

# Probiotics for Inner and outer Beauty



On week 255 we are sharing information on Probiotics and the immense benefits on our total wellbeing from the inside out we say this with great confidence, if you outbreaks on your skin we encourage you to consume a good source of probiotics, and with this said probiotics are an essential ingredient to keep your self in top shape, healthy gut healthy life.

We wish to thank you all for your dedication and consistency visiting our Blog is many Blogs out there but this one is ours and we take any amount of time need it to share authority information with all of you, here we are introducing a great authority on many healthy subjects, please visit their Blog thank you for your time and interest.

Click here to visit: <https://www.healthambition.com>

Have you heard about kombucha yet? It's one of the most fashionable beverages floating around the health scene at present. People are raving over the vast number of health benefits linked to this ancient chinese "immortal health elixir".

With claims ranging from fighting cancer to preventing degenerative diseases, it's no wonder so many are jumping on the kombucha bandwagon. But what are the kombucha tea health benefits? I'm going to share everything you need to know in this article.

## What is Kombucha Tea?



In simple terms, kombucha is a fermented tea. Kombucha is made by mixing black or green tea with specific strains of bacteria, yeast and sugar. Over the course of about a week, the bacteria and yeasts digest components of the tea, giving it a more acidic flavor.

During this process, a small mushroom-like substance forms and floats on top of the liquid. The substance is a symbiotic colony of bacteria and yeast, or a SCOBY. This is what gives kombucha its nickname 'mushroom tea'. The SCOBY can then be used to ferment new kombucha.

During fermentation, small trace levels of alcohol are formed alongside gasses and various acidic compounds which carbonate the liquid.

A lot of research into the health benefits of kombucha has been carried out in the first half of the 20th century. This was mainly as an attempt to find a cure for cancer.

In the 1990s kombucha made its first appearance in the US. Research here was scant as the pharmaceutical industry didn't stand to benefit from something so cheaply made. However a lot of Russian and German research was made available in English and which sparked enormous interest in the beverage.

**Kombucha** is a powerhouse of health benefits – mainly due to fermentation and its raw ingredients. I think that the majority of people could benefit positively from drinking kombucha on a regular basis. The following are just some of the effects it has on the body:

## **It's Packed With Probiotics**

Ah probiotics, my old friends. I've already written a number of articles on the magnitude of benefits probiotics have to offer. During kombucha fermentation, huge amounts of probiotics are produced (source).

Any type of probiotic food is a good thing to add to your diet. These healthy microorganisms do everything from aiding digestion to boosting immunity.

# Culture for Health how to make Kombucha from:click below link

<http://www.culturesforhealth.com/learn/kombucha/how-to-make-kombucha/>

## Recipes for making Kombucha

from:Kombucha camp

### Kombucha Recipe – 1-Gallon

**Scale up or down depending on the size of your vessel**

#### Supplies

- 1 cup sugar
- 4-6 bags tea – for loose leaf, 1 bag of tea = 1 tsp
- [Kombucha Starter Culture – SCOBY](#)
- 1 cup starter liquid
- purified/bottled water
- tea kettle
- brewing vessel
- cloth cover
- rubber band

# Steps

1. Boil 4 cups of water.
2. Add hot water & tea bags to pot or brewing vessel.
3. Steep 5-7 minutes, then remove tea bags.
4. Add sugar and stir to dissolve.
5. Fill vessel most of the way with purified water, leaving just 1-2 inches from the top for breathing room with purified cold water.
6. Add SCOBY and starter liquid.
7. Cover with cloth cover and secure with the rubber band.
8. Say a prayer, send good vibes, commune with your culture (optional but recommended).
9. Set in a warm location out of direct sunlight (unless vessel is opaque).
10. Do not disturb for 7 days.
  - After 7 days, or when you are ready to taste your KT, gently insert a straw beneath the SCOBY and take a sip. If too tart, then reduce your brewing cycle next time. If too sweet, allow to brew for a few more days. Continue to taste every day or so until you reach your optimum flavor preference. Your own Kombucha Tea Recipe may vary.
  - Decant & flavor (optional).
  - Drink as desired! Start off with 4-8oz on an empty stomach in the morning, then with meals to help with digestion or as your body tells you it would like some more! Drink plenty of water as it is a natural detoxifier and you want to flush the newly released toxins out.

## What are Probiotics

## What are probiotics?

- Probiotics are live microorganisms which are known to cause health benefits to its host by promoting intestinal balance.
- Normally, the human digestive tract has about 400 types of probiotic bacteria which are capable of decreasing/inhibiting harmful bacterial growth and promoting a healthy, balanced digestive system.
- Nowadays, probiotics are consumed as a part of fermented foods which are added with live active cultures such as yogurts, or in the form of dietary supplements.



From <https://www.gastro.org>

Probiotics are living microscopic organisms, or microorganisms, that scientific research has shown to benefit your health. Most often they are bacteria, but they may also be other organisms such as yeasts. In some cases they are

similar, or the same, as the “good” bacteria already in your body, particularly those in your gut. These good bacteria are part of the trillions of microorganisms that inhabit our bodies. This community of microorganisms is called the microbiota. Some microbiota organisms can cause disease. However, others are necessary for good health and digestion.

The most common probiotic bacteria come from two groups, *Lactobacillus* or *Bifidobacterium*, although it is important to remember that many other types of bacteria are also classified as probiotics. Each group of bacteria has different species and each species has different strains. This is important to remember because different strains have different benefits for different parts of your body. For example, *Lactobacillus casei* Shirota has been shown to support the immune system and to help food move through the gut, but *Lactobacillus bulgaricus* may help relieve symptoms of lactose intolerance, a condition in which people cannot digest the lactose found in most milk and dairy products. In general, not all probiotics are the same, and they don't all work the same way.

Scientists are still sorting out exactly how probiotics work. They may:

- Boost your immune system by enhancing the production of antibodies to certain vaccines.
- Produce substances that prevent infection.
- Prevent harmful bacteria from attaching to the gut lining and growing there.
- Send signals to your cells to strengthen the mucus in your intestine and help it act as a barrier against infection.
- Inhibit or destroy toxins released by certain “bad” bacteria that can make you sick.
- Produce B vitamins necessary for metabolizing the food you eat, warding off anemia caused by deficiencies in B6 and B12, and maintaining healthy skin and a healthy



nervous system.



## Health Benefits of Probiotic Foods

According to neurologist Dr. Natasha Campbell-McBride

*“Every traditional culture, when you look at their traditional diet, they ferment their foods. They fermented everything. You can ferment dairy, grains, beans, vegetables, fruits, meats, and fish. Everything can be fermented, and there were fermented beverages in every culture. When the cabbages were ripe in September, you made it a fermented cabbage.*

*Perhaps for a month or two, you were eating fresh cabbage, but then for the rest of the year, 10 months of the year, you ate your cabbage in a fermented form. Quite a large percent of all the foods that people consume on a daily basis were fermented. And with every mouthful of these fermented foods you consume trillions of beneficial bacteria”*

Fermented foods have been consumed for over 5000 years and even in the past 100 years certain cultures have excelled on probiotic rich foods.

Germans consumed sauerkraut, Indians consumed lassi, Bulgarians consumed kefir, Asians cultures consumed kimchi, Russians consumed raw yogurt, and Kenyan’s consumed amasi.

Fermented foods give you way more units of probiotics and strains of probiotics than a supplement ever will. When Dr. McBride tested the fermented vegetables she made to a bottle of a good quality probiotic she found that her vegetables had trillions of probiotic units and over 30 strains **which means her one serving of fermented vegetables was equal to an entire bottle of probiotics.**

Dr. McBride also states that, “Nature is extremely wise and

populated all organic fruit and vegetables, the dust on our soils, and all plant matter with Lactobacilli. The fresh cabbage leaves, if it's organically grown (not the one from chemical farming), will be covered in Lactobacilli lacto-fermenting bacteria. You don't need to add anything. You just chop it up. Add some salt in the initial stages. (The salt is added in the initial stage in order to stop putrefactive bacteria from multiplying.) Then as the Lactobacillus stop working and start multiplying, they produce lactic acid. That's why they're called Lactobacillus. That's just lactic acid.

