hypothalamic-pituitary-adrenal (HPA) axis is part of your sympathetic “flight-or-fight ” response and something and can play a role in adrenal fatigue. Stress hormones, like cortisol, can cause serotonin receptors to become less sensitive to activation. The adaptogenic herbs like ashwagandha, Rhodiola and holy basil(Tulsi) are few of the tools I use to optimize brain-adrenal function in patients.

Full-Fat Kefir

In functional medicine, the gut is considered the “second brain” because it’s home to 95% of your “feel good” hormone serotonin. With more than 100 million neurons, your gut’s health is essential to manage anxiety.

Turkey

You know that tired feeling people feel after Thanksgiving

dinner? It's actually from the tryptophan in the turkey. Tryptophan is a precursor to the neurotransmitter serotonin, which helps you to feel calm. Tryptophan in the form of meat has been shown to reduce anxiety disorders!

Avocados

This superfruit is great for brain health and anxiety. They contain potassium which helps naturally lower blood pressure. Avocados also contain beneficial B vitamins and monounsaturated fats that are needed for neurotransmitter and brain health.

Asparagus

This sulfur-rich vegetable also contains the specifically beneficial B vitamin, folic acid. Low levels of folic acid are linked to neurotransmitter impairment, which can lead to anxiety. A 5.3-ounce serving provides 60% of the recommended daily allowance for folic acid! It also contains moderate amounts of potassium, which can lower blood pressure.

Disclosure: We are sharing

information from authorities that are qualified to recommend and prescribe, the reader is responsible for how to use it, we always recommend to check with your health practitioner before embarking on any health changes.

<https://youtu.be/WxEqooqgCEs>

Effects Of Stress On Your Skin Part 1

**Effects Of Stress On Your
Skin**



Welcome back to our blog, we appreciate your time and visit in a world that doesn't have time for much in the go. We realize that your time is golden and your visit is well appreciated.

On week 340 we are sharing a post in the relationship of personal external and internal beauty and STRESS !!. We all know that the effects of stress on our overall wellbeing is devastating and life-threatening, not much focus or readily available information on the impact on our appearance. So with that said we like to share our research and authority information that will take you to a different understanding of what happens when we are in "I don't have time mode" and then rushing through a lifestyle that is so common across the planet especially in the US (we hope now people have slowed down and re regenerating). I hear kids saying I don't have time, wow really?. If they don't have time, who does? We live fast we die fast and that is a fact so let's take a look at the effects of stress on our overall health and include appearances that are commonly called BEAUTY.

It has been said that stress can manifest itself on one's appearance in many ways, but primarily by making the skin more sensitive and more reactive, which also applies to general wellbeing.

For example, stress is linked to psoriasis or rosacea, your digestive system results in acne lesions that are more inflamed and more persistent, brittle nails and ridging of the nails, hair loss, hives, and excessive perspiration.

Stress and skin studies had shown to be a trigger or can be a worsening factor for fever blisters, psoriasis, seborrheic dermatitis and has even been shown to impair skin barrier

function and dehydrate the skin – allowing more irritants, allergens, and infectious agents to penetrate the skin and cause problems.

Beyond the direct physiological effects of stress, people under stress also tend to neglect or abuse their skin. For example, they often lack the energy and motivation to adhere to their skincare regimens and also might be signs of stress-related habits – such as scratching, pulling or rubbing neglecting to clean their skin before bedtime– that can really make not good issues.



On a small level, stress reduction can decrease the release of pro-inflammatory stress hormones and chemicals. For example, a release of neuropeptides (or stress chemicals released from the nerve endings) can be reduced with stress management techniques. Like exercising, breathing techniques Yoga, Qi

Gong walking, meditating, laughing, Yes, that is right, laughing opens up the heart and resets the way you are breathing, and is so many other ways. The intention is to rest the mind until you feel joy. This often results in skin that looks and functions better.

Stress does a lot more than make us feel bad – it can wreak havoc on your skin. We're getting some expert insight into just what it does to your complexion and how to reverse the effects. The first step is to understand what stress is. This is a great definition from [sharecare.com](https://www.sharecare.com) When the demands we placed on ourselves exceed our ability to cope, we experience Stress the thoughts, feelings, behaviors and physiological changes that happened as a result of our response to those demands and perceptions. A whopping 82 % of women say they have had at least one physical stress symptom in the last month like a relentless headache, an upset stomach, or tightness in the chest lack of sleep and so much more.

The Effect of Cortisol Control and Collagen on our Skin and Health

Why is it important to control and understand cortisol? Well, is very simple, cortisol is the primary hormone that our bodies secrete when we are under stress. This means that whenever we're under stress, we're exposed to unhealthy amounts of cortisol. Cortisol isn't bad in and of itself. It's a normal part of the physiological makeup of our bodies. The problem occurs when we're exposed to high levels of it on a chronic basis-a scenario that is all too common in today's

fast-paced, overbooked CYBER way of living, and then I don't have enough time personalities. Everything in moderation works and that includes Cortisol.

