

# How Sleep affects our Beauty and overall wellness?



Here on week, 261 we are sharing a post on Sleep, it is amazing the non sleep issue. Non-Sleeping has become an epidemic I even hear it from really young kids. It is amazing a number of drugs sold for sleeping "AID", an

estimated 40 million prescriptions for such drugs were dispensed, sales of generic Ambien (zolpidem tartrate) amounted to a whopping \$2.8 billion and Lunesta another \$912 million. Prescription sleep aids are some of the most heavily marketed drugs to the public and so much more to it with these medications. We are not addressing the bottom line source of the problem we are only suppressing the symptom, no long term relief there not to mention the side effects, addictions and the challenge get bigger and bigger, Here we did extensive research and we have authority based information to aid with this epidemic. We wish for you the reader to find a solution to your sleeping challenge if you have one and if you don't we are very happy for you, we are sure that you either know someone or will run across somebody that will really appreciate the information, so please pass it along and thank you for the support and following our blog. We take pride to do the research and love making a difference,.thank you from all of us at Isabel's beauty blog.

## How Electronics and Technology Affect Sleep Quality

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

Do you suffer from the pangs of sleep loss? Has it been so long since you've gotten a decent night's sleep that you've simply just accepted that this is the way it is? Some people tough it up to insomnia or they have small children and is not much selection of choices. While those reasons are often quite valid (especially the small children, I should know), sometimes you have to look past the easy blames and really determine if there's some other reason you're not sleeping well. Like technology, perhaps. There are tons of ways that

technology affects sleep. But I'll overview the most common, and ones that I've determined are a problem for so many people so you can decide for yourself if it's something to consider.

## So, What Are The Common Techno Dangers To Watch For?

### 1) Wi-Fi Signals

Have you ever walked in a room and could tell that there was technology running? You can almost feel the low hum of radio signals in the air. Well, you're not crazy. This is a thing. And devices that emit a Wi-Fi signal are negatively affecting our sleep. Everything from a wireless router to cell phones, iPads, etc. anything that produces a source of wireless internet in your home will fill the area with invisible electromagnetic signals and our brains respond to that.

A study was carried out in 2007 where scientists took two groups of people and put them in different rooms. One group had real cell phones in the room with them and the other had fake ones. Neither knew that ones were fake. But the group exposed to actual cell signals and Wi-Fi waves had a significantly harder time falling asleep and staying asleep. So how can you determine whether or not Wi-Fi signals are interfering with your ability to get a good night's sleep? It's simple. Spend one week with all electronic devices removed from your bedroom. After the first few days, you should experience better sleep. If not, then you should dig deeper.

## 2) Bright Screens

So, here's the thing. In order for us to comfortably fall asleep, our bodies have to go through a process. And part of that process is creating melatonin. Melatonin signals our brain that it's night time, time to sleep. But when we stare at bright screens, the light that is absorbed through our eyes delays the release of melatonin. Thus, making it harder to fall asleep. Nowadays, with the dawn of smartphones, eReaders, and tablets, let's not forget TV we often spend hours at night staring at a bright screen. Even on the lowest brightness setting, it's still too much for our eyes and for the release of Melatonin.

A study was done by Mariana Figueiro of the Lighting Research Center at Rensselaer Polytechnic Institute where she and a group of researchers tested the effects of bright screens on volunteers. The results were conclusive. People who stared at a screen for two hours prior to going to bed had simply could not fall asleep. It took them a long period of time. So how do you rectify this and rule it out for yourself? Spend a week quitting the screen time at least two hours before bedtime. If it's reading you do, then try hard copy books for a while. If it's work, maybe on a laptop, then try wrapping it up earlier in the day. But if you must use technology at night, there are programs and apps that to help with this issue. They monitor when it starts to get late and will "warm up" your screens from the cold blue to a soft pink, also you can purchase blue screen shields for very little money, here is a link below.

[https://www.amazon.com/s/ref=nb\\_sb\\_ss\\_i\\_3\\_11?url=search-alias%3Delectronics&field-](https://www.amazon.com/s/ref=nb_sb_ss_i_3_11?url=search-alias%3Delectronics&field-)

[keywords=blue+screen+computer+protector&prefix=blue+screen%2C electronics%2C194&crd=3KMCJ4FULWZQ6](https://www.google.com/search?q=blue+screen+computer+protector&prefix=blue+screen%2C+electronics%2C194&crd=3KMCJ4FULWZQ6)

### 3) Info Overload

One of the cons to living in the modern world is the fact that most of us live a “wired life”. It’s tough to get through a single day without using some form of technology. And it’s often for the purpose of seeking information, gaining knowledge. We fill our brains up with information all the time. Whether it’s an action-packed TV show or late night news or even a website full of articles to read. It’s called cognitive stimulation and while it’s great for exercising our brains, it’s best done throughout the day, not at night.

We need at least two hours’ prior to bedtime to help our brains soften and wind down from the overload of the day’s events and the new information we learned. But if you’re laying in bed with your digital device, reading all about the latest updates on the election or scouring through science articles, then your brain will be buzzing. So how do you fix this one? Come on, it’s easy. Stop revving up your brain before bed. There are many ways technology affects sleep, but even watching a boring TV show can stimulate it because the response that happens in your body, the neurons firing up, can still keep you up.

### 4) Unlikely Alarms

So, anyone who owns a cell phone knows that they set an alarm on it. That’s just common sense nowadays. But these aren’t the

types of alarms I'm talking about. I'm referring back to the fact I mentioned before; we're all living wired lives and even in our sleep we're "connected". To better paint you a picture, ask yourself if you've ever woken up in the middle of the night because your phone pinged to alert you of a new message or update on social media? What about text messages and voice mails? They all create pings and sounds to alert you and our brains are discretely tuned into them.

We don't realize, but technology has become so commonplace that we simply accept these annoyances as a part of everyday life. But it's seriously affecting the way we sleep and the quality of rest we incur. So, to remedy this issue, I tried a test for ten days. Before going to bed I turned off all electronic devices. Anything that would produce a sound, ping, or alert. I broke out my old battery operated alarm clock and used that in place of the one I normally used on my phone. And guess what? After an adjustment period of two nights, I began to sleep straight through the night and woke up feeling rested. Coincidence? I think not.

## 5) White Noise

Whether you believe it or not, electronic devices create a noise. It's a low hum on a particular frequency and not everyone can pick up on it with the naked ear. But it is there and it affects us regardless. Some call it white noise, but it's really just the electromagnetic waves (and a bit of the operating system, like in computers). While actual white noise is meant to help you sleep by cutting down on the difference between background noises like city streets and such, the kind of white noise I'm talking about is the opposite. It's the minute buzzing that all of our devices constantly radiate and it's like a tick, keeping us awake without us really knowing.

The sound taps into our brains and keeps us on the edge of consciousness, never really allowing us to fall into that deep sleep we actually need. This is called Rem sleep and it's crucial that we have it in order to properly rest our minds and bodies. There are three main levels of sleep that we go through each night; a light stage where we're still half awake but slowly falling into slumber. Then there's stage two where our heart rates slow, our temperature drops and our muscles relax. Then there's REM. It's the mother load of sleep stages and without it, we never really rest. How to tackle this issue? Much the same way we've been dealing with the others. Either turn off or remove electronic devices from your bedroom before you go to sleep.

## 6) Addiction

This one is a no-brainer. With the rise and increase of technology, so has our addiction to it. We are constantly plugged in. If someone told you ten years ago that you could access the entire web, operate Microsoft programs, watch TV and movies, and read books all from your telephone you'd probably have laughed. But it's the reality we live in. When we're in public and our phone dies, we feel a teensy bit lost. Admit it. It's hard, oh so hard, to let go and get through a single day without the aid of technology. Myself, I spent late hours sitting in bed reading eBooks, playing games, and hanging out on social media. I even caught myself turning off the TV for the night, crawling into bed and then pulling out my phone to check the time and ended up messing around with it for a couple more hours.

So I recommend putting the phone away (somewhere you can't reach it at night) and just wear a watch and have that by your bedside in case you need to check the time. You can find some of the best military watches over at Authorized boots.



The worst of it are video games, though. Time passes so much faster when we're engaged online and removed from reality. It's easy to stay up late, fighting to finish a level or conquering a new game. All of these things affect our sleep schedule, the predetermined settings that we've programmed our brains to follow. By staying up a little bit later than normal each night, we unknowingly push back our sleep schedule. Then, on nights where we get the chance to go to bed early, we simply can't fall asleep until the late hour we're now used to. So, the solution? Cold turkey. Unless you need your devices for work, just cut them out for an entire week. Nah, that's just too harsh! But seriously, get a handle on your screen time. Set a limit and cut off time each day.

## What is Healthy Sleep?

from:

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

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

On average, adults should optimally receive between seven and



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

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

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

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

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

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

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

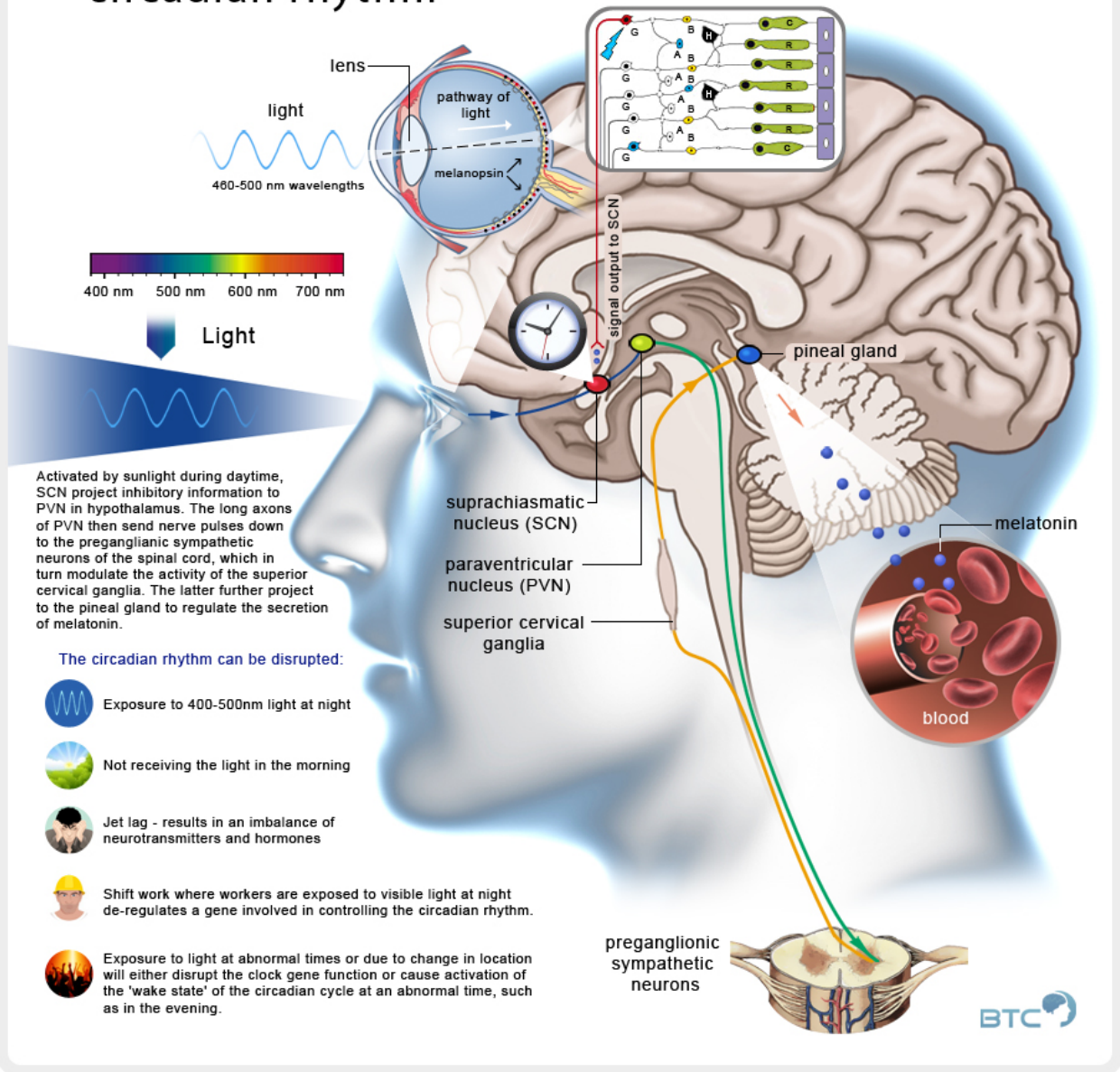
Your partner or family members do not notice any disturbing or out of the ordinary behavior from you while you sleep, such as snoring, pauses in breathing, restlessness, or otherwise nighttime behaviors.