*If you look at the research in lactic acid, it is one of the most powerful antiseptics. It kills off lots and lots of bad bacteria... So as the lactic acid starts producing, it will kill off all those putrefactive and pathogenic microbes and preserve the food. It's a great preservative... A good batch of sauerkraut can keep for five to six years without spoiling or rotting, as long as it is covered by its own juice."*

This process of fermentation does even more than than preserve your food, it also makes the nutrients in the food more bio-available. According to Dr. McBride, **the amount of bio-available vitamin C in sauerkraut is 20 times higher than in fresh cabbage!**

One of the other aspects that make the probiotic benefits in fermented foods so amazing is that they also kill off bad bacteria!

The healthy bacteria, or probiotics, live longer than the unhealthy ones and actually help to end the bad bacteria reign in the gut. This decrease in 'bad bacteria' like candida and h. pylori naturally benefits the body with less illness and diseases and lower rates of inflammation.

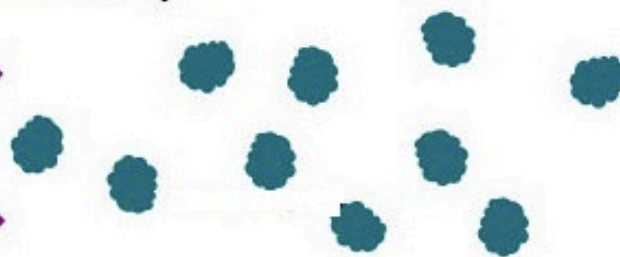
# The Difference Between Probiotics and Prebiotics

---

This is your gut (intestines)



Probiotics



Prebiotics

---

**Probiotics are alive!**  
**Usually bacteria or yeast**  
**Aid digestion & other health benefits**  
**Good sources are:**  
Yogurt, kefir, buttermilk, aged  
cheese, sauerkraut, kimchi,  
sourdough bread, miso, tempeh,  
kombucha, beer, wine

**Prebiotics are a form of fiber**  
**Serve as food for probiotics!**  
**Good sources are:**  
Chicory root, Jerusalem artichoke  
and dandelions  
**Foods you'll actually eat:**  
Garlic, leeks, onions, whole wheat,  
fruits, vegetables, legumes

# Prebiotics vs Probiotics

Prebiotics	Probiotics
Prebiotics are defined as <b>nonliving</b> non-digestible special form of fiber or carbohydrates.	Probiotics are referred to as <b>live active microorganisms</b> that when administered in adequate amount will have beneficial effects to its host.
The powder form of prebiotics can survive heat, cold, acid.	<ul style="list-style-type: none"><li>• more fragile.</li><li>• vulnerable to heat.</li><li>• may be killed over time.</li></ul>
Prebiotics perform their role by nourishing the bacteria that live in the intestines.	Probiotics fight the harmful bacterial species present in the gut.

# Probiotic Foods

from <http://draxe.com>



**Kefir** – Similar to yogurt, this fermented dairy product is a unique combination of milk and fermented kefir grains. Kefir has been consumed for well over 3000 years and the term kefir was started in Russia and Turkey and means “feeling good”. It has a slightly acidic and tart flavor and contains anywhere from 10 to 34 strains of probiotics. Kefir is similar to yogurt, but because it is fermented with yeast and more bacteria the final product is higher in probiotics.

**To make and maintain your own Kefir click  
this link**

– <http://www.wikihow.com/Maintain-Kefir-Grains>



## **Cultured Vegetables (Sauerkraut and Kimchi)**

Made from fermented cabbage and other vegetables, sauerkraut is not diverse in probiotics, but is high in organic acids



(what gives food it's sour taste) which support the growth of good bacteria. Sauerkraut is extremely popular in Germany today. Kimchi is a cousin to sauerkraut and is the Korean take on cultured veggies. Both of the fermented formulas are also high in enzymes which can aid digestion.



## Kombucha

Is an effervescent fermentation of black tea that is started by using a SCOBY also known as a symbiotic colony of bacteria and yeast. [Kombucha](#) has been around for over 2,000 years originating around Japan. Many claims have been made about kombucha but it's primarily health benefits include digestive support, increased energy and liver detoxification.

For information on [Kombucha](#)

Check out this post at [www.healthambition.com](http://www.healthambition.com)



## Coconut Kefir

Made by fermenting the juice of young coconuts with kefir grains. This dairy-free option for kefir has some of the same probiotics as traditional dairy kefir but is typically not as high in probiotics. Still, it has several strains that are great for your health. Coconut kefir has a great flavor and you can add a bit of stevia, water and lime juice to it and make a great tasting drink.



## **Natto**

A popular dish in Japan consisting of fermented soybeans. Natto contains the extremely powerful probiotic bacillus

subtilis which has been proven to bolster your immune system, support cardiovascular health and enhance digestion of vitamin K2. Also, Natto contains a powerful anti-inflammatory enzyme called nattokinase



## Yogurt

Possibly the most popular probiotic food is live cultured yogurt or greek yogurt made from the milk of cows, goats, or sheep. Yogurt in most cases can rank at the top of probiotic foods if it comes from raw grass-fed animals. The problem is there is a large variation on the quality of yogurts on the market today. It is recommend when buying yogurt to look for 3 things. First, that it comes from goat's or sheep milk, second, that it is grass-fed, and third, that it is organic.



## **Kvass**

This is a common fermented beverage in Eastern Europe since ancient times. It was traditionally made by fermenting rye or



barley, but in more recent years has been created using beets, fruit along with other root vegetables like carrots. Kvass uses lactobacilli probiotics and is known for it's blood and liver cleansing properties and has a mild sour flavor.



## Raw Cheese

Goat's milk, sheep's milk and A2 cows soft cheeses are particularly high in probiotics, including thermophilus, bifidus, bulgaricus and acidophilus. Always buy raw and unpasteurized cheeses if you want to receive any probiotics.

## Probiotic Breakfast Ideas

### Key

**F = Fundamentals, S = Sourdough, CD = Cultured Dairy, and LF = Lacto-Fermentation.**

All *fermented foods* are listed in *italics*.

<i>Salsa</i> (LF) with eggs	Soaked, sprouted or sourdough muffins (F, S) with <i>cultured butter</i> (CD) and <i>preserves</i> (LF) or <i>fermented honey</i> (LF)	Plain <i>kefir</i> or <i>yogurt</i> (CD) with fruit, <i>fruit preserves</i> (LF) or <i>fruit chutney</i> (LF), soaked nuts, dried fruit, and/or <i>fermented honey</i> (LF)
-----------------------------	--	---

<p>English muffin (S) egg sandwiches with <i>raw cheese</i> (CD) and <i>mayonnaise</i> (LF)</p>	<p>Hard-boiled eggs with various condiments mixed in: <i>olives</i> (LF), <i>kraut</i> (LF), <i>sour cream</i> (CD), <i>mayonnaise</i> (LF), <i>raw cheese</i> (CD), <i>salsa</i> (LF), or <i>cultured butter</i> (CD)</p>	<p><i>Sauerkraut</i> (F) or <i>kimchi</i> (LF) with scrambled eggs and any other breakfast fixings, like sausage or bacon</p>
<p>Smoothie with plain <i>kefir</i> or <i>yogurt</i> (CD) with <i>fermented honey</i> (LF), coconut oil, fruit, <i>fruit preserves</i> (LF), <i>fruit chutney</i> (LF), or fresh or frozen fruit</p>	<p>Sourdough crepes (S) with <i>fruit preserves</i> (LF), <i>fruit chutney</i> (LF), <i>fruit relish</i> (LF), <i>sour cream</i> (CD), and/or <i>fermented honey</i> (LF)</p>	<p>Sourdough crepes (S) with scrambled eggs, <i>sour cream</i> (CD), <i>salsa</i> (LF), and/or <i>guacamole</i> (LF)</p>
<p>Toast with <i>cultured butter</i> (CD)</p>	<p><i>Beet kvass</i> (LF) or other fermented beverage</p>	

## Why we should be taking probiotics

## [Probiotic Foods to Add to Your Diet](#)

## [How to Increase Probiotics in Your Diet](#)

**Click on the images below to find out more about any of these products**



## Revive Light Therapy DPL Panel System

The DPL<sup>®</sup> Therapy System is the most advanced healthcare product for your body. DPL<sup>®</sup> Therapy utilizes Red and infrared Led wavelengths and a proprietary design based on NASA research and specifications to treat pain.