Because of cortisol's wide-ranging influence on other important aspects of metabolism especially those metabolic pathways associated most closely with "aging," Cortisol is often called the "death hormone." This is a reasonably accurate nickname: Cortisol is a hormone that tends to increase with age, and our consistently increased exposure to cortisol, as we age, has been linked to breakdown and dysfunction in every tissue in the body, is a potent hormone!. So whether we're talking about the skin or heart muscle or brain neurons, it makes sense to address cortisol as a switch in the metabolism of aging.

Since cortisol is basically the controller of the four metabolic pathways in the FACE program, we need to control it in order to slow down the skin's aging process, treat and prevent problem skin, and promote radiant, healthy skin. When we do this, we get unexpected perks: Controlling cortisol also produces beneficial results in terms of weight loss, improved mood, and enhanced libido! We accomplish full restful sleep, and we manage to have a healthy heart and prevent arteries deterioration among many other benefits. This is not to say that cortisol is the only metabolic pathway that needs to address in order to promote healthy skin, but considering its profound effect on the body's functioning, cortisol control is the most logical place to start.

One major way that cortisol earns its tag as the death hormone is through its destructive effect on collagen, the most abundant protein in the human body (about a third of all the proteins) and the chief structural component of skin tissues (about 90 percent). Collagen serves as the primary framework on which all the major structures in our body, including our skin, are built like bones hair, ligaments, nerves collagen is a major ingredient in our body. It's what wards off lines and

wrinkles, and it is the closest thing we have to a fountain of youth.

The health of our skin and bones is affected by how well we metabolize collagen that is, how well our systems make collagen available to our bodies for productive use. Collagen metabolism can be influenced by our eating habits, exercise patterns, and lifestyles. When we are under stress of any kind, our cortisol levels increase, contributing to a faster breakdown of tissues that contain collagen, such as bone and skin, wow major damage, not worth it don't you think?. We like to mention that collagen absorption is a major deal a stress digestive system doesn't have the ability or the enzymes to absorb or break down proteins like collagen, the HCL (Hydrochloric Acid) production is affected by stress consequently the body can really absorb or assimilate collagen from food sources, like meats, seaweed, gelatin, etc.

From Wikipedia: <https://en.wikipedia.org/wiki/Cortisol>

Cortisol is a steroid hormone, in the glucocorticoid class of hormones, and is produced in humans by the zona fasciculata of the adrenal cortex within the adrenal gland (kidney). It is released in response to stress and low blood-glucose concentration.

It functions to increase blood sugar through gluconeogenesis, to suppress the immune system, and to aid in the metabolism of fat, protein, and carbohydrates. It also decreases bone formation.

Hydrocortisone (INN, USAN, BAN) is a name for cortisol when it is used as a medication. Hydrocortisone is used to treat people who lack adequate naturally generated cortisol. It is on the World Health Organization's List of Essential Medicines, the most important medications needed in a basic health system if you are inclined to medications

Wound healing

Cortisol and the stress response have known deleterious effects on the immune system. High levels of perceived stress and increases in cortisol have been found to lengthen wound healing time in healthy, male adults. Those who had the lowest levels of cortisol the day following a 4 mm punch biopsy had the fastest healing time. In dental students, wounds from punch biopsies took an average of 40% longer to heal when performed three days before an examination as opposed to biopsies performed on the same students during summer vacation. This is in line with previous animal studies that show similar detrimental effects on wound healing, notably the primary reports showing that turtles recoil from cortisol.

Electrolyte and water balance

Cortisol acts as a diuretic, increasing water diuresis, glomerular filtration rate, and renal plasma flow from the kidneys, as well as increasing sodium retention and potassium excretion. It also increases sodium and water absorption and potassium excretion in the intestines.

Sodium

Cortisol promotes sodium absorption through the small intestine of mammals. Sodium depletion, however, does not affect cortisol levels so cortisol cannot be used to regulate

serum sodium. Cortisol's original purpose may have been sodium transport. This hypothesis is supported by the fact that freshwater fish utilize cortisol to stimulate sodium inward, while saltwater fish have a cortisol-based system for expelling excess sodium.

Potassium

A sodium load augments the intense potassium excretion by cortisol. [Corticosterone](#) is comparable to cortisol in this case. For potassium to move out of the cell, cortisol moves an equal number of sodium ions into the cell. This should make [pH](#) regulation much easier (unlike the normal potassium-deficiency situation, in which two sodium ions move in for each three potassium ions that move out—closer to the [deoxycorticosterone](#) effect).