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

lead to chronic sleep deprivation.

## **Circadian Rhythm**

# circadian rhythm



# Sleep Drive and Your Body Clock

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

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

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

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

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

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

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

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

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

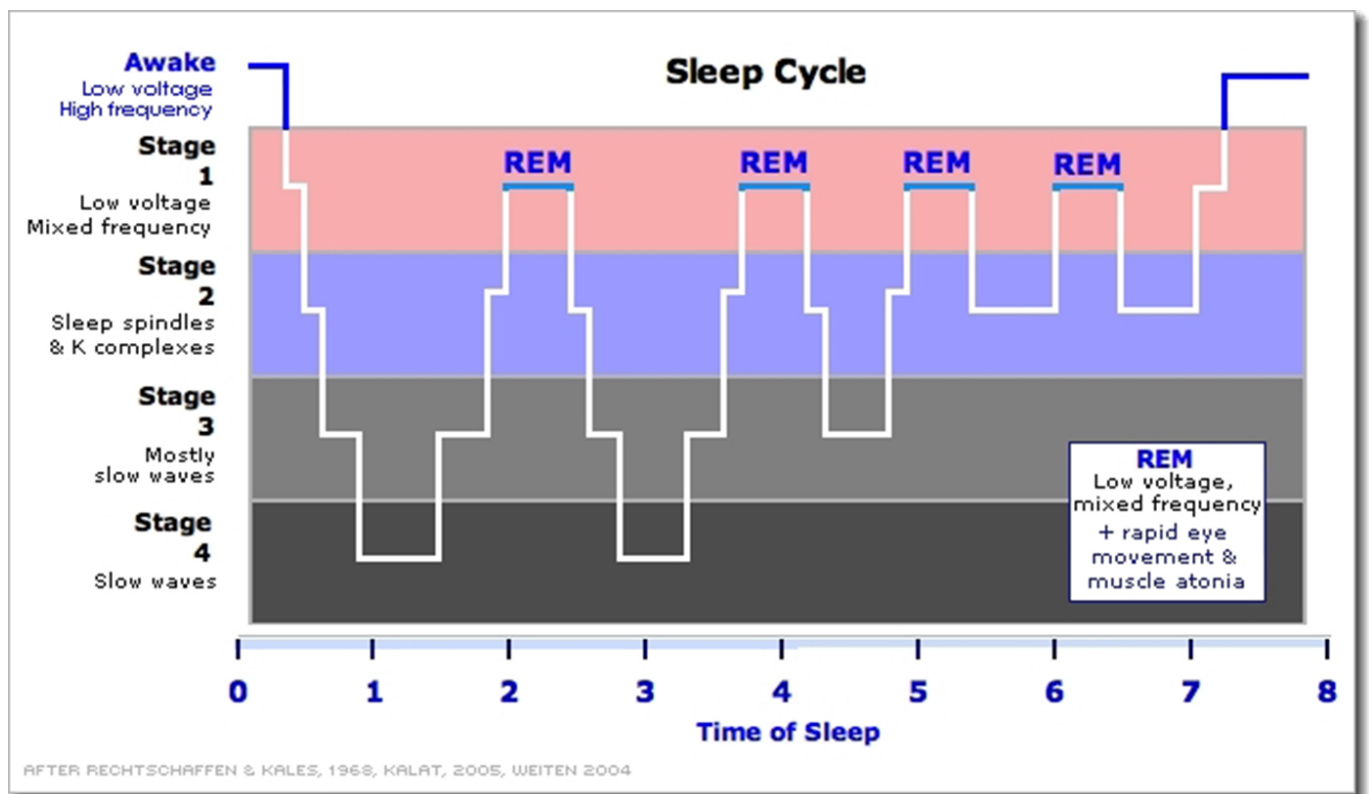
Circadian disruptions such as jet lag put us in conflict with our natural sleep patterns since the shift in time and light cues on the brain force the body to alter its normal pattern to adjust. This is why jet lag can leave travelers feeling

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

## Natural Sleep Cycles







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

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

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

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

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

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

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

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

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

## **Sleeping Positions**

According

to

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

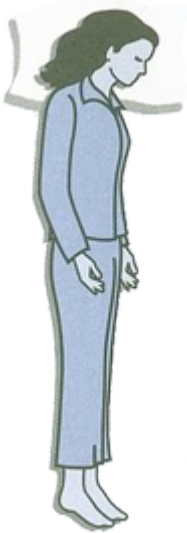
There are three main sleeping positions with variables of each: side, back, and stomach. Sleep specialists recommend sleeping on your side in order to rest more comfortably and decrease the likelihood of interrupted sleep. While there are many variations of sleeping on your side, all of which are beneficial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

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

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



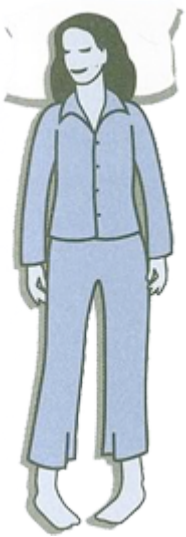
**Fetus position** – A whopping 41% of participants sleep in this curled-up manner. Women are twice as likely to rest like this and it is listed as the most common position. These sleepers are said to have a tough exterior but are still sensitive and may appear to be shy but warm up quickly.



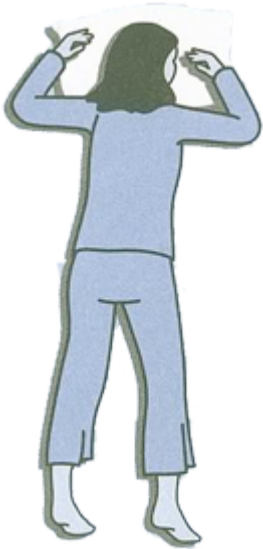
**Log position** – If you sleep on your side with both arms down, you are a social, easy-going person who is trusting, sometimes to the point of being gullible. The study showed 15% of people sleep like a log.



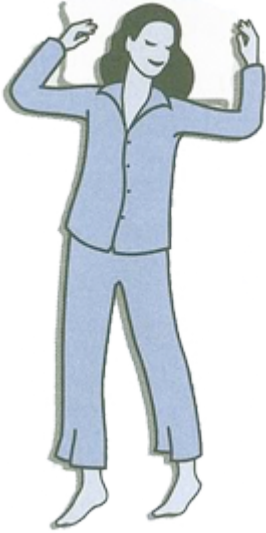
**Yearner position** – A close third is a side-lying position with both arms out in front of the body, with 13% of participants sleeping like this. Learners are noted to be open-minded and still cynical, suspicious, and stubborn about sticking to decisions once they are made.



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



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



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

## Blue light has a dark side

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

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

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

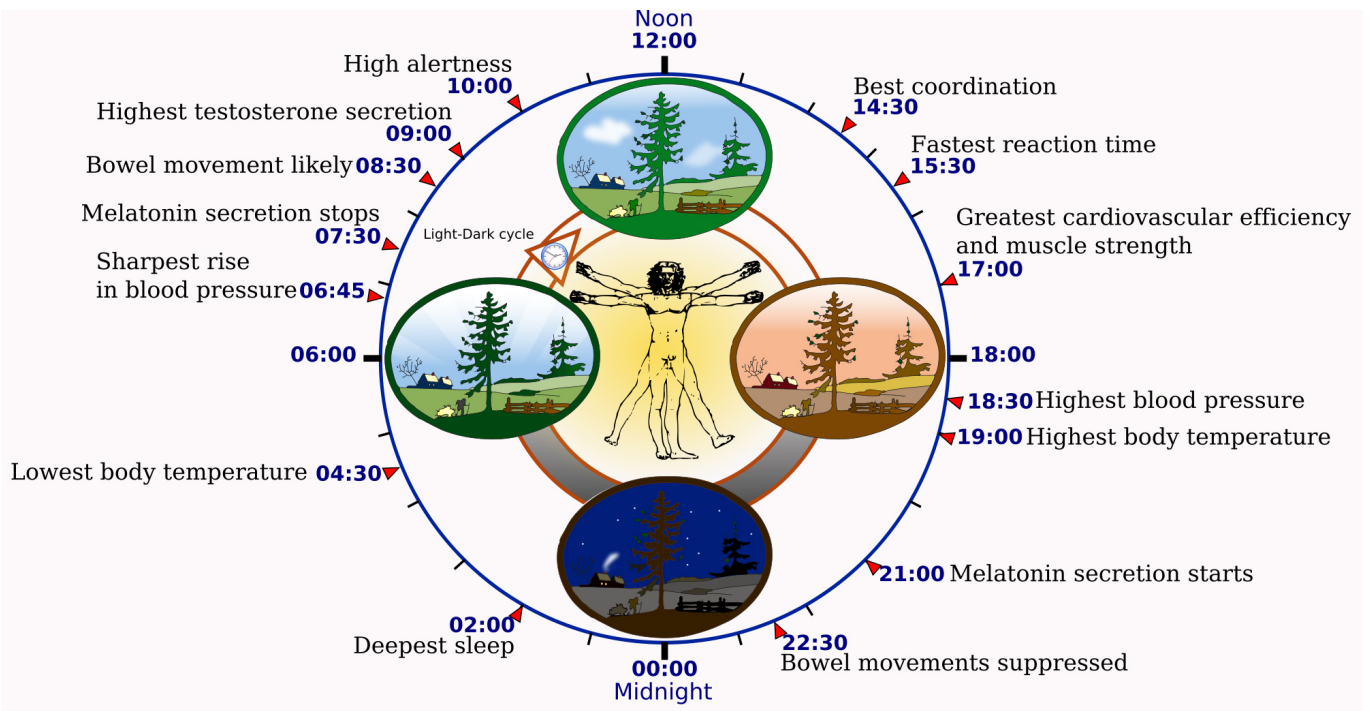


(relative) darkness. Now, in much of the world, evenings are illuminated, and we take our easy access to all those lumens pretty much for granted.

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

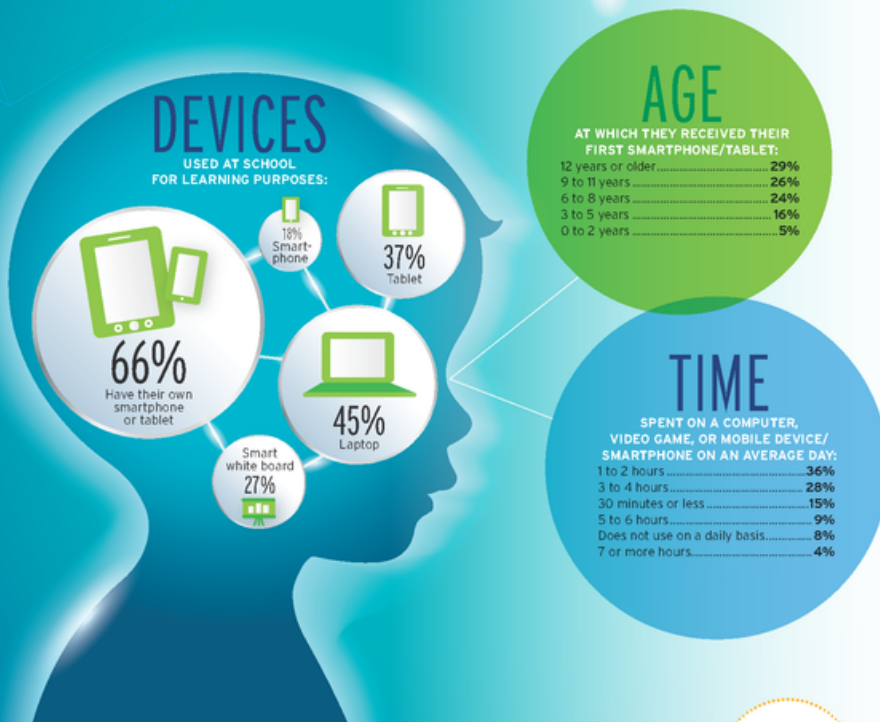
But not all colors of light have the same effect. Blue wavelengths—which are beneficial during daylight hours because they boost attention, reaction times, and mood—seem to be the most disruptive at night. And the proliferation of electronics with screens, as well as energy-efficient lighting, is increasing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