## Revive Pain Relief Light Therapy Handheld System

reVive Pain Relief Light Therapy™ Handheld System. Provides all natural relief of aches and pains related to Arthritis, sore muscles, muscle spasms, tendontis and many other ailments.



## Eminence Organics Clear Skin Probiotic Cleanser



Eminence Organics Clear Skin Probiotic  
Moisturizer

---

**How winter affects the beauty  
of our wellbeing**





Hello on week 254 we are sharing the connection of winter and our health, thank you once again for all your support, we wish you Health, happiness, and peace. Thousand of years ago people lived in harmony with nature, they rose with the sun up and went to sleep with sun down, consume what they grew in each season and they lived aware of their environment some how they knew that these connection to nature has a direct impact on our wellbeing and all the aspects of our lives Since we are

entering Winter lets talk about the connection to are overall wellbeing and this season. People often ask us why do we have the word beauty in the title of our blog, well for one is Isabel's beauty she likes to share information to keep your ideal beauty healthy and a happy you, with that being said, if we don't feel good or our state of mind in not a pleasant one we can't possibly look at our selves and see or feel beauty, our perception is compromised, so we believe that our wellbeing is at most importance to accomplish beauty from the inside out.

## According to Straight Bamboo by Alex Tan

<http://straightbamboo.com/how-to-stay-healthy-in-winter/>

**Element: Water**

**Complementary Organ: Bladder**

**Complementary orifice: Ear**

**Season Winter**

**Color: Black**

**Nature: Yin**

**Primary function: Regulating the aging process**

**Skin Concern: Premature aging, hair loss, bone health and health of teeth**

**Organs: Kidney, Urinary Bladder, Adrenal Glands, Ears, and Hair**

**Taste: Salty**

**Emotion: Fear and Depression**

**Primary Evil: Cold**

**Active Time : 3pm to 7pm**

Being that the ancient Chinese develop a system of medicine thousands of years ago and still is fully used today should tell us something, right?

A great part of this system is part of a greater concept derived from the ancient Chinese way of living their lives. The concept is to live in harmony with all a Chinese Doctor assess not only the physical body but also include energy, food, emotions and your full being, They also take consideration the season of the year as part of the full diagnosis. They teach you how to live in balance so we can stay healthy and in full harmony with all.

A great part of the Chinese Medicine teaches to live in harmony with the seasons due to the fact that each season has associations we need to adapt to so we can be in balance with the environment, especially if you consider that the seasons rule our bodies and our state of mind wellbeing.

Thousands of years ago people lived in harmony with nature, they rose with the sun and went to sleep at sundown, consume what they grew in each season and they lived aware of their environment. Somehow they knew that it has a direct impact on our wellbeing and all aspects of our lives.

Since we are entering Winter, let's talk about the connection to our overall wellbeing and this season.

Winter in Chinese medicine represents the most Yin aspect of the TCM ( Traditional Chinese Medicine), due to Yin aspect

being associated with dark, cold, slow, inward energy, contracting energy.

Winter is the season of retreat and rest when the *Yin* (night, female, cold) is now dominant and *Yang* (day, male, hot) energy moves inward. Winter is a time of stillness and quiet, amplifying any sound there is around us. It is the time where this energy can be most easily depleted. Our bodies are instinctively expressing the fundamental principles of winter – rest, reflection, conservation, and storage. The ability to listen clearly to our bodies and the relation to everything around us at this time of year is sharpest, not only listening through conversation but listening to your own body and understanding its needs, as well as having a deeper understanding of yourself and your interactions with others.

In winter, living things slow down to save energy while some animals hibernate. It is also the season where humans conserve energy and build strength as a prelude to spring. In Traditional Chinese Medicine (TCM), human health has long been considered to be closely tied to nature. The natural world is thought of as a holistic entity in itself, and man's health is determined both by his inner balance as well as in relation to the surrounding environment. Since ancient times, Chinese medicine practitioners have studied and developed in-depth parallels between nature and health.

TCM believes our diet should be adapted to focus on enriching yin and subduing yang, which means we should consume appropriate fats and high protein foods. Chinese yam, sesame, glutinous rice, dates, longan, black fungus, (mushrooms) bamboo shoot, mushrooms, leeks, and nuts are common ingredients in the Chinese dishes this time.

It is advisable to eat more food with bitter flavors while reducing salty flavors so as to promote a healthy heart and reduce the workload of the kidney.

Since a person's appetite tends to increase in winter when they have a lower metabolic rate, absorbed nutrients from foods can be stored more easily. Energizing herbs such as **ginseng**, wolfberry, angelica, Riemannian root, **astragalus** and **medicinal mushrooms** can be used for this purpose. The principle of harmony between food and the weather is based on practical experience. It may seem to contradict principles stated elsewhere but the fact remains: foods eaten during the four seasons have different impacts on the human body, doesn't that make sense? What we eat is directly connected in our wellbeing, Uhhmm! An alien concept for most people, at the same time if we don't know these facts how can we follow them? so this is the reason for this post we would like for everyone to know, so you can all be at your best. Foods become part of the body after being consumed but the four seasons (that is **environmental factors**) always have impacts externally and internally on the body. Chinese dietary philosophy suggests that you embrace your native foods in addition to eating locally-grown foods and those in season staying away from foods that don't grow in the vicinity and out of season foods. I grew up like this and we follow the belief that anything that grew away from us or out of season wasn't healthy to eat, no synergy.

## FOUR SIGMA FOODS MEDICINAL MUSHROOMS

---



**NAME:**  
**REISHI**

**FOR:**  
CALM BODY & MIND,  
RELAX AND DEEPER SLEEP.

**DOSAGE:**  
\*500MG OF POWDERED  
EXTRACT/ DAY

Reishi mushroom is generally known as "the queen of mushrooms" due to its body-and-mind balancing properties. This ancient mushroom drink calms you down and ensures better sleep by naturally regulating the hormonal system and lowering cortisol levels.



**NAME:**  
**CHAGA**

**FOR:**  
BULLETPROOF  
IMMUNITY

**DOSAGE:**  
\*500MG OF POWDERED  
EXTRACT/ DAY

This "black gold" that grows on birch trees has been the most sought-after mushroom in Northern cultures for ages. Chaga mushroom is one of the highest sources of antioxidants in the nature and it helps you keep a bulletproof immunity to stay healthy.



**NAME:**  
**CORDYCEPS**

**FOR:**  
ENERGYBOOST AND  
RECOVERY

**DOSAGE:**  
\*500MG OF POWDERED  
EXTRACT/ DAY

Cordyceps mushroom is an adaptogen, not a stimulant, so it helps you maintain constant energy levels. It does this by activating the body's own energy production in the cells. Whether working out or looking for a balanced afternoon pick-me-up, cordyceps is the nature's miracle booster!



**NAME:**  
**LION'S MANE**

**FOR:**  
BRAIN POWER,  
BOOSTER

**DOSAGE:**  
\*500MG OF POWDERED  
EXTRACT/ DAY

Lion's Mane mushroom is an all-natural brain booster, a nootropic, with no side effects. It has been shown to improve memory, boost creativity and help with concentration by activating the nervous system and brain.



**NAME:**  
**SHIITAKE**

**FOR:**  
NURTURES SKIN & BEAUTY,  
SUPPORTS THE LIVER

**DOSAGE:**  
\*500MG OF POWDERED  
EXTRACT/ DAY

Shiitake mushroom (*Lentinula edodes*) is a true beauty food. In traditional Chinese medicine (TCM), Shiitake is used to heal the skin, support the liver, enliven the blood, and boost qi, the life force.