Memory

Cortisol works with [epinephrine](#) (adrenaline) to create [memories](#) of short-term emotional events; this is the proposed mechanism for the storage of [flashbulb memories](#) and may originate as a means to remember what to avoid in the future. However, long-term exposure to cortisol damages cells in the [hippocampus](#); this damage results in impaired learning. Furthermore, it has been shown that cortisol inhibits memory retrieval of already stored information.

Factors reducing cortisol levels

- [Magnesium](#) supplementation decreases serum cortisol levels after aerobic exercise, but not after resistance training.
- [Omega-3 fatty acids](#) have a dose-dependent effect in slightly reducing cortisol release influenced by mental stress, suppressing the synthesis of [interleukin-1](#) and [-6](#) and enhancing the synthesis of [interleukin-2](#); the former promotes higher [CRH](#) release. [Omega-6 fatty acids](#), on the other hand, have an inverse effect on interleukin synthesis.
- [Music therapy](#) can reduce cortisol levels in certain situations.
- [Massage therapy](#) can reduce cortisol.
- Laughing, and the experience of humor can lower cortisol levels.
- Soy-derived [phosphatidylserine](#) interacts with cortisol; the correct dose, however, is unclear.

Regular dancing has been shown to lead to significant decreases in salivary cortisol concentrations.

- [Withania somnifera](#) (Ashwagandha) root extract.



Overtime

Sick

Tired

Dread Health

No Time

Headache

Stress

Bills Payments

No Sleep

Stress

Debt

Fear

Work

Worry

Job

Anxiety

Retirement

Savings

Anxiety

Overdue

Expectations

Insuran

Time Management

Fear

Late Nights

Late N

ear

Acne breakouts

Acne breakouts are stressful enough – especially when they happen the day before a date or other significant event, but it turns out stress itself could be causing those pesky blemishes. “Overproduction of the stress hormone cortisol sets the stage for acne flare-ups by promoting oily skin and interfering with your body’s ability to regulate inflammation.”not to mention it helps you gain weight in the midsection of your body (muffin top) Hummmm not so lovely. So what’s a girl to do? To calm your complexion, we suggest aside from the few tips we share here about resetting yourself to different activities and perceptions of the situations that cause you to stress. You can start using organic skincare that contains natural anti-inflammatories such as green and chamomile teas, cucumber and any product that is cooling and soothing, stress is acid and creates heat, so cooling down is where it is at. We will give you links to an excellent system for one Dr. Nicolas Perricone his whole system is about inflammation, great skincare and supplements also.

<http://www.perriconemd.com>

Dehydrated Skin Due To Stress

DEHYDRATED

www.healthdigest.com

- **ACNE**

Flushing out toxins with water may reduce breakouts

- **PAINFUL SUNBURNS**

Hydration calms sunburn symptoms and restores a fatigued body.

- **DRY, RED NOSE**

Staying hydrated in dry environments protects fragile nasal skin.

- **LONGER HANGOVERS**

Drinking water is thought to reduce hangover durations.

- **EYE BAGS**

Dehydration weakens delicate under eye skin, making eye bags more prominent.



HYDRATED

- **HEALTHY SCALP**

Flaky, itchy scalp is almost always a dry scalp, so drink up.

- **CLEAR, BRIGHT EYES**

Dehydration reduces potassium and electrolyte level to have moist eyes.

- **SMOOTH, WRINKLE FREE SKIN**

Drinking water improves the elasticity of the skin, preventing from wrinkles.

- **STRONG HAIR AND NAILS**

Your body is composed primarily of water. Ditch the dry and flaky, for healthy and supple. Drink 8+ glasses of water a day..

is your skin dry or dehydrated?

There's a big difference between dry and dehydrated skin, yet both tend to feel the same – just plain dry. Find out the characteristics of each to determine which you might have!

dry skin...

- Lacks sebum (oil).
- Is a natural skin condition from birth.
- Feels dry all over, including on hands and scalp.
- Is more susceptible to premature aging.
- Constantly needs moisturizer, especially in winter.
- Needs oil-rich products.

both

Flaky
Itchy
Sensitive
Tight
Dull

dehydrated skin...

- Lacks water.
- Can be experienced by anyone.
- Can feel oily and dry simultaneously.
- May experience breakouts.
- Comes and goes depending on diet, environment, incorrect product use, and other factors.
- Needs water-rich products.

dermalogica[®]

Dehydration

Dry skin? All those long (stressful) days could be the cause. “Stress interferes with the ability of the skin to retain moisture.” If you’ve been dealing with more stress than you’d like – and it shows, switch to a de-stressing plan, get a massage, go to a spa, change your diet to a bland easy to digest diet. Switch to a more rich moisturizer that contains plant-derived moisturizers such as aloe vera, hyaluronic acid, shea butter, and avocado oil, definitely coconut oil. Treat yourself to hydrating masks, take time for a relaxing Spa day with a hydrating facial. “These will help hydrate and lubricate the skin, improving not only the appearance of the skin, but also its ability to function as a natural shield against bacteria, irritants, and toxins.” When we stress we notably breathe shallow, but we forget to drink water also, in Chinese medicine they teach us to acknowledge the connection Lungs and skin, Lungs rule the skin and all those little pores that help to aid the skin to detox and BREATH how about that!

dry skin...