## Daily rhythms influenced by light



# THROUGH THE EYES OF THE 21ST-CENTURY CHILD

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



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

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

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

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

## **The health risks of nighttime light**

## Managing Light and Dark Exposure

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

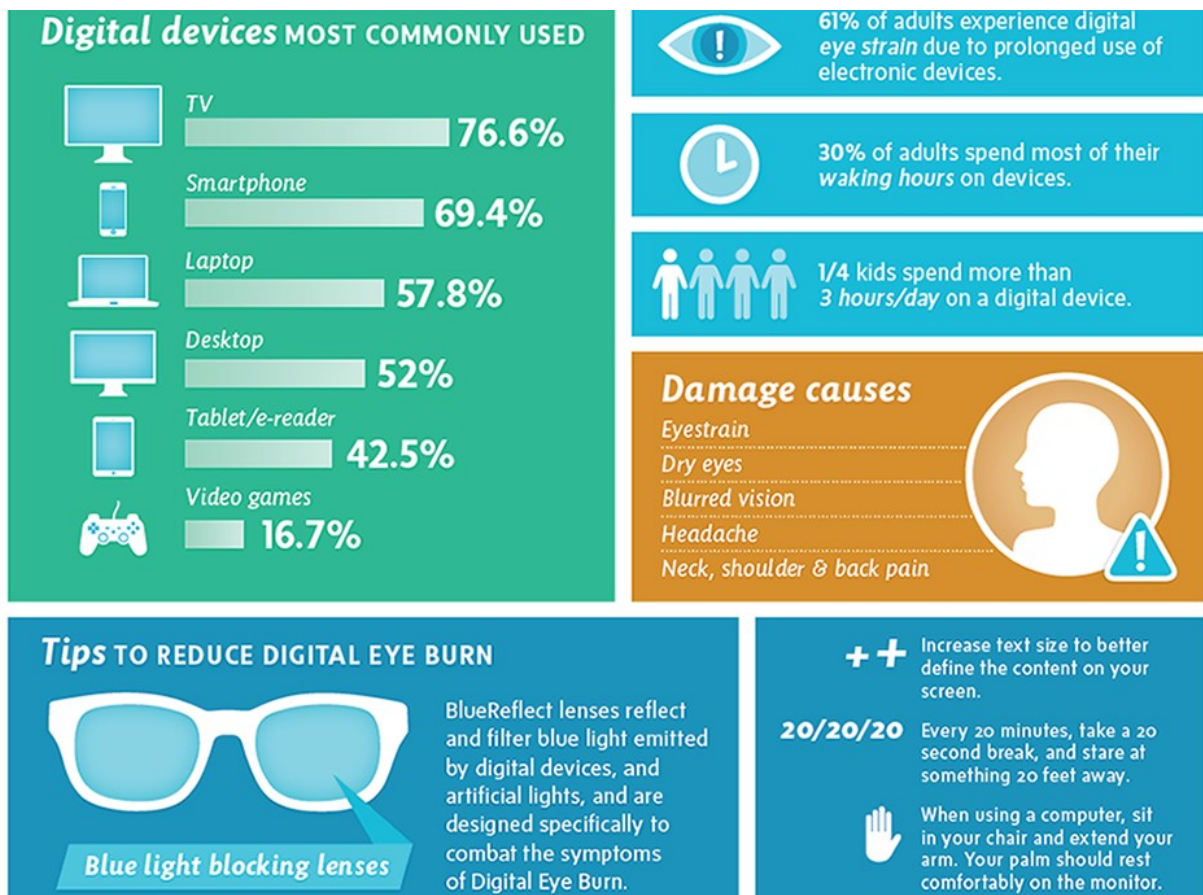


Study after study has linked working the night shift and exposure to light at night to several types of cancer (breast, prostate), diabetes, heart disease, and obesity. It's not exactly clear why nighttime light exposure seems to be so bad for us. But we do know that exposure to light suppresses the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

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

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

## **The power of the blues**



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



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

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

## Less-blue light

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

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

although less than most fluorescent light bulbs.

What you can do

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

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

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

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

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

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

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

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

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

natural sunlight during the day.

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

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

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

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

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

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

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

"We propose that sleep deprivation sets the stage for a false confession by impairing complex decision-making abilities –

specifically, the ability to anticipate risks and consequences, inhibit behavioral impulses, and resist suggestive influences.”

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

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

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

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

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

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

Reporting on this research, in which participants were kept awake for one whole night before taking a series of image tests to gauge emotional reactions and concentration levels,

Medical News Today writes:

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

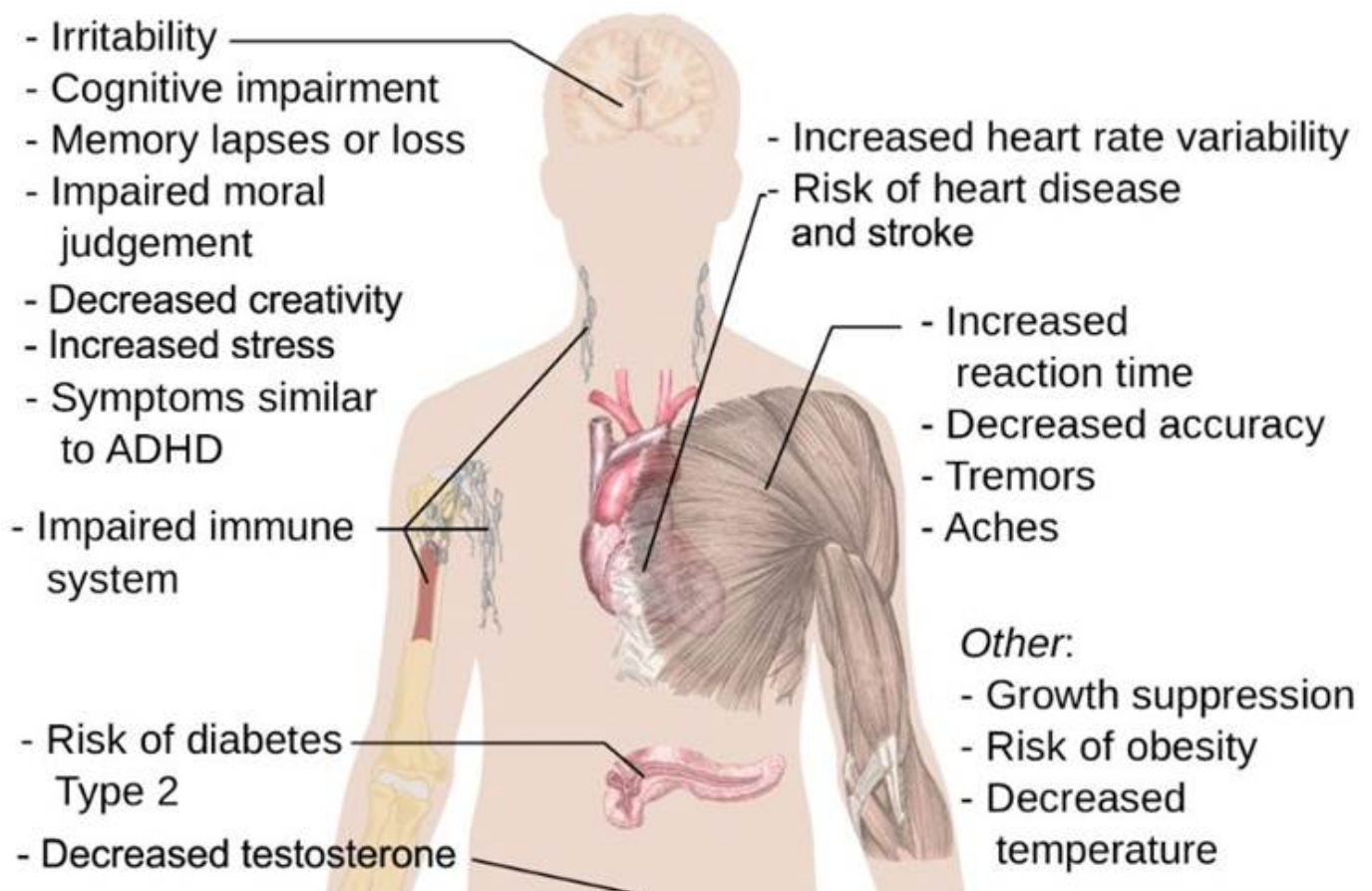
The second test examined concentration levels. Participants inside an fMRI scanner had to complete a task that demanded their attention to press a key or button while ignoring distracting background pictures with emotional or neutral content ...

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

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

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

# SIDE EFFECTS FROM MISSING SLEEP



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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

## The Many Health Hazards of Sleep Deprivation

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

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

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

## Natural Insomnia Treatment

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

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

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

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

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

## There are three classifications of insomnia:

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

## Causes and Symptoms

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

Exposure to extreme temperature fluctuations or environmental noise

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

Side effects of medications

A change in the surrounding environment

Premenstrual syndrome, menstruation, pregnancy or menopause

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

Depression (the most common cause)

Chronic pain

Arthritis

Kidney disease

Restless leg syndrome

Heart failure

Parkinson's disease

Sleep apnea

Asthma

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

Anxiety about not being able to sleep

Drinking alcohol before bedtime

Consuming excessive amounts of caffeine

Smoking cigarettes before bedtime

Excessive napping in the afternoon or evening

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

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

<https://youtu.be/mSKdvmurnBc>

The following are some of the best possible insomnia remedies:

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

nighttime routine.

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

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

Reduce your intake of caffeine, particularly in the evening.

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

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

Avoid large meals late in the evening.

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

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

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

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

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

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

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

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

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

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

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

<https://youtu.be/ixscQ3t1oJY>

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

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

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

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

## **2. Set the mood.**

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

## **3. Use essential oils.**

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

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

## **4. Unwind your mind.**

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



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

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

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

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

hummus with carrots, cucumber or celery

apple chips and sunflower butter

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Melatonin-rich foods:

Bananas

Morello cherries

Porridge oats

Rice

Ginger

Barley

Tomatoes

Radishes

Red wine

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

Grass-fed dairy products

Nuts

Fish, chicken, turkey

Sprouted grains

Beans and pulses

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

Eggs

Sesame seeds

Sunflower seeds

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## 19. Engage in full-body exercise.

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

## 20. Invest in a good mattress.

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

## Lack of Sleep Means Lack of Weight Loss

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

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

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

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

Those changes happened in less than one week!

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

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

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

## So how does sleep affect weight?

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

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

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

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

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

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

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

The study found that:

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

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

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

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

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



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

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

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



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

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



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

- This kit features 1x Blue Light screen protectors

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

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

# ANTI-RADIATION



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

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

radiation

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



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

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





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

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

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

---

# What Happens to our body in spring



Hello everyone we wish you health, happiness and ideal abundance for your families and friends. On week 260 we are sharing spring according to Chinese medicine. A very well researched post, enjoy and don't forget to share and like, it helps us to keep going.

According to: <http://www.itmonline.org>

The liver is associated with wood. Wood qi is characterized by its upward momentum and its innate desire to be straight. As long as the flow of liver qi is not impeded, the blood vessels will remain open and unobstructed.

The liver is the organ that is in charge of storing blood. It also commands the ministerial fire (xiang huo). If there is sufficient blood, this fire will be warm but not fierce. As a result, the blood can circulate smoothly through the body's three burning spaces; it will reach the pores, and every single place in the body will benefit from its warming and nourishing function.

Liver and spleen function together by assisting each other. However, people are always quick to point out that an excess of liver wood can injure the spleen earth, and thus have a detrimental affect on the proper digestion of food. But nobody seems to pay attention to the fact that a weak liver cannot circulate the spleen qi and thereby also cause maldigestion. Below, the liver connects to the Sea of Qi [lower dantian, associated with the kidney], which means that the liver is closely associated with the body's ministerial fire. It can utilize the power of this fire to produce earth. The food which enters the spleen and stomach relies on this power to be 'cooked.' This is what is meant by saying that the liver and the spleen function by assisting each other.