**NAME:**  
**MAITAKE**

**FOR:**  
WEIGHTLOSS AND  
DIGESTION

**DOSAGE:**  
\*500MG OF POWDERED  
EXTRACT/ DAY

Maitake mushroom (*Grifola frondosa*) can be of great help for diabetics and in supporting weight loss. It is especially known for its abilities to modulate glucose levels and to increase insulin production.

Let's keep in mind if we compare this list of food with other sources, you may find small discrepancies due to the differing opinion as to whether some foods belong in the Yin or Yan category.

For Winter the food color is Black, like black sesame seeds, black olives, black beans and other foods that we will mention

here.

Pine nuts, anchovies, mussels, trout, walnuts, and chestnuts are also warming. You can encourage circulation and transformation with warming herbs such as ginger, cinnamon, cloves, black sesame seeds, cardamom, fennel, anise, black pepper, ginger, walnuts, turtle beans, micro-algae (such as chlorella, spirulina) and dark leafy greens, black lentils, onions, leeks, shallots, chives, chicken, lamb, trout and salmon., black tea (decaffeinated caffeine affects kidney in a negative way) this time of year the Kidneys get compromised so caffeine is not so good for them. Cabbage, carrots, red beans, potatoes, cereals, soy sauce low sodium, black vinegar, black trumpet mushrooms, nori seaweed (great for skin), lots of it, figs, dates, caviar, sesame oil, olive oil, clove tea, spearmint tea, and decaffeinated Chai to mention a few.

It is advised a small amount of unrefined sea salt added to your home-cooked foods, is also helpful since the taste associated with the Kidney organ is "salty." Please keep in mind not to over salt, though (as usually is the case in Western cuisine)

Foods in winter that build *yin* include beef, barley, turtle beans, millet, beetroot, wheat germ, seaweed, black sesame seeds, molasses, spinach, sweet potato and potatoes. Congees, stews and soups, bone-soups (stock) in particular the reason is that Kidneys are the ones that support the bones, and bone broth supports bone, naturally support *yin*.

So the idea is of calming foods like stews, and baby food like meals, warming!.

Avoid raw foods as much as possible; not to mention cold drinks and foods like ice cream. In general it is not the time for RAW or COLD foods.

Winter is a time of gentle quite celebration where nutritious and warming foods and family connection is promoted in home

gatherings. Hence, many cultures have their biggest family/food festival of the year in this season – cozy gatherings promoting interaction with friends and family with plenty of warming, comforting foods and moderate amounts of warming liqueur drinks, one glass of good organic quality wine helps the circulation of *yang* within the body and helps drive out the cold energy, how about that, yummm.

On stormy or windy days, stay indoors when possible and make sure to wear hats and cover the ears which represent your kidney and when they get cold the kidneys get affected. The body's *qi* needs to be conserved by keeping warm but not hot. Take care not to sit too close to the fire or by avoiding sweating when taking hot showers, baths or saunas as the pores of the skin open and *yang qi* is easily lost, so it is like leaving tiny little windows open and your heat escapes defeating the purpose. Keeping life simple and avoiding excessive lifestyles is preferable this time a year.

## According

to: <http://agelessherbs.com/food-therapy/>

## I thought water was good for me! people say

It is true that you want to stay hydrated; we need to consider the fact that beyond this, forcing liquids just so you can say that you had your '8 glasses of water' each day may only be putting an extra burden on the [Kidneys according to TCM](#). Additionally, [chronic dryness and thirst are likely an indication of Yin Deficiency](#) where your cells are not properly absorbing the water that you are consuming! Imagine that your cells are dry peat moss; you add water to the peat moss, but



it just rolls off so no absorption. If you have become [Yin Deficient](#), [Yin tonic herbs](#) and foods are utilized to improve the cells permeability so that the water you consume can actually be used by the cells.

## **I thought drinking iced water helps will help me lose weight!**

A really great way to see all of the blood drain out of your acupuncturists face would be to announce that you are drinking large amounts of iced water because you read that it would crank up your metabolism and help you lose weight Ayyy so the opposite. This latest misguided logic combines the ability to [damage the Spleen](#) AND compromise the [Kidney energetic systems](#) according to [Chinese medicine](#); the result would be weight gain and more serious imbalances that could take years to repair, I know these facts since very young, where I come from they never serve water or drinks with ice, it makes sense the body temperature is 98.6 degrees so when cold drinks at 30 degrees or below 98.6 are ingested the heart struggles to warm up and reach the 98.6 degrees and abandons the metabolism to a more important life threatening signal, how about that.

In Traditional Chinese Medicine (TCM) the stomach holds the food, while the spleen transports and transforms the food. Their ability to work properly is considered so important that the *qi*, or energy, of the human body, rests on the proper function of the spleen and stomach. So cold foods and cold drinks fully tax this process.

Keeping the feet warm through winter is essential in order to nourish Kidney Chi. Fewer showers, especially too hot for the skin this time a year gets dry and hot water dehydrates it, you can treat yourselves to more hot-water foot baths, and are recommended before going to bed. If you need a hot water bottle or hot Flax seed bags, they are best to be put down by the feet. In Chinese medicine, we believe the head should be

relatively kept cool and the feet warm for proper fluid and energy movement in the body to take place. Just like the ancient Chinese landscape painting where at the top there is ice-capped mountain and below where the river runs down is a warm valley all has a meaning. In the cold winters, good boots and thick pants most important. Winter is also a good time to get the Chi moving with light physical exercise such as walking, Qi gong, Tai chi, Yoga not the HOT king at all, get massages, lymphatic work, trampoline and keep it on the mellow side of the exercise routines to prevent stagnation. However, on stormy or windy days, it is important to retrieve your energy up properly or to stay indoors when possible. The cold that surrounds us at this time of year can easily seep into our bodies and lower our immunity not to mention the damage to our kidneys. Exercise until you are warm but stop before you sweat too much so you don't spend your heat reserve by it.

If you happen to have cold-damp tendencies, you can encourage your circulation and transformation with warming herbs such as ginger, cinnamon, cloves, cardamom, fennel and anise. These herbs and spices are extremely valuable and not only for taste and flavor but also for health and proper function of the body. This is most likely why the spice trade was so valuable to the Europeans and other civilizations for thousands of years

According to TCM, stress, frustration, and unresolved anger can work together to throw your immune system off so does fear and the Kidneys are the ones that are in charge of that emotion, when there is an imbalance in the kidneys it allows for pathogens to easily affect your body. Things that deplete our base energy are:

- Stress, fear, insecurity, and overwork
- Toxins in our food, water, and environment (e.g. pesticides and heavy metals), as well as intoxication

with drugs (alcohol is also considered a drug that turns into sugar)

- Consumption of too many sweet foods (sugar) and Caffeine also
- Excessive semen loss for men ( this means too much sex for men) and women bearing “too many” children (for their constitution), or not rebuilding adequately after each birth.

Aspirin and Vitamin C are both cold on the body and digestive system specifically, so in winter you may want to try an alternative to aspirin for pain and get your Vitamin C from food sources such as pumpkin soup or warm fruit compote, porridge.

## Winter warming Herbs and Spices



**Adzuki beans** – remove damp and ease swelling



**Celery** – calms the liver and treats high blood pressure

**Chestnut** – strengthens kidneys, lower back, and knees

**Kidney Beans** – strengthens kidneys and helps with lower back pain and sexual problems

**Leek** – warms the body **Liver** – nourishes blood and treats Liver deficiency

**Pine nuts** – builds the yin of the heart and lungs

**Root vegetables are great in general.**



**Harriet Beinfeld** at  
<http://www.drfranklipman.com/the-winter-season-a-chinese-medicine-perspective/>  
shares this information.

## THE KIDNEYS





The **Kidney** is the organ system that shares the power of Winter. Just as the bear survives upon accumulated reserves, the Kidney harbors our Essence that feeds and renews our life force. It is the Kidney that supports the reproductive organs governing sexuality, as well as engendering the structural

elements of the body that regulate growth, bones, teeth, hair and regeneration.