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Dull

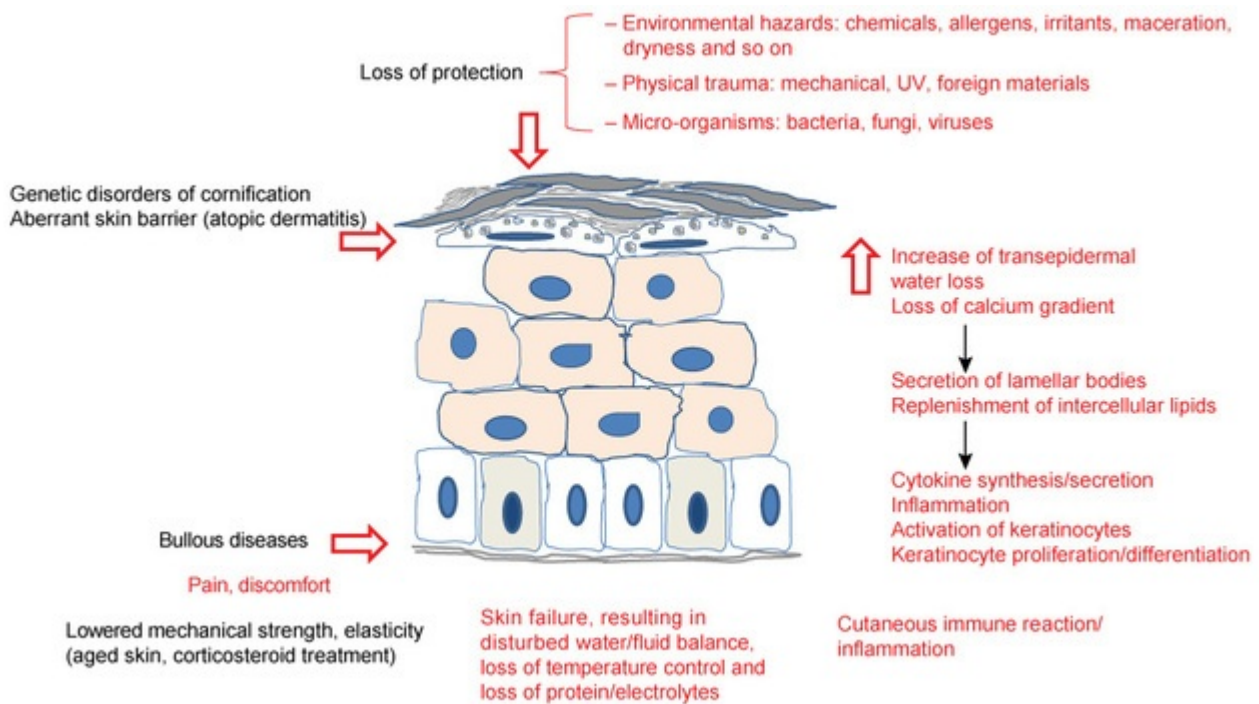
dehydrated skin...

- Lacks water.
- Can be experienced by anyone.
- Can feel oily and dry simultaneously.
- May experience breakouts.
- Comes and goes based on diet, environment, incorrect product use, and other factors.
- Needs water-rich products.

Sign and Symptoms of Dehydration



- Dry or sticky mouth
- Lethargy
- Sunken eyes
- Weight loss
- Low or no urine input
- Dark yellow urine
- Poor skin turgor
- Delayed capillary refill
- Dizziness
- Confusion/changes in mental status
- Lack of tears/sweat
- Falls/difficulty walking
- Low blood pressure
- Rapid heart rate
- Abnormal labs/electrolytes



Reduced collagen production

According to Dr. Axe: <https://draxe.com/what-is-collagen/>

Collagen is the most abundant **protein** in our bodies. It's

found in our muscles, bones, skin, and tendons. It's the "glue" that helps hold the body together. It gives our skin strength and elasticity and helps replace dead skin cells.

You might have heard collagen and gelatin mentioned in the same breath. That's because gelatin is derived from collagen – when collagen breaks down, it becomes gelatin.

Collagen Nutrition Facts

But just how healthy are collagen and gelatin for you, really? Very! In fact, gelatin was one of the first foods used as the medical treatment in ancient China – our ancestors recognized that food is medicine early on! Gelatin is great for people with food allergies or sensitivities; it even helps their bodies manage those foods better.

Collagen is also full of conditional amino acids like arginine, glutamine, glycine, and proline. These are amino acids that, under normal circumstances, are produced by your body.