The liver relies entirely on kidney water to sustain it, on blood to moisten it, on lung metal's clear nature and descending function to keep it in check, and on the generosity of the middle palace's earth qi to nourish it.



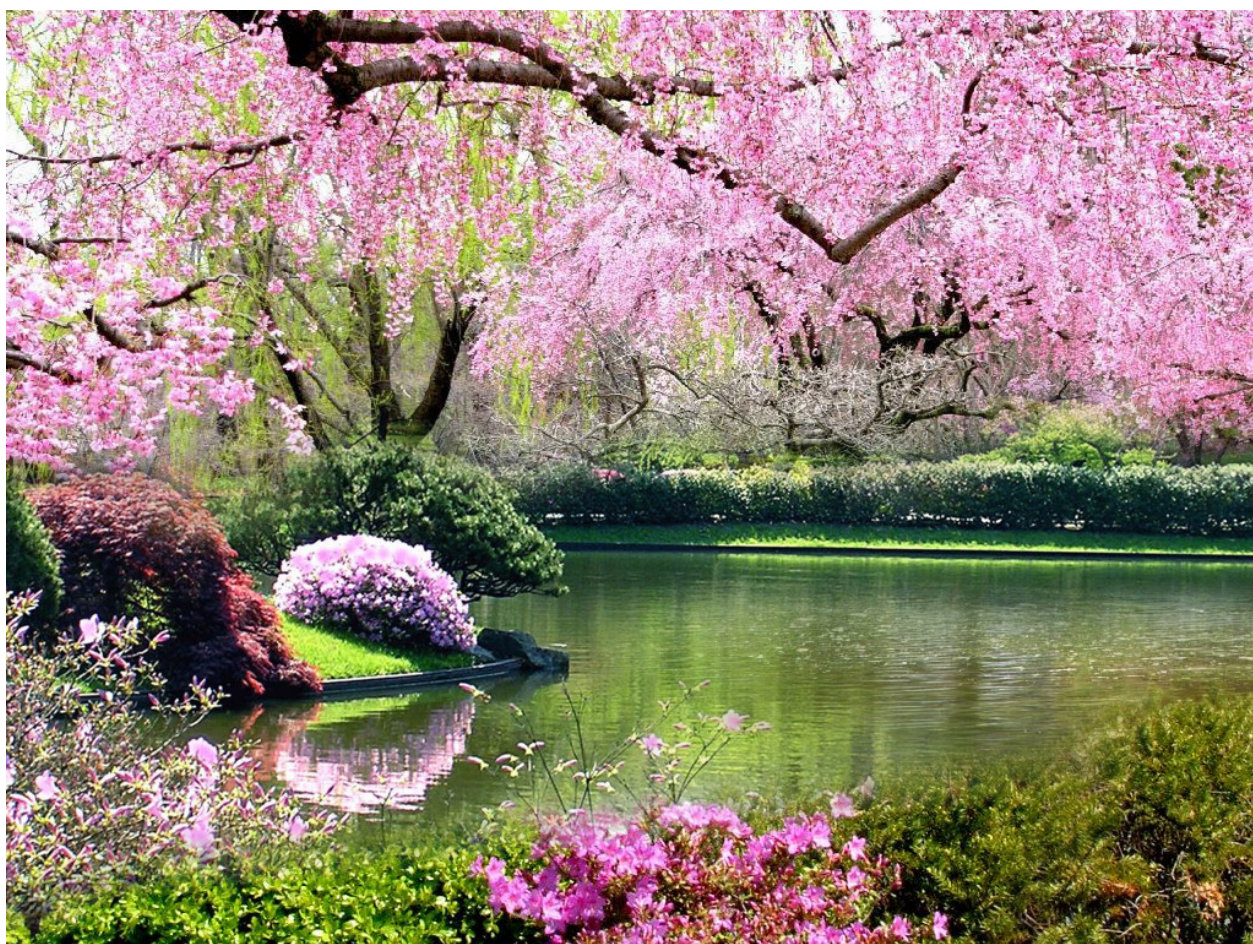
## **The eyes represent the orifices of the liver.**

When a person closes his/her eyes and falls asleep, the blood returns to the liver. From there it is transmitted to the eyes, and the ability to see results from this. When a person sleeps, now, the nameless fire within grows dim in order to revitalize. Although it may be impossible to refrain from sleeping altogether, it is advisable not to just let this

energy dissipate for the mere sake of falling into a slumber. Insomnia caused by a cold deficiency pattern of the gallbladder is accompanied by symptoms of restless thought and a sensation of extreme mental weariness. Excess heat in the liver will typically cause a person to sleep too much, resulting in the mirror of intelligence gathering dust and a deterioration of the root of good health. None of these conditions, obviously, are the result of proper nourishing of the liver and gallbladder nor an appropriate way of subduing the sleep issues.

The essence of sleep, after all, is the soul of the body. If you can manage to sleep without over doing it , then the master mind will be bright and alert. Not only will your shen qi be flowing freely and purely, but you will also not be disturbed by dreams. Every time you are overcome by a craving for sleep, blood rushes to the heart and the original shen is forced to leave its abode.





## Spring is the liver time.

'The three months of spring are the period of commencement; heaven and earth are born, and all living things are flourishing. Get up early in the morning, walk around in the

courtyard, loosen your hair and relax your body. By doing so you will generate mental strength and act in harmony with the qi of spring, thus following the way of nourishing life. If you live contrary to this principle, you will harm your liver.' Everybody should be aware of this basic principle.

Emotions such as anger, embarrassment, or unexpected joy can also increase blood flow, causing the ears and face to turn red. In situations when less blood is needed, it is "stored in the liver," which thus assumes a warehouse-like function. The actual storage of blood is done in the penetrating vessel, one of the eight extraordinary vessels that extends from the lower dantian to the head; this vessel is often considered to be part of the liver network. The liver is best compared to a managing clerk, who moves goods in and out of the warehouse as they are needed.

Just as important is the liver's function of maintaining a smooth and uninterrupted flow of virtually all body substances (including qi, blood, jing, and liquids and humors). Proper coursing and draining, or lack thereof, is mostly reflected in the relation of emotions to qi and blood circulation and to the influence of the liver on digestive system functions:

Emotional aspect: the ancient Chinese observed that human emotions are largely governed by the heart network. However, they also concluded that mental well-being or various shades of depression have an association with the coursing and draining function of the liver. Only if the liver carries this task out properly can the body's qi and blood flow unobstructed, and thus facilitate a feeling of ease, harmony, and peace. If for some reason the liver fails to maintain this state, depression (of liver qi) or pathological rising (of liver yang) may result. As the Qing Dynasty classic, *A Treatise on Blood Disorders (Xue Zheng Lun)*, states: "The liver is classified as wood; wood qi is characterized by its determination to go straight to where it wants to go to; if it is not blocked or suppressed, the movement in the vessels will be smooth."

Digestive aspect: since this moving function of the liver

regulates the qi flow in the entire body, it influences the dynamics of the other organ networks, particularly the neighboring digestive systems. It assists the upward and downward flows of the spleen/stomach system (the stomach is to move the food mass downward, the spleen is to move the extracted qi upward), passes bile into the intestines, helps to transport food essence, and aids the unobstructed movement and metabolism of water. The Treatise on Blood Disorders says "Coursing and draining is an integral part of liver nature. Once food qi enters the stomach, it is entirely up to the liver wood to course and drain it. Only if this process is intact will grain and water transform properly."





According to traditional concepts, male physiology is mostly based on qi (yang), while female physiology is primarily based on blood (yin). Males tend to have an abundance of qi that they can afford to spend freely, while females have an abundance of blood that they can give away freely (as becomes evident from the menstrual bleeding). Liver function, therefore, has great influence over an important part of female physiology-menstruation.

The penetrating vessel and the conception vessel, are two pathways linked to the liver that are intimately involved with the transportation of blood. The penetrating vessel, above compared to a warehouse, is also called the Sea of Blood; and the conception vessel, as the name indicates, is credited with the function of nourishing the uterus and the fetus. Both the conception vessel and the penetrating vessel belong to the category of the eight extraordinary vessels. Both these vessels are involved in the liver's ability to store blood; they set out from the uterus, and are also closely linked with the kidney channel.

The When one's circadian rhythm is disrupted, [sleeping](#) and eating patterns can run amok connect the muscles to the bones. In accordance with the characteristics of the liver, they facilitate smooth and continuous movement. Because of this basic concept, some scholars have recently included the nerves. The proper functioning of the tendons relies entirely on their nourishment by liver blood.

The nails are considered the surplus of the tendons: as such, they are an exterior manifestation of the general quality of the tendons, and thus, liver blood within. Dry and brittle or extremely pale nail beds always indicate a poor quality of liver blood, while pink nailbeds and firm nails indicate a healthy state of liver blood.

Hair is also associated with the liver blood: it is called the "surplus of the blood" (xue yu). The rich liver blood of females is expressed in lush, long, and fast growing hair on the head; males have more facial and body hair, which is

governed by the qi organ, lung. Dry and brittle hair can be an indication of liver blood deficiency, while hair that suddenly falls out (alopecia) is usually because of both deficiency of blood and impeded flow of liver blood to the head, usually due to sudden emotional trauma.

The eyes are nourished by the essence of all five organ networks, and thus differentiated into five organ specific zones which may reveal important diagnostic information. The eyes as a whole, however, represent the opening of the liver, and are thus considered to be more closely linked to the liver than to any of the other organ networks. "Liver qi communicates with the eyes," states the Neijing, "and if the liver functions harmoniously, the eyes can differentiate the five essential colors...If the liver receives blood, we can see. The liver channel branches out to the eyes. Both liver qi and liver blood flood the eyes to maintain proper eyesight. A person's eyesight may therefore also serve as an indicator for liver function.



Just as trees (wood) tend to unrelentingly pursue their upward quest for the light, the liver represents the innate will of the body/mind to spread outward. Just like qi and blood have to spread within the body to ensure physical survival, human shen needs to spread freely through the social environment to guarantee an uninhibited passage through life. Individuals with strong liver qi and blood are usually excellent strategic planners and decision makers: they know how to spread

themselves into the world. Due to these qualities, they often make outstanding business managers. If, however, this tough and determined spreading nature of the liver is not in a state of harmonious balance with the softer side of liver wood-ease, smoothness, flexibility-the wood-endangering state of rigidity arises.

The Liver Loses Its Ability to Course and Drain: if qi gets stuck, the inhibited coursing action of liver qi immediately manifests in the form of mental and emotional symptoms; depression, sensation of emotional pain, or crying are typical examples. If liver qi flares up and upsets the harmonious interplay between body and mind, outbursts of anger, or pain and distention in the sides of the chest may result. Typical signs of a liver qi disorder implicating the neighboring spleen/stomach system are belching, regurgitation of stomach acid, vomiting, and diarrhea.

**Liver Disharmony** Reflecting on the Emotions and Mental Activities: a deficiency of liver qi typically causes a person to be indecisive and adrift, with a marked inability to plan ahead effectively. If gallbladder qi is deficient, the person will be fearful, have a panicky disposition, and have difficulty making decisions. primary symptoms are tendency to get depressed; frequent sighing; impatient disposition and temper outbreaks; sensations of stuffiness; fullness or congestion in the chest, intercostal, or subcostal regions. Secondary symptoms include obstructed bowel movements; dry and distended eyes; feeling of something being stuck in the throat; self-doubts and crying; pain (especially intercostal and abdominal) that is characterized by moving, pulling, or penetrating sensations; in females; premenstrual breast distention; menstrual cramping and irregular menstruation. The tongue typically presents with a reddish body (especially at the sides) and a thin coating; the pulse tends to be wiry.

**LIVER YIN DEFICIENCY** herbs: peony (baishao), lycium fruit (gouqizi), ligustrum (nuzhenzi), gelatin (ejiao), tang-kuei (danggui), rehmannia (dihuang), cornus (shanzhuyu), ho-shou-wu

(heshouwu), turtle shell (biejia), zizyphus (suanzaoren), biota (baiziren).