It also is directly connected to the reproductive system and fertility. A deficiency of this energy can mean a fetus may not be able to grow and develop correctly. TCM always encourage mothers-to-be to take tonics for their Kidney energy in order that their child has the best possible start to life and so that the mother will not be left depleted after the birth also.

Our base or Kidney energy determines our ability to grow and develop, physically and mentally.

This is dependent upon an adequate store of Essence, which gives rise to the marrow, which produces the brain, spinal cord, bones, teeth, blood, and hair, so as we see as a crucial importance to maintain optimum care of it. Whereas Kidney Yin controls the juicy Essence, Kidney Yang kindles metabolic process. All the other organs depend upon the Kidney for moistening and regeneration (Yin), and for animation and warmth (Yang).

Winter in TCM is the season related to the water element and the organs associated are the Kidneys and Bladder, both of which are very sensitive to cold. The Kidneys are considered to be the gate of life, storing our life essence, regulating reproduction and development, fluid distribution and our longevity, among other vital functions these are directly related to the health of our Kidneys. It seems impossible to be too good to the Kidneys in Chinese medicine and supporting them becomes increasingly important as we get further into our later years.

They store all of the reserve Qi in the body so that it can be used in times of stress and change the ability to cope with stress, or to heal, prevent illness, and age gracefully, major support our wellbeing. They are the balancer of heating and

cooling in the body. The image of the Kidney it resembles a pot on an open flame. The water represents the yin aspect and the fire represents the yang fire that steams the water up and through the body from the base energy of the Kidneys that powers the bodily functions.

In winter it is the time when many people tend to reduce their activity. Is that true for you?, It's wise to reduce the amount of food you eat to avoid gaining weight unnecessarily, due to the fact that the tendency here is to eat more carbohydrates and have fast fuel, is best to slow down all the way around.

The health of our Kidneys can be seen from the health of our hair and experienced through the sense of our hearing. Hair loss, premature graying, split-ends, hearing health, ringing in the ears (Tinnitus) all signal Kidneys that could do with a boost. Bone marrow is linked with the Kidneys as are problems with the knees, little bones, lower back, and teeth. These are major parts of our health that is a great deal for so many people. Many ear problems can be linked to the Kidneys and the health of our Kidneys directly impacts on reproduction and sex drive, ouch not so good!.

It dictates our growth, by that we are saying size, tall or short and underdeveloped when not working optimally.

Let's talk about the Kidney type individual;

## Signs Of a healthy Kidneys

A youthful appearance at all ages

Thick hair healthy hair

The body frame that is sturdy

A dense physique

Strong healthy teeth

Strong healthy bones

A very sharp mind

Clear thinking

Absence of irrational fear

Absence of fluid retention and puffiness

A really strong spiritual connection

## When the Kidney is unhealthy

Second guessing and self-doubt

Disconnection with internal wisdom which causes fear

The intellectual knowledge weakens

It is a clear sign of premature aging a lifeless withdrawn look

The appearance is usually pale and withered

And here is the answer for the dark circles under the eyes

Puffy

Hair loss thin hair especially when it starts early

Growth delay (small children that don't seem to match their age size)

Delay maturity

Bones that are brittle

Premature graying of the hair

Abundance of dental problems

Excess fluid retention

Hearing challenges like hearing loss

No drive to accomplish any goals

General Confusion

General Fear

Irritated for no reason

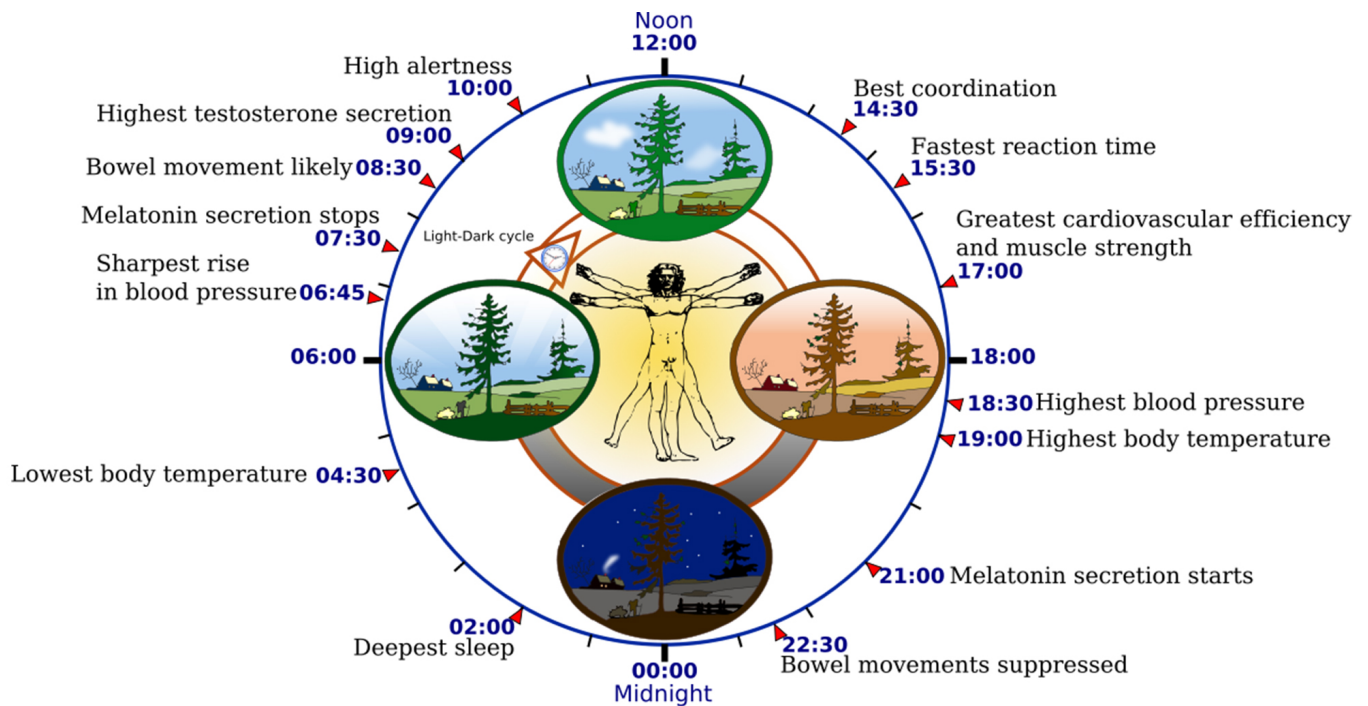
Dazed and confused like Led Zeppelins's song said



**Sleep and Rest More:** In winter go to bed early and wake up late, read a great book and dose off. Nights are longer in winter, the sun sets early and rises late so it is easy to

feel like crawling in bed. Sounds great to sleep early and rise late, Therefore, one should refrain from overusing the yang energy which relates to go go go. Retire early and get up with the sunrise, which is later in winter. Some of this advice for winter focuses on humans' natural circadian rhythms, a biological process noted in almost all living organisms that display a change over a 24 hour period.

From: [https://en.wikipedia.org/wiki/Circadian\\_rhythm](https://en.wikipedia.org/wiki/Circadian_rhythm)



Circadian rhythms allow organisms to anticipate and prepare for precise and regular environmental changes. It has therefore been suggested that circadian rhythms put organisms at a selective advantage in evolutionary terms. However, rhythmicity appears to be as important in regulating and coordinating *internal* metabolic processes, as in coordinating with the *environment*.



## Outside the “master clock”

More-or-less independent circadian rhythms are found in many organs and cells in the body outside the suprachiasmatic nuclei (SCN), the “master clock”. These clocks, called peripheral oscillators, are found in the adrenal gland, so is important to be conscious of are stress levels and the amount of caffeine we consume, these factors contribute directly, to overworked adrenals and that keep us up and creates too much adrenaline and Cortisol (High cortisol contributes to WEIGHT gain), these are other parts of our body that circadian rhythms are found in [oesophagus](#), [lungs](#), [liver](#), [pancreas](#), [spleen](#), [thymus](#), and skin. Though oscillators in the skin respond to light’

So with that knowledge we must consider the blue light of the TV and mobile devices before we go to sleep especially after 10 PM and even before that time a day because it alters the Circadian rhythms, which will control the production of Melatonin and the Glands that control AGING!!! so we have a choice. It is best to sleep in a fully dark room.