However, when you're sick, under stress or otherwise unhealthy, your body may not be able to produce enough of these amino acids on its own. It needs help from outside sources (your diet or supplements) to get its fill.

And these "non-essential" amino acids are actually pretty important. Proline and glycine, in particular, play a significant role in ensuring your body's running smoothly.

Proline makes up almost 15 percent of collagen. It also helps your artery walls release fat buildup in the bloodstream, shrinking the fat in the arteries and minimizing fat accumulation. Healthy arteries equal a healthy heart!

Glycine also makes up a significant portion of collagen. And while size-wise it's the smallest amino acid, big things come in small packages, and glycine is no exception.

To ensure our cells function correctly, it helps build healthy DNA strands. It's also one of three amino acids that form creatine, which promotes healthy muscle growth and boosts energy production during workouts.

Collagen Benefits

If you're still not convinced that collagen should play a more significant role in your lifestyle, check out these seven benefits.

Skin and Hair

As we age, collagen production declines – it's happening as you read this! You'll notice it physically: looser skin, more wrinkles, and less elasticity. Increasing collagen levels can help your skin look firmer, improve smoothness, and help your

skin cells keep renewing and repairing frequently.

Joint

Have you ever felt like you've got skeleton legs? Yup, that's a loss of collagen rearing its head. That's because when we lose collagen, our tendons and ligaments start moving with less ease, leading to stiffness, swollen joints and more.

Think of ingesting more collagen-like greasing a creaky door hinge: It'll help your joints move more efficiently, reduce joint pain and even reduce the risk of joint deterioration. A recent study also found that collagen is an effective treatment for treating osteoarthritis and other joint disorders.

Leaky Gut

If you suffer from [a leaky gut syndrome](#), a condition where bad-for-you toxins are able to pass through your digestive tract, collagen can be super-helpful. It'll help break down proteins and soothe your gut's lining, healing damaged cell walls and infusing it with healing amino acids. It will also help absorb water, keeping things moving freely in the digestive tract.

Boosts Metabolism & Energy

A boost in collagen can increase your metabolism. Glycine, found in collagen, helps pump sugar into your body's tissue to increase energy levels. It also helps in muscle development – and muscles burn more calories than fat. Combine any supplementation with vitamin C to ensure your body can convert the collagen into a useable protein that can begin to restore the source of your energy and vitality.

Strengthens Nails & Teeth

Ever had peeling and splitting nails? Well, a lack of collagen could be to blame. Collagen protein is also the building block of your fingernails and teeth as well! Adding collagen to your diet regimen can help keep your nails healthy and your teeth healthy!

Detox

If you're looking to detox, collagen is extremely helpful. That's because glycine helps minimize damage to your liver experiences when it absorbs foreign substances that shouldn't be passing through it.

One of the easiest ways to cleanse your liver is with a bone broth fast; I often recommend a three-day bone broth detox to rapidly repair leaky gut. It'll help rid your body of chemicals and "reset" your stomach.

Reduce Cellulite/Stretch Marks

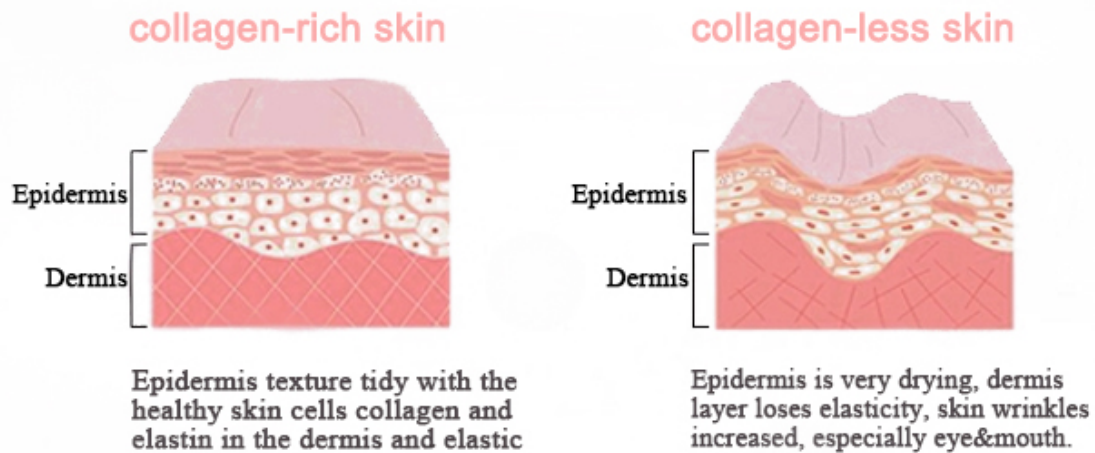
When the skin loses its elasticity as a result of decreased collagen, there's another side effect: more visible cellulite! Because your skin is now thinner, cellulite becomes more evident – no more hiding what's happening below the surface. Improving your skin's elasticity through collagen will help reduce that dimpling on your skin.