**LIVER BLOOD DEFICIENCY** Representative Herbs: tang-kuei (danggui), peony (baishao), gelatin (ejiao), ligustrum (nuzhenzi), cornus (shanzhuyu), cnidium (chuanxiong), zizyphus (suanzaoren), millettia (jixueteng).

Representative Formulas: Tang-kuei Four Combination (Siwu Tang); Tonify the Liver Decoction (Bugan Tang); Linking Decoction (Yiguan Jian) minus melia (chuanlianzi) plus peony (baishao).

Before making any desitions in suplements please consult your Health provider and a Certified Acupuncture practitioner.



## Time for the organs and meridians

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

According **Circadian rhythms** (Often referred to as the “body clock”, the circadian rhythm is a 24-hour cycle that tells our bodies when to sleep and regulates many other physiological processes. This internal body clock is affected by environmental cues, like sunlight and temperature. When one’s circadian rhythm is disrupted, sleeping and eating patterns



can run amok) and the **TCM (Traditional Chinese Medicine) meridian clock** can greatly influence our body and our mind. These rhythms tell a practitioner a lot about a person's general health and challenges. One of the easiest places to see this is with sleep patterns. Many people complain about always waking at the same time through the night.

Traditional Chinese Medicine (TCM) meridian clock could give us great clues. If a person always wakes at 2:00 am, this is in the time of the **Liver**.

Not to be concerned, this doesn't mean you have a serious liver problem; the word Liver is partly a translation issue.

The **acupuncture meridians** are an energetic system, or a kind of 'electrical system,' of our energy patterns. These meridians have often been said to be rivers of energy called **Qi** (pronounced *Chee*). The meridians might be in our body, but there is no specific anatomical part that makes them up. They are more like radio waves. The organ associated with a meridian, in this case the liver, is not the cause of the meridian; the organ is more or less a physical artifact, of the Qi of the meridian. Simply, the Liver meridian's energy pattern deals with much more than the physical organ of the liver. In Chinese Medicine there are 14 major meridians that conduct the flow of Qi throughout the body. Twelve of these meridians make up the 24-hour clock, with 2 hours each. The energy is constantly flowing through all of these meridians throughout the 24 hours, with each meridian having a 2-hour period of time as the primary meridian's resistance or blockages (like stress) that reduce the flow of energy. This resistance also causes imbalance in the flow between meridians.

By looking back at the meridian clock, you may find some clues as to what is going on. Remember, the body never lies.

Each one of the meridians also has certain responsibilities.

Following is a basic list of these attributes:

- **Stomach** – Nourishment of others; nourishment from outside
- **Spleen** – Nourishment of self in every way
- **Heart** – Connection to your spirit; circulation of Qi (energy); heart and mind working as one
- **Small Intestine** – Communication (speaking, listening); perception; truth
- **Bladder** – When to use our resources; being controlling
- **Kidney** – Reproduction and creating things in life; our resources
- **Pericardium (aka Sex/Circulation)** – Intimate relationships; protecting your heart; healthy boundaries
- **Triple Heater** – Non-intimate relationships; social aspects
- **Gall Bladder** – Determination and decision making; action
- **Liver** – Internal plans; the vision for life
- **Lung** – Barrier (skin) to the outside world; understanding what is of true value
- **Large Intestine** – Letting go of impurities (of emotions and beliefs, past experiences) ; holding on to what is of value





## Recipes for the liver

from: <http://www.tcmworld.org/>



## IRMA'S DANDELION DELIGHT

Dandelion greens are ideal for supporting Liver health and for clearing toxic heat out of body and blood. Scallions and garlic also help to support Liver health. Try adding pine nuts or black sesame seeds to give support to the Liver's mother,

the Kidney. Adding spicy chili black bean sauce and sugar will help cut some of the natural bitterness of the dandelion greens.

### Ingredients

- 2 cups of washed and chopped (2 inch pieces) dandelion greens
- 1 scallion
- 1 clove of garlic, diced (optional)
- Grapeseed oil for cooking
- Salt (to taste)
- Cooking wine (Chinese rice cooking wine or sherry is nice)
- Mushroom powder (optional)
- Chili black bean sauce (optional, also can use oyster, teriyaki, garlic, etc.)
- Honey (to taste)
- Toasted pine nuts (optional)
- Toasted black sesame seeds (optional)

### Preparation

Cut one scallion into 2-inch pieces. Heat a wok with grapeseed oil until very hot. Add a small pinch of salt. Add the scallion and garlic and cook, stirring, for about 10 seconds. Add greens. Sauté lightly, adding a splash of water if too dry. Add more salt, mushroom powder, and Honey (to balance the bitterness), to taste. Add a splash of cooking wine or stir-fry sauce to taste. Toss with sesame seeds or pine nuts before serving.





## TEN MINUTE TARO AND LEEK SOUP

Taro root is harvested in the fall and is great to promote a healthy digestive system. The leeks will support your Liver while seaweed will help the Kidney.

Ingredients

- 1 cup of diced taro root

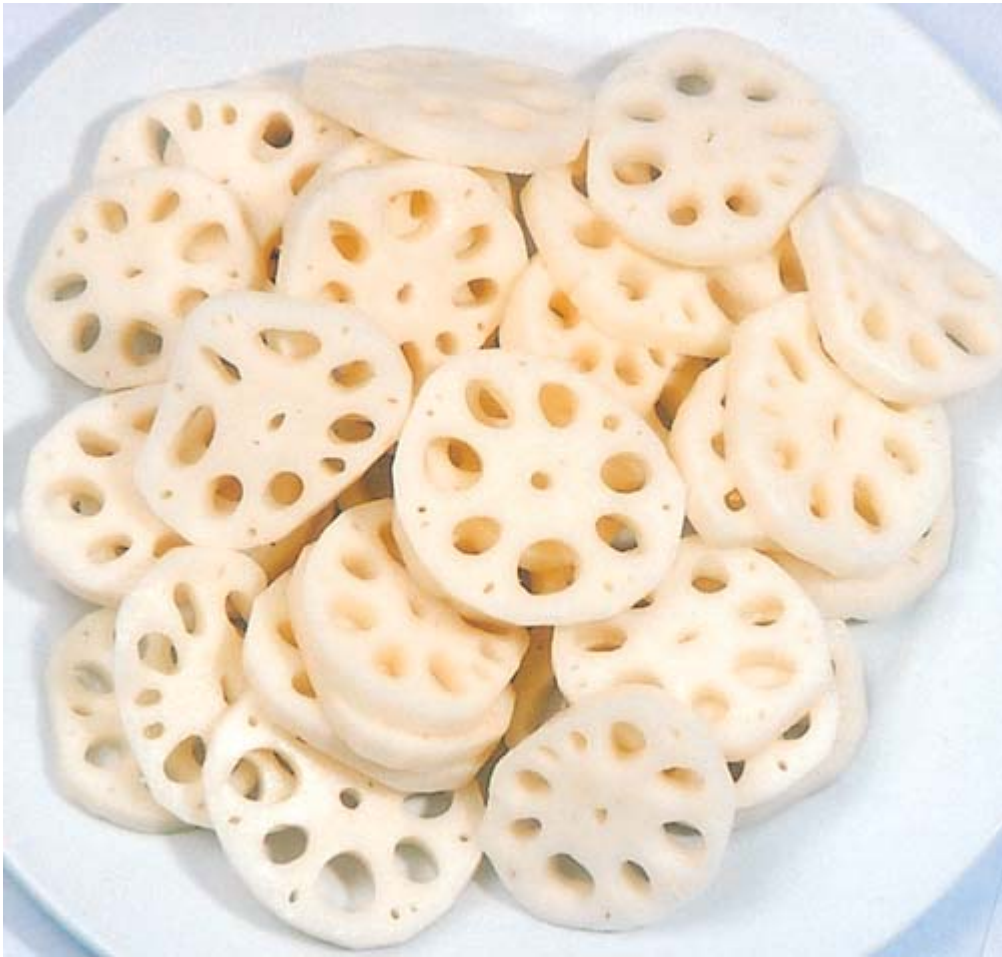
- 3/4 cup of leek, sliced thin
- Handful of dried seaweed
- 1/2 teaspoon of olive oil
- Salt to taste
- 1/4 teaspoon of sesame seed oil (optional)

#### Preparation

Bring 2 quarts of water to a boil. Add taro root, leek, seaweed and salt. Allow mixture to boil for ten minutes. Add olive oil and let boil one additional minute. If you like the flavor of sesame oil, add a dash just before serving. Tip: make sure you have enough water boiling to allow the taro root space to move while cooking. Do not let the taro root get mushy.







## **CRUNCHY LOTUS ROOT**

This delicious and crunchy food has been used for thousands of years to support Lung function as well as Liver function. Sautéed, juiced, or ground for tea, the lotus root is a great



addition to your diet, especially in autumn.

### Ingredients

- 1 lotus root
- 1 scallion
- Oil
- Salt
- Honey
- Fish sauce
- Chinese rice wine
- Water as needed

### Preparation

Peel the lotus root, cut in half lengthwise, and then slice thinly. Chop the scallion in 1-inch pieces, separating the green from the white portions. Heat the wok well, then add the oil and continue to heat. Add a pinch of salt and the white portion of the scallion. Stir in the lotus root and continue to cook for about 1 minute. Add the  $\frac{1}{2}$  teaspoon of Honey (or to taste), a splash of fish sauce, and toss well for 1 minute. Finish off by adding a splash of rice wine, toss and serve warm.

Some great products for spring. Just click on the image to purchase.

## Sassy Flat Sandals For Spring

Dolce Vita, Rachel Zoe, Calvin Klein, and more!

Up To 70% Off!

An advertisement for flat sandals. The background is a light yellow-green with faint floral and leaf patterns. At the top, the text reads 'Sassy Flat Sandals For Spring' in a large, bold, black font, followed by 'Dolce Vita, Rachel Zoe, Calvin Klein, and more!' in a smaller black font. In the center, a red circle contains the text 'Up To 70% Off!' in white. Below the text, two pairs of flat sandals are displayed. On the left is a brown leather sandal with a white lace-up detail and a buckle. On the right is a dark blue sandal with a white stripe and a buckle. The sandals are set against a light green path that leads into the distance.

### [Green Tea Sampler](#)

A chance to broaden your discovery with the very best of green teas. Each sample makes about 8-10 cups of tea. This set includes:

**gyokuro** – Deeply sweet, aroma of freshly buttered greens – no grassiness or harshness. Soft with a balanced, delicate finish.

**jasmine chun hao** – Sweet perfumy cup, notes of warmed sugar, slightly toasty like a fresh biscuit. Light, refreshing and not overwhelmingly floral.

**anhui emerald seed** – Brews a light yellow cup with notes of toasted pumpkin seeds and delicate veggies.

**dragonwell** – Inviting, toasty aroma and sweet rounded flavor. Nutty, buttery texture, pleasantly dry finish.

---

## Eye Longevity Tutorials

Wishing you all the health, happiness and wealth. We are sending you much gratitude for all the support and likes, they are well appreciated by all of us.