**Manage your stress:** Stress weakens the immune system, full stop. It's our response to stressors that we call stress, just as much as the stressors themselves. Some of us make everything stressful. Winter is a time for introspection as well as celebration.

**Eat well:** Eat freshly cooked food with lots of vegetables. Freshly cooked food is just that; freshly cooked.

**Protect Your Body from the Elements:** Catching a chill weakens your resistance to the rhinoviruses that cause colds. So match your dress to the weather. We protect ourselves from the rain with rain gear. We also have to protect from the cold and wind with warm clothing. Especially keep your head, neck, upper back, and belly warm and safe from wind. Wear a hat and a jacket with a warm collar or a scarf. If you sweat with exercise, dry off as quickly as possible. If you do get a chill after being outdoors, drink **hot ginger or cinnamon tea** when you come in. Boil water, add 3 slices ginger root and simmer a minute. If not available get some masala chai at the cafe and there you will be getting the herbs and spices you need all in one pay attention what is the base of your Chai some have too much caffeine.

## CHAI INGREDIENTS

# CHAI LATTE CONCENTRATE

CINNAMON  
STICKS

DARJEELING  
BLACK TEA

NUTMEG

PEPPERCORNS

CLOVES

VANILLA  
BEANS

CARDAMOM

GINGER

MILK

ORANGE PEEL

STAR ANISE

AGAVE  
NECTAR

FRONTIER  
NATURAL PRODUCTS CO-OP



**Exercise** is always healthy. However slow, repetitive movements with less exertion than usual must be preferred. Short walks and exercises to strengthen the lower part of the body (legs, hips, pelvis, low back) are the best choices. Physical exercises must always be balanced with energy work: guided energy meditations (internal alchemy), yoga that includes more than stretches. Qi Gong and Tai Qi Chuan are the ways to create that balance. It is advised to avoid sweating during the coldest months, as this is thought to cause injury to the kidney qi, or energy, an internal energy people should strive to preserve in winter. According to Huang Di, sweating will “cause weakness, shrinking of muscles, and coldness, and the body may lose its ability to open up and move in the spring.” It is important to conserve energy in winter so that it can be put into action in spring.

## **Recipes to sustain wellbeing in Winter**

### **Healing Congee Recipes**



From: <http://www.5eacupunctureclinic.com/emilys-blog/item/healing-rice-soup-congee-recipe>

Just a simple cup of rice makes a healing soup called

“congee.” Congee is a nutritional rice soup served warm and can be eaten at any time of the day to support or recover good health. It is easy to digest and is perfect when you are experiencing any discomfort digestively or [recovering from the flu](#), surgery, childbirth or food poisoning among other conditions.

Dr. Emily Navas says: I tell my patients to use 1 cup of rice to 8 cups of bone broth or vegetable broth.

Cook in a covered saucepan on low heat and simmer for about 2-3 hours until the rice is completely broken down and is a creamy consistency. Stir occasionally to prevent sticking. Adding vegetables and herbs about an hour into cooking is the way to make this a healing soup.

Choose the following to be added depending on the purpose of the healing:

**Ginger:** to treat cold and deficiency, [diarrhea](#) and [indigestion](#)

**Aduki beans:** to treat edema and increase urination, diuretic; curative for edema and gout

**Carrots:** to ease intestinal gas symptoms

**Fennel:** to help treat cold and deficiency, harmonizes stomach, expels gas.

**Butternut squash:** my favorite to help increase the qi and to add a sweetness to meals, great for children Congee.

**Onion or leek:** to warm the digestive system and treat chronic diarrhea, great tonic for lungs

**Red dates:** overall strengthening of the energy

**Liver:** to treat blood deficiency (I like to use organic chicken livers)

**Cod fish or Dried mini-shrimp:** for the deficiency and [fatigue](#)

## and brain fog

**Chestnut:** Tonifies kidneys, strengthens knees and loin; useful in treating anal hemorrhages

**Water Chestnut:** Cooling to viscera; benefits digestive organs

**Chicken or Mutton Broth:** Recommended for wasting illnesses and injuries

**Duck or Carp Broth:** Reduces edema and swelling

**Leek:** Warming to viscera; good for chronic diarrhea

**Mallow:** Moistening for feverishness; aids digestion

**Mung Bean:** Cooling, especially for summer heat; reduces fevers; thirst relieving

**Mustard:** Expels phlegm; clears stomach congestion

**Salted Onion:** Diaphoretic; lubricating to muscles

**Black Pepper:** Expels gas; recommended for pain in bowels

**Red Pepper:** Prevents malaria and cold conditions

**Pine Nut Kernel:** Moistening to heart and lungs; harmonizes large intestine; useful in wind diseases and constipation

**Poppy Seed:** Relieves vomiting and benefits large intestine

**Purslane:** Detoxifies; recommended for rheumatism and swellings

**Radish:** Digestant; benefits the diaphragm

**Pickled Radish (salt):** Benefits digestion and blood

**Brown Rice:** Diuretic; thirst-quenching; nourishing; good for nursing mothers

**Sweet Rice:** Demulcent; used for diarrhea, vomiting, and indigestion



**Scallion Bulb:** Cures cold diarrhea in the aged

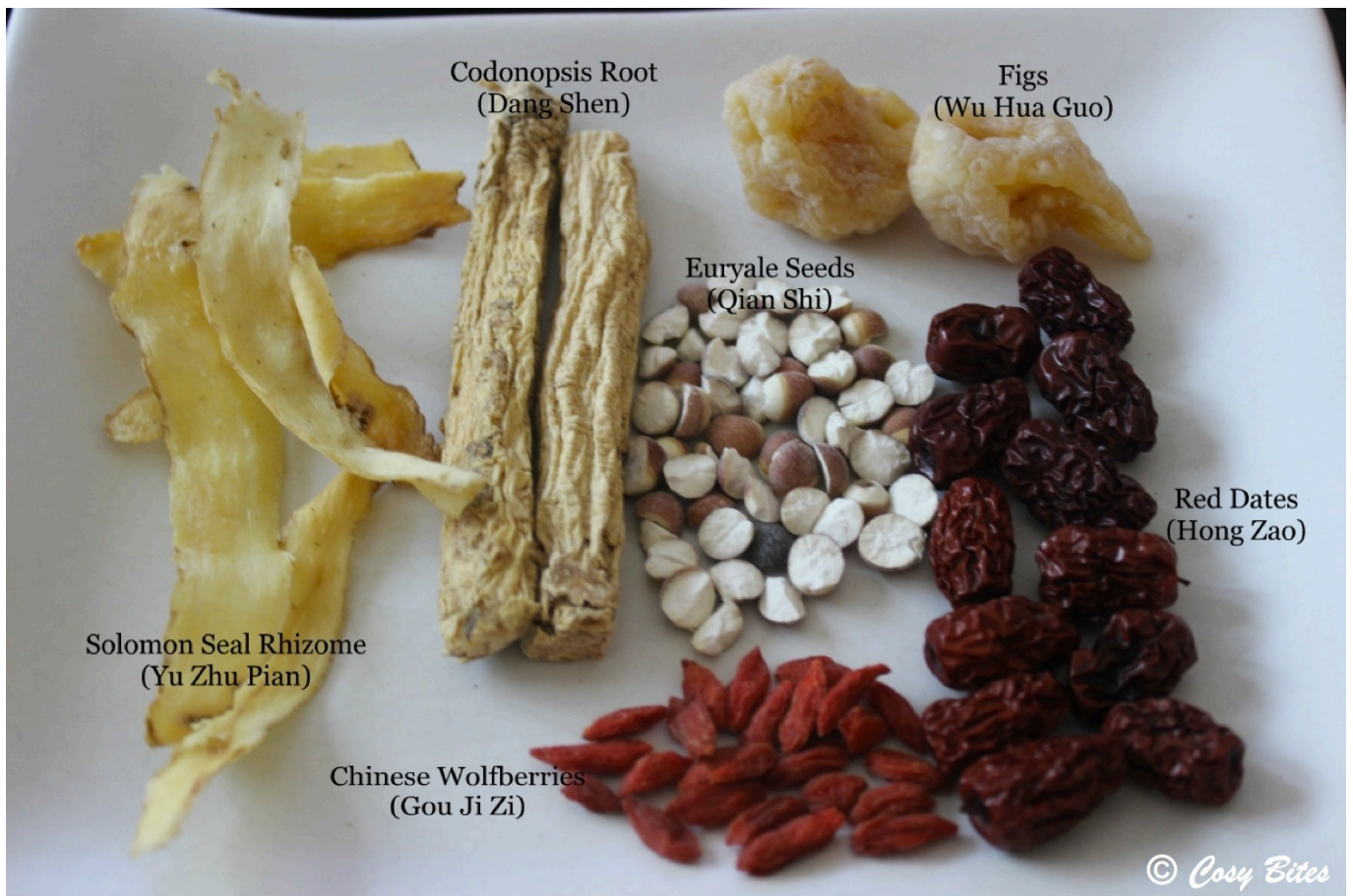
**Sesame Seed:** Moistening to intestines; treats rheumatism