Collagen loss is an excellent cause of stretch marks, due to loss of elasticity.

It is important to note that many factors support the formation and use of collagen in the body, such as vitamin C, manganese, copper, proline, and foods high in Anthocyanidins (such as blueberries, cherries, and blackberries). For collagen to be activated in the body, you always want to take your supplements with a source of amino acids and vitamin C or make sure that your supplement includes these activating nutrients to ensure absorption and usefulness to your body.

While many creams and powders claim to revitalize skin by adding collagen, the molecules in these topical products are usually too large for your skin to absorb and let's not forget the fact that the process starts from the inside out. Through bone broths and personalized supplements, you'll improve your body from the inside out.

Lastly, be aware that certain foods – ones heavy in amino acids – promote collagen growth more than others. Veggie lovers fear not! You can also use collagen in recipes for your family or kids, such as healthy homemade jello or all-natural fruit snacks.



- Avoid collagen killers: Smoking, too much sun, diabetes, poor nutrition, stress (from excess cortisol), and inadequate hydration.

- A diet high in plant protein (soy protein, hummus, nuts, nut butter, foods made with almond flour, etc.) can offer the support of plant estrogens, or phytoestrogens, which have been demonstrated to have a positive effect on collagen.
- Omega 3 fatty acids (fish oils and flaxseed oils) are excellent “lubricators” of joints (to help with flexibility), improve dry eye and a host of other metabolic and mood-elevating properties.
- Vitamin D: (at least 1000 IU a day) now being thought of as a hormone as it has so many varied effects on body systems, can contribute to a healthy, flexible, bone matrix...and has a positive impact on the skin as well.
- Calcium: 1000mg before, and 1500 mg a day, after menopause through diet or supplements; best spread out through the day, as the body cannot absorb more than 500 to 600mg at once.
- Vitamin C: 400mg day can help support healthy collagen.
- Exercise: Muscle development can stimulate new growth of collagen and prevent atrophy, or loss of muscle mass that can contribute to sagging tissues and declining bone density.
- Biotin: 1000 mcg a day may help support hair and nail strength that often decline with menopause.
- Phytoestrogen supplements: With the decline of estrogen at menopause plant estrogen supplements can help offset the fallout. For a woman not on HRT, 70 mg of isoflavones a day may help support collagen and promote bone health.

Stress can also be the enemy of youthful-looking skin, so if you want to turn back the clock, you’ll need to find a way to minimize stress. “Increased levels of another stress hormone, epinephrine, constricts blood vessels, reducing the flow of oxygen and nutrients that skin needs to manufacture collagen, wow that is a big one .” If you want to combat the effect of

stress on your skin, a great facial exercise routine is a great one to practice, you can find a large assortment of facial exercises on DVD. "One of the best ways to restore healthy circulation is a program of facial exercises that incorporates aerobic techniques."

The banana-honey face pack



Whisk together two tablespoons of honey, two teaspoons of glycerin, one egg white and one mashed banana to form a smooth consistency. Gently massage your face with this pack. The fingers should follow a circular movement while massaging your face.

The banana-honey face pack: Whisk together two tablespoons of honey, two teaspoons of glycerin, one egg white (use pasteurized egg) and one mashed banana to form a smooth

consistency. Gently massage your face with this pack. The fingers should follow a circular movement while massaging your face. Then coat your face with the remaining mixture. Leave it for fifteen minutes and wash off your face with water. This homemade face pack not only rejuvenates your skin but also gives it a supple feel.

Soften cuticles with honey: Whisk together three tablespoons of almond oil, 3 tablespoons of raw linseed oil and 3 tablespoons of honey. Use this mixture to massage your nails and fingers.

Avocado-Honey Moisturizer



Avocado-Honey Moisturizer □ A moisturizer is an anti-aging must. By helping your skin retain moisture and acting as a temporary filler for wrinkles, it makes your complexion look smooth. Dr. Ordon says that his patients love this recipe because it makes their skin look and feels dewy, and youthful.
Ingredients: □ 3 tablespoons of fresh cream 1/4 avocado □ 1 tablespoon honey

Directions: □ Place all three ingredients in a blender and puree into a smooth cream. Apply it to your skin and leave on for at least an hour. Rinse off with warm water.

Cucumber, Egg White, Lemon, and Clay Mask



This mask is just perfect for cleansing clogged pores. As its name suggests, you'll need the following ingredients: 1 tablespoon of egg white, $\frac{1}{2}$ teaspoon of clay, a few drops of lemon juice and 1 egg white.

Add all these ingredients together and mix them until a smooth

paste is formed. Then, apply the mask on your face, but make sure to avoid the eyes area and leave it for about 20 minutes. Finally, rinse with warm water.