Here on week 259 are sharing a post about eyes, I had a challenge that lasted almost two years and came to find that I only needed a small amount of my dedication and some healthy research and it was over. For a while, I was very concerned that my ability to see and work with my eyes as consistently

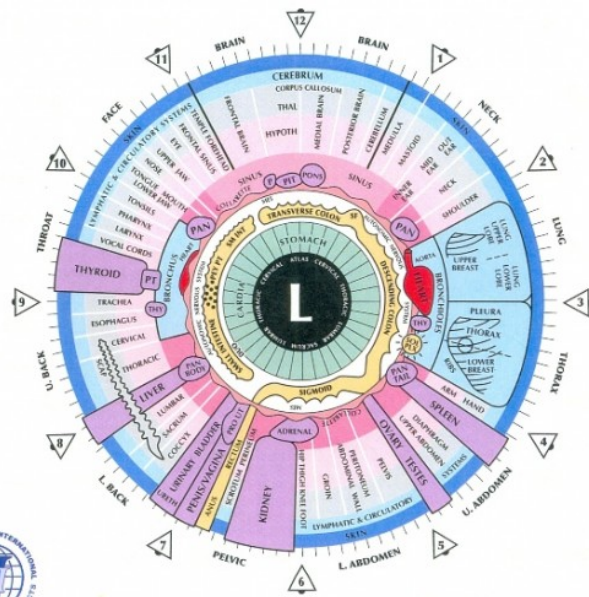
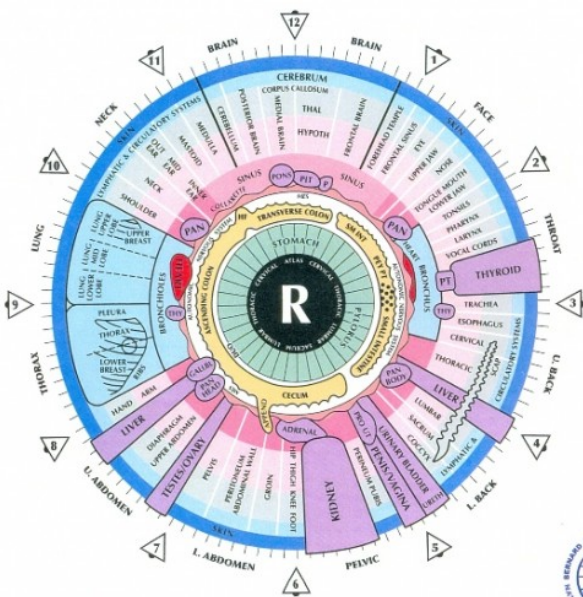
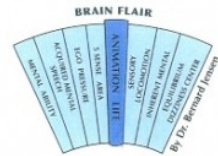
as I do. It was in a period of challenge that I felt was out of my control, not my favorite feeling, with that being said, I started my research and came up with a system that really worked and here I am sharing it with all of you! Enjoy.



# The Eyes are the doorways to the soul

They are connected to the entire nervous system, which gives them a special importance. In Taoism the eyes are regarded as yang energy that guides all the chi flow in the body. The different areas of the eyes correspond to different organs of the body so they reveal the health of your entire body: you can tell which organs are weak or toxic by looking at your eyes. Nowadays people use their eyes much more than in the past to read, watch television, and work with computers, other electronic devices, and microscopes. This strains them a great deal and allows much of the energy of the connected organs to be drained out. Massaging the eyes will reenergize the vital organs.

# IRIDODOLOGY CHART



- IRIS ZONES**
- STOMACH - NUTRITIVE ZONE
  - INTESTINES - NUTRITIVE ZONE
  - BLOOD & LYMPH - HUMORAL ZONE
  - MUSCULATURE
  - BONY STRUCTURE
  - SUPERFICIAL LYMPH & BLOOD
  - SKIN & ORIFICES
- CLIMATE ZONE**



Developed by Bernard Jensen, D.C., Ph.D.  
with revisions by Ellen Jensen, Ph.D., D.Sc.  
© 2004  
Phone # 760-291-1255  
[www.bernardjensen.org](http://www.bernardjensen.org)

**ABBREVIATIONS**

APPEND	Appendix	PEY PT	Peyers Patches
DUOD	Duodenum	PIT	Pituitary
GALLBL	Gallbladder	PRO	Prostate
HF	Hepatic Flexure	SF	Splenic Flexure
HYPOTH	Hypothalamus	SCAP	Scapula
MES	Mesentery	SOL PLEX	Solar Plexus
P	Pineal	THAL	Thalamus
PT	Parathyroid	THY	Thymus
PAN	Pancreas	URETH	Urethra

How do children inherit eye color? Can a child's eye color be predicted? Why are an albino's eyes pink? How can two brown

eyed parents produce a blue eyed child? Why are my eyes a darker blue than my siblings? How are the colors in the iris formed? These are questions one may have wondered from time to time. The answer to all of these question lies in the genes inherited from one's parents.

Different eye colors are produced because of the different amounts and patterns of pigment in the iris. The amount of pigment and the pattern of the pigment is determined by a person's genetic makeup. The DNA received from one's parents determines what color eyes they will have.

Each human has 46 chromosomes located in the nucleus of the cell. These are divided into 23 pairs of chromosomes. A baby inherits one chromosome from each parent in each pair of chromosomes. A piece of DNA on a chromosome is called a gene. Genes are the basic unit of heredity, they determine many characteristics about a baby. Genes also come in pairs. Alleles are found in genes and determine the appearance of any characteristic. There are two alleles for each trait inherited. If the two alleles are the same then they are homozygous for that gene. If the alleles are different, then they are called heterozygous. One allele is expressed over the other allele. This is called the dominant allele, the unexpressed allele is called recessive. For example, if there was a brown allele and a blue allele, the brown is dominant, so the person would have brown eyes. But not just one pair of genes can control a single trait. Right now there are three known gene pairs that control eye color. The bey 2 gene on chromosome 15 contains a brown and blue allele. Also on chromosome 15, the bey 1 gene is the central brown gene. On chromosome pair 19 the gey gene contains a green allele and a blue allele.

A green allele is dominant over a blue allele, and a brown allele is dominant over both green and blue alleles. For the bey 2 gene if a person has a brown allele then they will have brown eyes. In the gey gene the green allele is dominant over

the blue allele, but it is still recessive next to a brown allele. For example if a person has a brown allele on chromosome 15, but all the other alleles are blue or green, they will have brown eyes. A green eyed person would have a green allele on chromosome 19 and all or some other blue alleles. Blue eyes are produced only with two blue eye genes. All four alleles must be blue to produce a blue eyed person.

Another way of predicting the color of a child's eyes is to use the parent's eye color genes. If both parents have a blue and brown gene, their eyes are brown, but if the child inherits the blue gene from each parent then the child will have blue eyes. If the child only inherits one blue gene then they will have brown eyes. The genetics determine what color a child will have, but how exactly does this color form in the eye?

Melanin, a pigment also found in the skin, is the substance that produces the eye colors specified by the genes. The amount and placement of the melanin produces the different eye colors that we see. Melanin is a dark brown pigment that is placed in the iris. The more melanin used in the iris means the darker the eye color will appear, the less melanin used means that the eye color will be lighter. The genes tell the enzymes how much melanin to deposit in the iris. A newborn's eyes appear blue, but may darken over the next few years. Melanin production has not begun at the time of birth. A child's true eye color cannot be determined until the age of three.

There are two layers to the iris, the anterior and the external, or front and back layers. To produce blue eyes, there is no pigment found in the front layer. The brown pigment melanin is deposited in the back layer only. It appears blue because of reflection and diffraction of light. In green eyes, a small amount of melanin is deposited in the front layer of the iris along with the melanin found in the back layer. The additional pigment to the amount needed for



blue eyes, causes the eye to appear green. To produce gray eyes, the dark pigment is distributed in the front layer of the iris and over the blue background it appears gray. In brown eyes there is so much pigment in the front layer, that the blue behind is completely covered up. Some people have so much pigment in the front layer that their eyes appear very dark brown or black. Hazel, blue-green, gray-blue eye colors are produced by different amounts of pigmentation and the pattern in which the pigment is placed. Albino eyes are have no pigment at all in either layer of the iris. The iris appears pink or red because of the reflection of blood vessels in the back of the eye. The pattern in which the pigment is deposited is also determined by genetics. The pigment may be deposited in rings, clouds, radial stripes, or spread over the entire iris.

A person's eye color is determined by the genes inherited from their parents. The types of alleles received from the parents are assigned to certain chromosomes. The dominant genes are expressed and the recessive genes are hidden. In the development of the iris those genes tell enzymes to produce and place a certain amount of melanin in the iris to form the eye color.

## Performing Eye Massage

According to [Taoist Master Mantak Chia](#)

Begin with the procedure for bringing energy to the hands and face. When your hands and face are hot, direct the chi to both eyes until you feel them filled with energy.

1. Close your eyes. Use your fingertips to gently massage your

eyeballs through your closed eyelids, six to nine times clockwise then six to nine times counterclockwise. Then gently massage the area around the lids the same number of times. Be aware of painful spots and massage those places until the pain goes away. pay special attention to the inner and outer corners of the eyes. Massaging these points of the Gall bladder meridian will relieve eye ailments. However, when rubbing near the corners of the eyes, do not rub too hard , because you can make the corners of the eyes droop down. finish with rubbing the corners of the eyes upward.

2.Pull up the eyelids to increase the fluid. Use the thumb and index finger to gently pinch and pull up the eyelids, then release them. Do this six times.

3.Massage the eye sockets by bending your index fingers and using the lower section to rub the upper and lower bones of the eye sockets six to nine times

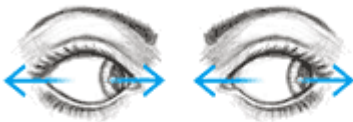
4.The next step is to get a tear out of your eyes, which will strengthen them. Hold an index finger up about eight inches from your eyes (or put a dot on the wall five to six feet away from you). Stare at it intently without blinking until you feel like a fire is burning in your eyes The Taoists believe that this technique burns the toxins out of the body through the eyes.

5.Bring chi to your eyes by rubbing your hands until they are warm, then closing your eyes and covering your eye sockets with your palms. Feel the chi from the hands being absorbed into the eyes. Rotate your eyes six to nine times, first in a clockwise direction, then counterclockwise.

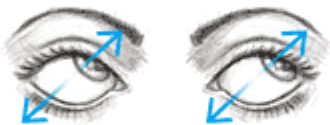
# Eyeball exercise



Look up, hold 5 seconds, relax your eyes.  
Look down, hold 5 seconds, relax your eyes.  
Repeat 5 times.  
Blink your eyes a few seconds.



Look left, hold 5 seconds, relax your eyes.  
Look right, hold 5 seconds, relax your eyes.  
Repeat 5 times.  
Blink your eyes.



Look up left, hold 5 seconds, relax your eyes.  
Look down right, hold 5 seconds, relax your eyes.  
Repeat 5 times.  
Blink your eyes.



Look up right, hold 5 seconds, relax your eyes.  
Look down left, hold 5 seconds, relax your eyes.  
Repeat 5 times.  
Blink your eyes.



Rotate eyeballs 10 circles to left.  
Blink your eyes.



Rotate eyeballs 10 circles to right.  
Blink your eyes.

---

The eyes have many muscles that we typically do not exercise very much. This causes them to become weak, contributing to poor eyesight. In addition, the eyes are closely connected with certain organs and nerves. Exercising the eyeballs not only is the best exercise for the eye muscles but also will exercise these linked areas by putting pressure on them: Contracting the middle of the eyeballs strengthens the back of the eye muscles and the inner ear. Moving the eyeballs upward by looking toward the crown strengthens the upper eye muscles and stimulates the pituitary and pineal glands. Moving the eyeballs from side to side strengthens the side eye muscles as well as the ear canals, eardrums, tear ducts, and nose. Moving the eyes downward strengthens the lower eye muscles as well as the lower parts of the ear canals and the nervous system.

## Acupuncture point object treatment



- Zanzhu** headache, eye gall, blurred vision, walleye
- Yuyao** keratitis, facial paralysis, eye ophthalmoplegia
- Sizhukong** hemicrania, remove obstruction in channels to clear eyesight
- Temple** headache, eye disease
- Tongziliao** refractive error, optic atrophy
- Qiuhou** dispel wind and remove heat, moisten and clear eyes
- Chengqi** acute and chronic keratitis, epiphora induced by wind, retinitis
- Qingming** dispel wind and remove heat, moisten and clear eyes, suralgia
- Sibai** facial paralysis, trifacial neuralgia
- Bitong** Refractive error, nasitis and nasal

# Chrysanthemum Tea





The chrysanthemum has long been used in traditional Chinese medicine (TCM) for eye care. The flower is beneficial for correcting imbalances in kidney and liver function that is a cause of dry eyes, blurred vision, dizziness, spots in front of the eyes and excessive tearing.

A warm infusion of chrysanthemum flowers may be helpful in relieving eyestrain, blurry vision, dry eyes and any eye



issues in general. In addition, it is thought to help prevent and possibly reverse cataracts, according to the “The Green Pharmacy Herbal Handbook.” You can drink the tea or apply hot compresses for relief from aching, tired eyes. If you have the actual chrysanthemum blossoms, soak them in hot water for a few minutes and make a poultice by placing them between two pieces of gauze. Place a poultice on each eyelid and relax for 10 minutes for relief from eye pain. Speak to your herbalist or practitioner before using chrysanthemum for eye treatments.