**Shepherd's Purse:** Brightens the eyes and benefits the liver

**Spinach:** Harmonizing and moistening to viscera: sedative

**Taro Root:** Nutritious; aids the stomach; builds blood

**Yogurt and Honey:** Beneficial to heart and lungs



In acupuncture often recommended depending on their symptoms, the following herbs to add an hour into cooking:

Cordonopsis (Dang Shen) for tired limbs, fatigue, and prolapse of any kind

Astragalus Root (Huang Qi) for post-partum fever due to blood and qi deficiency, also an amazing herb used in any recovery stage.

Licorice root (Gan Cao) for painful spasms of the abdomen or legs

Goji Berries for blood deficiency and calming effect

For those who are recovering from serious chronic illness, congees are a way to rebuild the health with a cereal of rice or grain combined with appropriate foods and tonic herbs. This type of therapeutic porridge is easy on the digestive system and is well assimilated for those who are weakened from chronic disease. Cook as you would rice or grain.

## HEALING PROPERTIES OF CONGEE

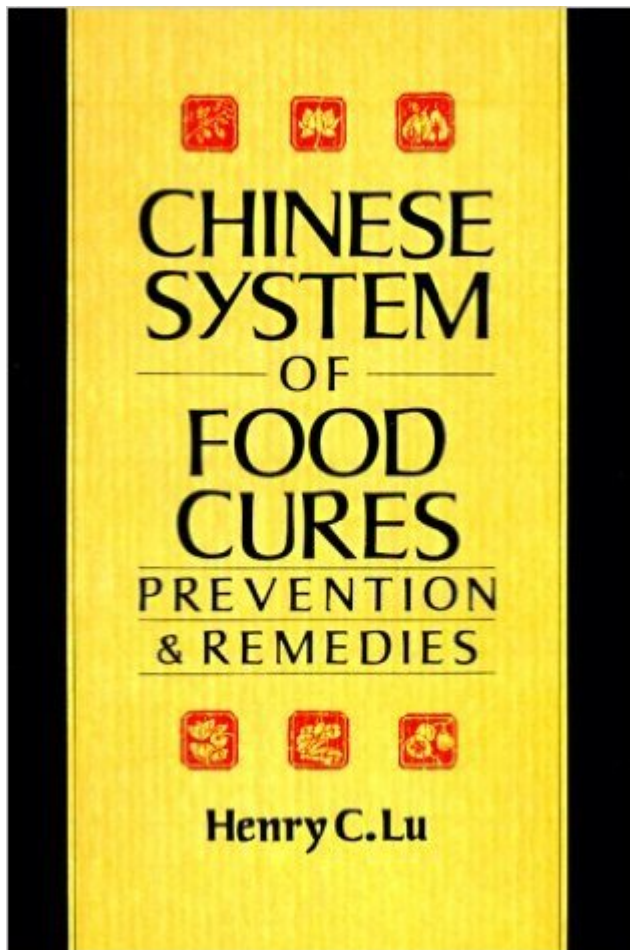
This simple soup is easily digested and assimilated, it helps tone the blood and the qi energy, harmonizes the digestion, and is demulcent, cooling, and nourishing. Since all the chronically ill people often has weak blood and low energy and easily develops inflammations and other heat symptoms from a deficiency of yin fluids, the cooling demulcent and tonifying properties of congee are particularly beneficial; it is also useful for increasing a nursing mother's supply of milk. The liquid can be strained from the porridge to drink as a supplement for infants.

Other therapeutic properties may be added to the congee by cooking appropriate vegetables, grains, herbs, or meats in with the rice water it adds different qualities to it. Since rice itself strengthens the spleen-pancreas digestive center, other foods added to a rice congee become more completely

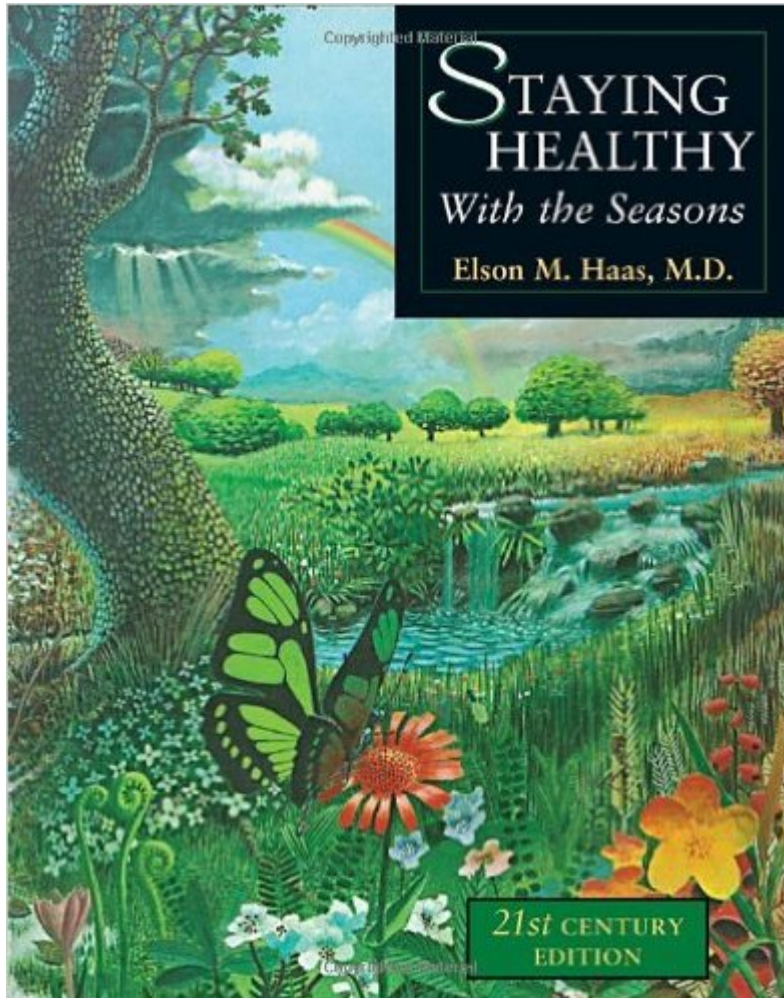
assimilated, and their properties are therefore enhanced. Listed above are some of the more common rice-based congees and their specific effects