**Part 2 will come in the next
two weeks**

**Enjoy and please share and like if
you do**

**Immune System Booster Vitamin
D (D3 Serum) and Vitamin K
(MK-7) | Gabriel Cousens MD**

Immune System

Booster Vitamins/ Vitamin D (D3 Serum) and Vitamin K (MK-7) | Gabriel Cousens MD

Here in week 339, we are sharing crucial information from an authority and a great healer, please enjoy and share so other people can also be safe and healthy, much love, health, and joy to you and yours.

A Transcript of the video

– Okay, so vitamin D. Vitamin E. Vitamin K. What's the other one?

– [Voiceover] A.

A, right. These are fat soluble, and they actually work together as a team.

How much is of the team? Literally, they all affect certain gene patterns, the same gene pattern.

They're all working and affecting it. That's how much of a team they are. D is getting a lot of press these days.

Vitamin D is a tremendous immune stimulator, and moderator. In the immune systems it's vitamin D receptors are just all over the immune system.

Some people estimate if we have adequate vitamin D,

70%, it helps protect against 70% of cancer.

Of all types. That's a pretty good immune statement right there, isn't it?

70%? I would say that's pretty good.

It also helps with mental functioning. It helps protect against senility.

It helps with bone. But not as directly, see, without K,

Vitamin E brings in it but it will deposit calcium anywhere.

One of the worst places is they, it deposits calcium in the arteries, right?

K says, "No." K directs where the calcium for D goes.

It brings it into the bones. In other words, you need K to direct, the best K is MK7, we do carry it, and it's really, what?

– [Voiceover] No, and doctors do exactly the opposite when you have like a, when your blood is, they tell you not to take any formulas, not eat any lettuce, and (voice muffled) and you're saying it's the opposite

'cause then there's gonna be more calcium deposits.

– Right. K directs D. The calcium.

– [Voiceover] You mentioned MK7?

That was the name? MK7, it's a British spy agency, right?

– [Voiceover] Yeah, exactly.

– MK7 is the specific form of vitamin K that's the most potent and the most active.

And we do carry it and it is in a capsule. Okay. K2 you get from the more vegetable, you know, just eating vegetables. But it doesn't, it helps more with clotting, anti-clotting, you know, or it acts as a coagulant.

But we're talking MK7, which is really about directing the calcium. Vitamin D is important in the regulating the secretion of insulin. Low D has been associated with Type I and Type II Diabetes. So with the diabetes we really make an effort to make sure people get adequate vitamin D. It also has a hormone, calcitonin, and what that does is it kind of regulates a kind of growth, and it also, the balance of calcium and phosphorous in the system. So that's just again, another thing that happens with it.

D seems to be very important in protecting against neurological disorders. The most famous of that is multiple sclerosis, which is something that tends to happen more in colder, less sunny climates. Sun is the main way of getting vitamin D, right?

– [Voiceover] But we have a lot of sun in here,

– Yeah, well, there's reasons for that. But just hold on, you know. I want to get back to, vitamin D is made by the sun. If you get 20 minutes a day of sunlight for three days, you're gonna start taking in about 20,000 units a day.

Then what is really happening when you ask that question, is maybe people aren't getting so much sunlight. Maybe we're too much inside playing with our computers. But here's where we go to protocol. The best levels are between 50 and 70, in the blood. To really see how you're doing, you really need to check it a few times.

Now there is a question of how much should you have? 400 milligrams, 10,000 units, and I think it's variable. Myself, I had been taking 10,000, and I was in low-normal vitamin D. Well, I don't want to be low-normal. I want to be optimal. So now I'm taking more. Now that's more than they recommend, now what's the point?

I'm out in the sun. I get 20 minutes of full body sun all the time, I live in Arizona. So what's happening is there's a very big variation, and the only way to do it correctly is get your sunlight, take your certain amount of vitamin D, and get a blood test.

- [Voiceover] Trial and error, trial and error until you find-
- Until you find the right level. It takes about three blood tests to figure it out. The other thing is, people with darker skin absorb less vitamin D.

So if you're Afro-American you will be getting less vitamin D from the sun as a protective device, but, and that's so good, so they actually need to supplement more.

And I think you want to look at Israel, you have more dark-skinned people, they're more likely to have a lower vitamin D because of the genetic part of that. So that's part of the answer too.

Computers and darker skin.

(laughing in audience)

audience members speaking over each other)

What I was saying is 20 minutes a day should be sufficient. For myself, I get 20 minutes, I'm out in the sun without much clothes, or in clothes, 20 minutes, and I take vitamin D supplement, and my vitamin D was low-normal. So what I'm trying to say, there's that little bit of trial and error.

So the protocol is, get a standard, take 10,000 and do what you're doing, and then measure it and see where you stand. Oh, it's too low, it's too high, well fine. It's too high, I take less.

– [Voiceover] If it's too high what can happen?