**According to <http://www.healthydunia.com>, Drinking Chrysanthemum tea can:**

- 1.** Detoxifies the blood, helps with sinus congestion and regulates high blood pressure. It can also help to calm the nerves.
- 2.** Restrains the growth of bacteria – like Staphylococcus aureus, Streptococcus hemolyticus B, Pseudomonas aeruginosa, Shigella dysenteriae, tubercle bacillus and dermatomycosis – in the body.
- 3.** Brings relief against influenza and treats heatstroke, due to its cooling effect.
- 4.** Facilitates digestion and apt after having greasy and oily foods.
- 5.** Helps to strengthen lungs and relieve head congestion.
- 6.** Improve vision and hearing and especially recommended for those who work long hours in front of a computer.
- 7.** Good for obese people, as it contains zero calories, when consumed without adding sugar or honey. It also doesn't contain any caffeine.
- 8.** It also treats dizziness and acts as a stimulant.
- 9.** It helps to cure pimples and fight acne.

# Eye Vitamins

Lutein is an antioxidant carotenoid a pigmented nutrient that is responsible for the yellow colors of fruits and vegetables and is present in the highest quantities in dark, leafy green vegetables. You're born with a certain amount of lutein in your eye, but your body doesn't reproduce it.

## Why is lutein important to my sight?

The macula is the region of the retina responsible for central vision. It's also the area that is most sensitive to blue light, the part of the visible light spectrum that, along with ultraviolet light, can damage your eyes. Lutein helps protect against this damage by filtering blue light before it can damage the macula.\* If sunglasses are the first line of defense against blue light, lutein is the last.

## How much lutein do I need?

Without adequate consumption, the amount of lutein in the eye may deplete with age. Leading doctors recommend you get at least 6 mg of lutein per day to help maintain proper eye health. Since your body doesn't make lutein, you must constantly replace it through the foods you eat. Dark, leafy green vegetables like spinach or kale are especially good sources. But you'd have to eat over 2 bowls of raw spinach every day to get the recommended daily dose of 6 mg of lutein. Taking a multivitamin may help, but many multivitamins contain only a fraction of the recommended 6 mg of lutein. In fact, the leading multivitamin contains just .25 mg of lutein – a mere 4% of the recommended amount.

# The Eyes: A direct extension of the liver

The eyes have been referred to by many cultures as "The windows of the soul." According to Chinese medical theory, the eyes are the gate of the liver and are controlled by the liver system. The eyes are the bridge between the liver and the outside world. They are an outward expression of the health state of the liver.

Healthy functioning of the liver allows the eyes to distinguish colors. A common clinical condition where this situation is most evident is the Western medical diagnosis of retinitis pigmentosa and color-blindness. In this circumstance color perception is not clearly distinguishable through the eyes, indicating poor liver function. When a person is experiencing any chronic and /or degenerative problem with vision the liver is always involved on some level because in Chinese medicine "the liver opens into the eyes."

**Here is a tool you can use to help  
with eye massage**



[panga0 Eye Massager PG-2404G1 Air pressure massage Temple Acupressure](#)

+ free gift

Enhance and maintain eye health

Eliminates computer eye syndrome

Fatigue elimination and sound sleep

---

**Calcium Therapy for teeth  
beauty**

**Calcium Therapy for teeth  
beauty**



Hello everyone on week 256 we are sharing information about a subject that can truly change the way your relationship with dentistry can be in your future, we are so glad that we connected with this well of knowledge from a man I hold dear

to my heart not only to his career but also his amazing compassion and drive to selfless service to people. Is not many like him that keeps integrity with his passion to truly help and not for monetary personal gain, I have a big place in my heart for Dr. Mark Manhart DDS and we are sure that once you get to know his Calcium system you will become a huge fan also, enjoy and please share so others can get the help they need.

Thank you for all your support and shares without it, we wouldn't be here.

I don't know anybody that can say I love the dentist, for some unknown reason the dentist has not changed much at all in their technology in an era where we can see through walls, have gone to the moon among many other accomplishments, and the dentist society is in the stone age still, but with prices above the income of today so if you want alternative dentistry you need to get a loan, because insurance doesn't cover it how about that !!!!!.

For the most part, the Dentist Industry is still ancient and by the book, not to mention barbarian and highly traumatizing. Definitely not my favorite to say the least. I am always on a research quest to find alternatives that can benefit others and myself. After extensive research I came across these Doctors, their research, extensive information, and products, that I personally can say to you how grateful I am that there are professionals out there that actually care and think out of the box.

Dr. Mark Manhart DDS has made a huge difference on my teeth health, for starters when I contacted him, I presented him with the news that my dentist a well-known PROFESSOR that actually teaches dentists, had given me the diagnosis of either a root canal or extraction of two molars, really?

Hmmm... that quick statement didn't feel right. and when Dr. Manhart checked the exrays it was not even a CAVITY, wow

apparently this kind of diagnosis occurs quite often, but not on myself again, for one I am not going back to the dentist that quickly makes that kind of not so grounded decisions at thousands of dollars in deductibles. I got my healing power back with the help of Dr Manhart, I am so thankful and wish for all of you to connect with his products and Dr. Manhart DDS. and take the health of your teeth in your own hands, I can guarantee that you will be amazed of the results as I was.

## **Calcium Therapy by:**

**Dr. Mark J. Manhart (DDS 1962) & Dr. Thomas B. Steg (DDS 1973)**

Doctors Manhart and Dr Steg have practiced dentistry with calcium materials for many years. During their combined 86 years of general family dental practice, Manhart (48 years) and Steg (38 years) have collaborated on Endodontic, Osteo – Endo – Cystic, and Periodontal therapies for their patients as well as conducted seminars and research projects.

These Doctors. have established the Calcium Therapy Institute and are teaching their findings all over the USA from New York to California. They have shared their expertise with dentists and alternative medicine specialists throughout Europe and



Asia, especially in France, England, Poland, India, Scotland, Spain, China and South Korea.

## What is Calcium Therapy?

Calcium Therapy is a non-invasive, non-surgical alternative to gum surgeries. This rapid, safe and effective treatment of the gums, bone and teeth is pain-free and long-lasting. The materials reduce bleeding, soothe sore gums, tighten teeth, heal abscesses and cysts, strengthen bones, control bad breath, and whiten teeth.

These are inspiring and goal-oriented times for the **Calcium Therapy Institute**. We know that most of dental disease can be prevented. This is why we practice and teach calcium therapy beyond our office in Omaha, Nebraska. Performing and teaching Calcium Therapy in our offices in Omaha, Nebraska requires us to present and educate domestic and international audiences . Treating our local and fly-in patients energizes us and our practice of general dentistry.

## Calcium Therapy Goals

- Share with you a safe, NON-surgical alternative to gum surgeries.
- Inform you of the causes of periodontal disease.
- Help you avoid or recover from gum surgeries and maintain your dental health.
- Share information, materials and experiences related to our calcium materials.

## Calcium and the relationship to Dentistry

Calcium compounds have shown to be valuable materials in

dentistry for a hundred years. Formulations of calcium with esters exhibit remarkable properties in the healing process of dental structures, namely, in periapical (root tip) and endodontic (root canal) tissues , in vital root resection procedures, and on pulp tissues.

Over a period of 16 years calcium compounds have been used by the present observer in the development of therapies for endodontic and periodontal (gum and bone) infections . Since periodontal disease is the most common degenerative disease in industrialized societies, the Calcium Method of Periodontal Therapy (CMPT) is of significant interest. Furthermore, the versatility of calcium-ester compounds extends into such diverse areas as dental implantology and calcium deficiencies .

Therefore, this study was directed toward relationships among calcium compounds, periodontal disease, and calcium levels of saliva and blood. It is this observer's hypothesis that CMPT is not only a sound and effective therapy, but could be related to the blood serum calcium level and calcium deficiencies. Research has indicated that one of the most responsive stores of calcium in the body to restore calcium imbalance is the alveolar bone, the delicate bone around the neck of each tooth as one of the tooth-supporting tissues, the Periodontium . That is, the exact tissues directly and immediately affected by advanced periodontal disease and by the CMPT.

Here is some proof and information on how astonishing the results are WOW, and I can testify of my own accomplishments witch if any one sees the X-rays before they wouldn't believe that the results now are real but they are and I am super happy with them and with deep gratitude for Dr Manharts kindness and integrity look at these.

# Calcium Method of Osteo-Cystic Therapy

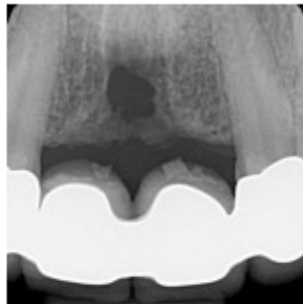
This Case Report presented with a fixed bridge in place 25 years restoring #8 and #9. After two intense calcium treatments without anesthesia or surgery, a weekly regimen of the Calcium Chip was applied under the bridge pontic. Complete bone regeneration resulted in 15 months.







BEFORE  
Calcium Therapy  
12-18-14



DURING  
Calcium Therapy  
at 7 months  
7-13-15



AFTER  
Calcium Therapy  
at 15 months  
3-23-16

**The Case Report x-rays ABOVE show the regeneration of human maxillary jawbone when treated with Calcium Therapy over 15 months.**

# Calcium Method of Osteoporosis Therapy?

The article BELOW visualizes the condition of osteoporosis. When strong drugs are used to resolve osteoporosis, ensuing unintended consequences can result. Calcium Therapy, on the other hand, may be an alternative approach to resolving this dreaded disease.

The images below illustrate the progression of human bone density over a six- to-eight-year period as the bone DEgenerates due to osteoporosis and becomes infected. The use of biophosphonates to curb osteoporosis may prevent bone breakdown, but can hinder bone REgeneration. The public fears and shuns such drugs, physicians are frustrated, and dentists hate them because after tooth extraction the jaw bone does not heal well in patients taking these strong drugs for osteoporosis. Calcium Therapy, on the other hand, may be an alternative approach to resolving osteoporosis.







## Stages of Osteoporosis

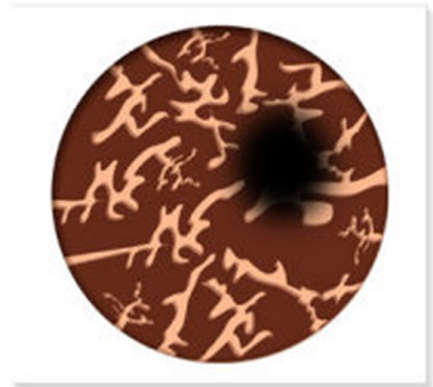
**NORMAL BONE**



**OSTEOPOROSIS**



**SEVERE OSTEOPOROSIS**



**The ABOVE images visualize the condition of osteoporosis. When strong drugs are used to resolve osteoporosis and unintended consequences can result.**

**The long-term improvements from Calcium Therapy are rapid and significant.**

- They stimulate healthier gingival tissues (gums) and the

tightening of teeth.

- In the 1960s we found that they heal and regenerate molar trifurcations (where the 3 roots separate at the neck of the tooth).
- Over the decades of practice, we have clear clinical evidence that they enhance maxillary bone's (upper jaw) unique ability to repair itself.
- In fact, applications of calcium materials are excellent catalysts of the body in determining the source of infectious lesions of the oral cavity.

## Calcium Therapy Materials

**Advanced therapy is SIMPLE, SAFE and EFFECTIVE.**

Calcium Therapy materials are applied WITHOUT Novocaine, with NO pain to the gums and teeth. Calcium materials are applied and provide beneficial affects for extended periods, even as long as a month, to enhance healing.

These Calcium materials are quite remarkable, and it is difficult to imagine practicing without them. People want to save their teeth, and we help them do so without costly, agonizing surgery.

Well after all the research and studies is enough evidence that this therapy absolutely works, here we will provide you with links to testimonies, videos and were to purchase the products at a very LOW cost, I have spend thousands of dollars in deductibles to get basically nowhere in addition to lost of pain and trauma, hmmm.

To give you an example [Calcium Therapy Kit](#) for teeth and gums is a 90-day supply of calcium for less than the cost of ONE filling.

Here is the link to the order site: <http://www.calciumtherapy.com/order-calcium-materials/>

### [Order Calcium Materials](#)

We don't make money of these products at all, we wish to be a source of helpful information for all of you that are looking for resources to better your quality of life, enjoy it and share so you to can make a difference in yours and someone else journey.

We urge you to check the links below so you can learn for your selves what people are sharing about calcium therapy and their results.

### [Read Calcium Therapy Institute Items: Comments, Questions, and News!](#)

<http://www.calciumtherapy.com/category/calcium-science/>

Here we share a link to research

### [Research](#)

## Safe teeth whitening with Calcium Therapy



# Calcium Carpule System



**NOTE:**







***Oral Cal and  
Carpule color is gone because we no  
longer needed it. All other ingredients  
are the same!***

The Calcium Carpule System includes Carpules with Calcium/Zinc powder, and Oral-Cal granules to make 32 oz of solution, with which to saturate the carpules (cotton) and place in areas of mouth for an intense gum treatment and teeth whitening.

These intense calcium materials are a more thorough, effective self treatment. Just one 30-40 minute session, with the

Calcium Carpules saturated with Oral-Cal Rinse daily for a week, has the total affect of an in-office Calcium Treatment.

This home care routine will reduce plaque, stains, bad breath, calculus, sensitivity, decay and soothe the pain of canker sores or similar gum irritations. PLUS it whitens teeth and strengthens oral bone and makes your next dental visit a breeze.

*They are easily adaptable to enable you to treat entire quadrants of teeth and gums right at home without interfering with other activities.*

Instructions for Use:

CZ POWDER in denture for Osseo-Cystic Therapy (Upper anterior infection).

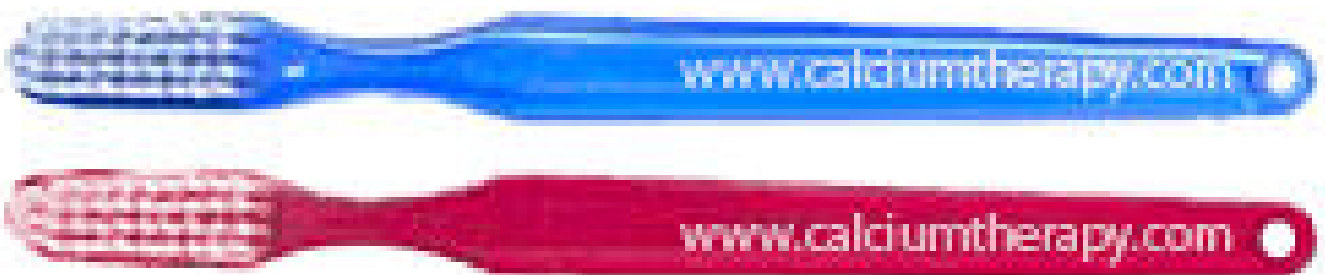
1. AFTER SUPPER, with packet closed, CUT off corner of packet to open it.
2. Tap small amount of CZ Powder into front area of upper denture (the anterior).
3. Wear denture all night and wait until after breakfast to clean it. Repeat daily.
4. If CZ Powder remains, leave it. Wear denture all day , and repeat daily.
5. Can't wear denture at night? Add CZ Powder after breakfast & wear all day.

NOTE: ONE packet of CZ Powder contains 20 small applications, i.e. about a month.

For the full information visit

[Homepage](#)

## Calcium/Zinc-Toothbrush



The Calcium/Zinc-Toothbrush carries its own antiseptic brushing agent for gum infection, teeth cleaning, bad breath, decay prevention, teeth whitening and desensitizing.

For the most natural refreshing cleaning, use the Calcium/Zinc-Toothbrush anytime and anywhere, as often as you like, whatever you are doing. No sloppy toothpaste or rinsing. Give your mouth and teeth a mild Calcium Treatment in 3 to 5 minutes.

*The Calcium/Zinc-Toothbrushes will remain active for over a year.*

Instructions for use:

Calcium/Zinc-Toothbrush for clean, bright teeth:

1. Moisten Brush bristles with water, or a few drops of blue Oral-Cal.\*\*
2. Close lips over bristled head & brush the teeth and entire mouth for 3-5 minutes.
3. This stimulates saliva. Empty the mouth, but do NOT rinse out the residue.
4. Rinse the brush and let Oral-Cal residue soak into the gums, teeth and bone.

NOTE: The calcium on the brush stimulates healing, refreshes the mouth and reduces bleeding. Brush gently, longer, and more often and do NOT chew the calcium off the head. It will last for several months. Repeat as needed.

For the full information visit

<http://www.calciumtherapy.com>

**Calcium/Zinc Home or Travel Kit**



The Calcium/Zinc Home or Travel Kit is a great Self-care Kit. Traveling is tough on the nerves and the body, especially on the gums.

The Kit is a quick refreshing treatment of your mouth and skin. All the self-care materials are good for use at home or on any trip. Just one Kit contains:

- Two CZ-Toothbrushes
- CZ Mouth Rinse (8 oz bottle)
- Two discs of CZ Chips
- Two sets of blue applicators
- Calotion (Skin Lotion)

Calotion is added to the Travel Kit for skin protection from sunburn, itchy bites, leg cramps, shaving, and more.

*The CZ Kit is effective for dental care and most skin problems.*

## **Instructions for Use:**

### **Calcium Toothbrush for clean, bright teeth:**

1. Moisten Calcium Brush bristles with water, or a few drops of Oral-Cal.\*\*
2. Close lips over bristled head & brush the teeth and entire mouth for 3-5 minutes.
3. This stimulates saliva. Empty the mouth, but do NOT rinse out the residue.
4. Rinse the brush and let Oral-Cal residue soak into the gums, teeth, and bone.

NOTE: The calcium on the brush stimulates healing, refreshes the mouth and reduces bleeding. Brush gently, longer, and more often and do NOT chew the calcium off the head. It will last for several months. Repeat as needed.

## Oral-Cal mouth rinse:

Active granular ingredients are in the bottle. Add water to fill 8 to 12 oz. bottle. Let set 2 hours and use.

1. For rinsing add several drops of Oral-Cal in front of the tongue.
2. Swish vigorously around the mouth for several moments.
3. For a brushing agent add several drops in front of the tongue and brush.
4. In either case, brush, rinse the brush, and empty the mouth, but do NOT rinse out the remaining residue. Let this soak into the mouth tissues, teeth, and bone.

## NOTE:

ONE packet of NEW, IMPROVED Oral-Cal or Calotion granules makes 3 bottles (24 to 30 oz) of the solution. As long as there are granules in the bottle, more water can be added, and then wait 2 hours to use.

## Calcium Chips for gum infections:

1. Open the clear packet of Calcium Chips, the hard yellow material.
2. Moisten with saliva any flat, blunt applicator, like black plastic with the packet, or use your fingertip.
3. Pick up the tiny chips, on the moist applicator and apply wherever needed at the edge of the gum tissue, BETWEEN the teeth.



4. With the blunt applicator, slide the chips BETWEEN the teeth and under the gums wherever they will stay.
5. Apply chips just before bedtime as needed every few days. Calcium Chips dissolve very slowly and are effective under the gums for several days.

## Calotion for the skin, anywhere:

[https://youtu.be/2bsV-yLU\\_00?list=PLbM4p9LpTio3Tdlah6D2gckk-j10bDZrx](https://youtu.be/2bsV-yLU_00?list=PLbM4p9LpTio3Tdlah6D2gckk-j10bDZrx)

Active granular ingredients are inside the bottle.

1. Add water to fill 8 to 12 oz. bottle. Let set 2 hours and use.
2. Apply to almost anywhere on the skin as needed and let air dry.
3. Apply Calotion to skin BEFORE shaving, and then AFTER. Let air dry.
4. As long as granules remain in a bottle, more water can be added. Use after 2 hours.

NOTE: Calotion promotes healthy, smooth skin anywhere. Repeat as needed.

For the full information visit

<http://www.calciumtherapy.com>

## CZ7 Calcium Skin Crème

<https://youtu.be/0VshB88WXcs?list=PLbM4p9LpTio3Tdlah6D2gckk-j10bDZrx>



CZ7 Calcium Skin Crème is a concentrated healing creme for many skin ailments.

CZ7 cleans wounds, relieves pain & itching of wounds, and speeds the healing,

CZ7 also reduces swelling, soreness, itching & scarring of injuries and wounds. It is antimicrobial, anti-inflammatory, analgesic and safer than harsh medications or antibiotics.

CZ7 Calcium Crème also heals burns, sunburn, acne, zits, stings. It prevents sunburn and blistering. It protects and heals skin from tanning sessions.

Even when used in small amounts its effects last for hours or days, with no irritation or odorous residue.

## Instructions for Use

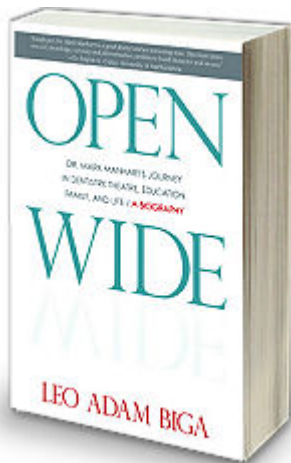
Calcium Skin Crème: (Concentrate)

1. Moisten skin, and apply a small amount to burned, itchy, wounded, or scarred areas. For best results moisten skin with Calotion instead of water.
2. Rub in slightly, gently. Excess crème is not needed.
3. and let it sit on your skin

For the full information visit

<http://www.calciumtherapy.com>

# Open Wide: Dr. Mark Manhart's Journey in Dentistry, Theatre, Education, Family, and Life



In people or in art, according to Dr. Mark Manhart, “You may not like nor understand everything you see, but at least you will have a truer view of all that went into making the man or

the artwork.” This biographical memoir takes the reader through all of his different lives – his “open life” and his “secret life.”

Dr. Manhart’s professional side finds him a highly trained dentist who is actively engaged in developing new treatments and therapies [[CalciumTherapy.com](http://CalciumTherapy.com)]. His inner passion, which keeps him charged, is his involvement in theatre as a playwright, director, and sometimes an actor [[GOPITTheatre.org](http://GOPITTheatre.org)].

For the full information visit

<http://www.calciumtherapy.com/latest-news/open-wide/>

## Here you can see a few testimonials

### You saved my teeth...

*Dr. Manhart – Hi, I just want to thank you so very much for your miraculous products. You are the best of the best! Of that I am sure. You saved my teeth, how can I thank you enough? I started a blog about my health journey. You are the first glean I wish to share with my family and friends. I hope you don’t mind, I used a paragraph from your site to explain the Calcium Therapy Institute as well as shared the link to your site. Why doesn’t the whole world know about you? – California RAY of Hope.*

Several weeks ago the [New York Times](#) reported that research shows tooth pastes and rinses are not very healthy. *Right on time!* A few decades ago we figured out that pastes and rinses are made with too many ingredients, some embalmers or alcohol, and leave the mouth raw and acidic. Calcium Therapy leaves the

mouth and teeth pleasant, full of calcium and zinc. They become alkaline and calm so the normal healthy cells can preserve dental structures, the teeth, and one's dignity.

## Can Calcium Therapy Save My Molars?

*QUESTION: About 4.5 years ago I was told I had bone loss and there was nothing that could be done and I would probably lose all my molars. I have been researching for a cure for years, I have tried pretty much everything on the internet and the tooth is still getting looser. I had given up when I came across your website three weeks ago. I really hope this is what I have been looking for. – DH in the UK*

*ANSWER: Denise, You may have found a way to save those molars. Every day we get emails about your concerns. Back in 1965 we started treating "hopeless" molars with our calcium materials, especially ones with bone loss and trifurcation infection deep between the roots. The only choice then was to remove the tooth. That is still the protocol of today. One of the most exciting findings we have made in all these years is in almost all of the hundreds of cases the calcium has calcified the trifurcation and strengthened the bone so well the teeth tightened and were preserved for years or decades.*

If after this post you are still wondering and not convinced then you may consider calling Dr Manhart he will take the time to talk to you in person he is very kind and compassionate he does every time I call with a concern and he recommended an amazing Dr the work on two molars that were suppose to be taking out and they save them without even using anesthesia and absolutely no pain at all, I am so great full my entire family uses the Calcium Therapy with amazing good results and we wish for you and family to have a great experience with the wellbeing of your teeth also, thank you for your time and attention.