– Well, if you're, you can get a calcification in your tissues. Excess calcification. And you can get a little, I don't want to say vitamin D toxicity, but 10,000 is a safe place. People basically, somewhere between 2,000 and 10,000 is pretty safe, where you should be doing your experimenting.

– [Voiceover] How do you translate that to drops, or–

– Well, in the DC we have it's 2,200 per drop.

– [Voiceover] Drop or dose?

– Drop.

– [Voiceover] Per drop. Okay, so what would be,

– Well, 10 drops is gonna give you 10 or 11,000.

– [Voiceover] So 10 drops a day would–

– I would start at five a day.

– [Voiceover] Five drops a day.

– And that's gonna give you about 10,000 units.

– One drop is 2,000.

– [Voiceover] One drop is 2,000.

– Five is 10,000.

– [Voiceover] I thought it was a thousand, but...

– [Voiceover] All my life my mother is telling me to keep away from the sun in the hottest hour or whatever, and less than a year ago somebody said that the only way you can absorb the vitamin D is if the sun is perpendicular to the ground, which is a bad hour?

– No, I don't think it's like that. If you just get out, obviously the more when the sun's hot the better, you know, if you live, in US they say between San

Francisco and Baltimore, which is kind of the lower part of the United States in a way, above that line everybody should take a vitamin D supplement.

What's the point? You've gotta be out in the sun, when you're northern, if you're up near Lebanon it's gonna be not as much sun quality as down here.

But still, you know, between 10 and 2 is reasonably good. But the truth is, it's kinda, you have to do trial and error, really. And the only way you're gonna get accurate is do a blood spot-test.

You can just take a, we have at the Tree, you just prick your finger and you do the blood spots and then they...

– [Voiceover] Like a litmus paper or something like that?

– No, it's paper, and you have to send it in. Or they can draw your blood but it's more expensive to do it that way.

– [Voiceover] The vitamin D, it's just vitamin D, the drops, or vitamin K?

– [Dr. Cousens] Yeah.

– [Dr. Cousens] No, just D. The D and K don't really come together.

– [Voiceover] So where do we get MK7?

– We carry it. And you just need one capsule a day.

(audience members mumbling)

And that's gonna get you depositing the calcium in your bones, not in your tissues or in your heart. That's not what you want. Yeah.

– [Voiceover] If you could speak more about the dosage because I don't think people are familiar with the dosage here.

In Israel you have the drop, which is 400 units,

– [Voiceover] 200.

– [Voiceover] 200 to 400. Most people they don't take it all, or they take maybe two drops which are 800, and there is a law in Israel now, they took off the shelves the one with 1,000. Now there is only 400. It is not allowed to take,

– Yeah.

– [Voiceover] that was on the shelf, the 1000.

– [Voiceover] They're not allowed on the shelf.

– [Voiceover] Okay, and so they're very, the people that they take vitamin D, maximum, with doctor order, 2,000 to 2,500.

Maybe and you're talking about 10,000.

– It's being totally safe. According to the research. It's not revolutionary, it's, the world research says mostly people to take 10,000 it's gonna be totally safe.

Again, the only way you're gonna know is what?

– [Voiceover] Blood test.

– Get the blood test. Then you'll know where you stand. The high-normal is 50 to 70. You need to be 50 to 70 to get optimal effect. That's it.

Now, is there a philosophical point to this? Yeah, there is.

(audience member mumbles)

Wait a minute, please. Here's the thing I want you to understand. If you're getting really adequate D what does that mean?

Means you're gonna have a great immune system. It means you're gonna be really healthy. It means you're not gonna, you know your chance of getting

cancer is greatly cut down. Your chance of getting diabetes is greatly cut down. You're gonna have less colds and flus. You're actually gonna be healthy.

– [Voiceover] So they

don't want that. (laughs)

– I just left it with that.

(loud laughing in audience)

So they're always trying to find the minimum for what? Hypothetical minimum. And we know, the research is very clear. 50 to 70 is what you need.

And what, that's it, it's not that complicated. So whether you need 15,000, or 10,000 or 5,000 or 1,000, that is what you have to figure out. Now, one of the things you look at is, if people used vitamin D, you wouldn't need, you don't need vaccinations anyway, but 0 to 4% of vaccinations work. And some of that research was done in Israel, believe it or not. You know, for the flu, it's 0 to 4% effective. Well, I

can tell you, the vitamin D is a whole lot more effective than that, and a whole lot more safe.

So you gotta understand what is really happening in the world today. There is an explicit movement against anything that's (mumbles)

Why, you know, you take vitamin D. There's no, you shouldn't even think about taking vaccinations. Do you see what I'm trying to say? So there is definitely

a struggle going on, and it's one about those who want health, culture of life, and those who want you to be in ill health so you can have to buy their medicines.

That's really what's going on without a lot of management. Now you had a question.

**Click the link to purchase any of the
Vitamins in the video.**

<https://www.drcousensglobal.com/refer/?st-code=WX2w>