## **Books we share on these subjects**

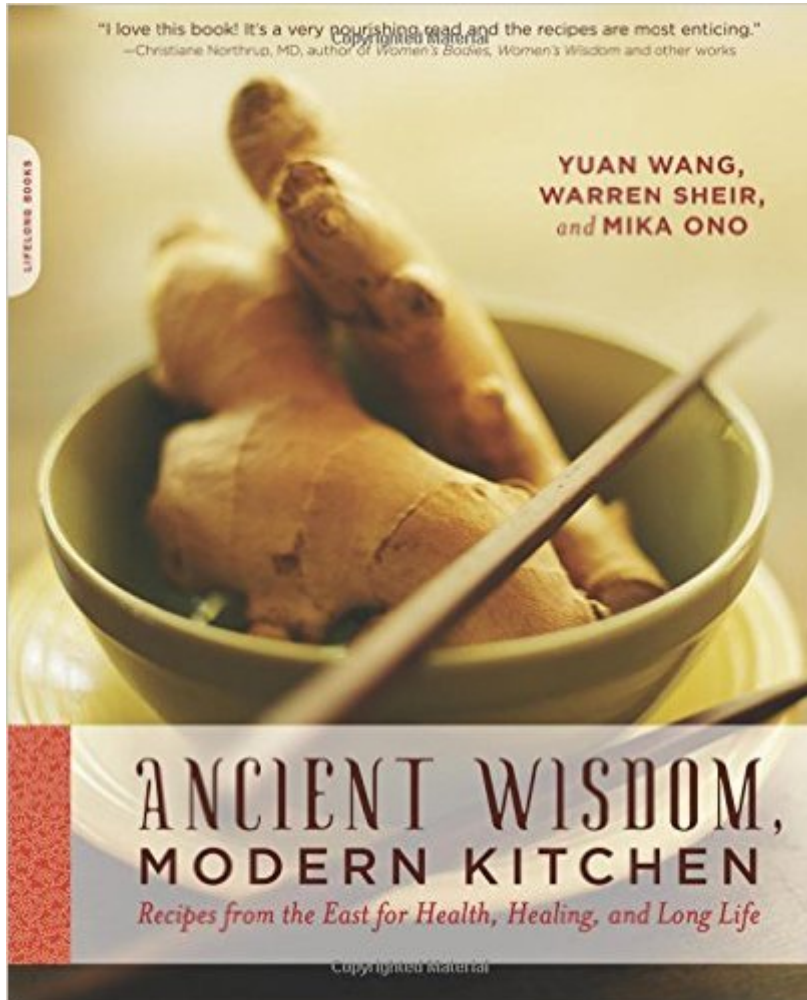
**Henry Lu, "Chinese System of Food Cures  
Prevention and Remedies"**



Elson Haas, MD, "Staying Healthy with the Seasons"



Warren Sheir "Ancient Wisdom, Modern Kitchen"



<https://youtu.be/Mwae2-Sv5ks>



## Eminence Organics Biodynamic Facial Recovery Oil

Eminence Organics Biodynamic Herbal Recovery Oil (0.5oz) is a healing facial treatment with anti-aging benefits. It revitalizes tired skin, removes fine lines and wrinkles, and locks moisture in for long lasting dermatological health and a



gorgeous complexion.



## 100% Pure French Lavender Body Scrub

Fragrant French Lavender body scrub instantly makes your skin soft, smooth, healthy, glowing and vibrant.



## Eminence Organics Arctic Berry Peel & Peptide Illuminating System

The Arctic Berry Peel & Peptide Illuminating System is a three step dermatologic regimen that exfoliates, peels, and nourishes the skin to keep your complexion looking bright and gorgeous between spa visits. Spa-level, natural ingredients treat and stimulate the skin so it feels healthy and looks gorgeous.



## PCA Skin pHaze 15+ C-Quench Antioxidant Serum

This cosmetically elegant 15 percent L-ascorbic acid serum is suitable for all skin types. The product is especially effective for normal to dry and mature skin types, as it contains ingredients that help the skin attract and hold

moisture. It provides a supportive feel to lax skin, smoothes fine lines, minimizes pores and plumps and strengthens the skin.

### **Key Ingredients**

Ascorbic Acid (Vitamin C)

Sodium PCA

Squalane

Hyaluronic Acid

Glutathione

esveratrol

---

# **Cupping for Beauty and Wellbeing**







# Cupping

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

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

## Definition of cupping

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



# Ancient Cupping Tools Carved on Stone



## History of Cupping Therapy

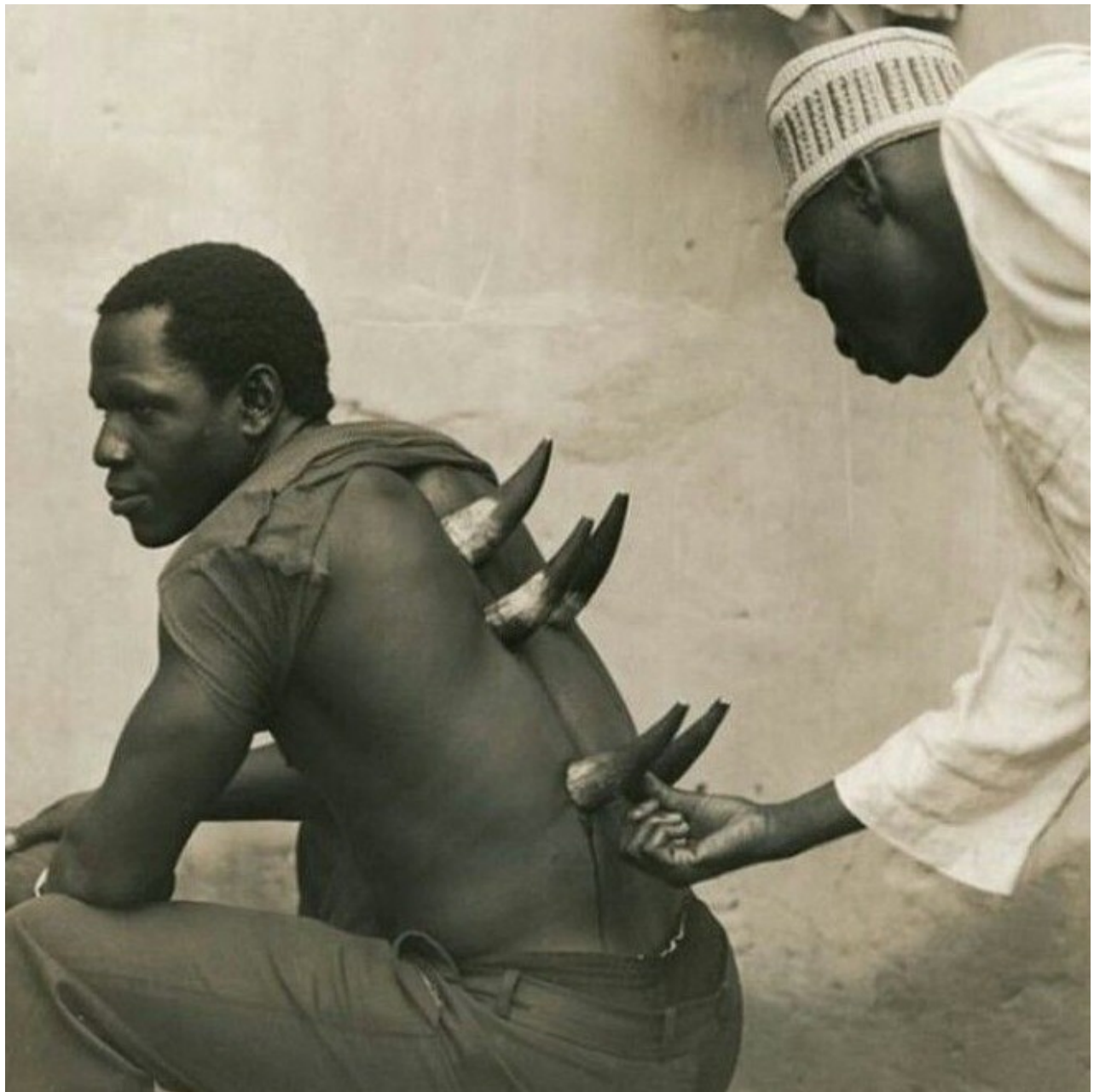
Cupping Therapy has been around for thousands of years. It developed over time from the original use of hollowed out animal horns (the Horn Method) to treat boils and suck out the toxins out of snakebites and skin lesions. Horns slowly evolved into bamboo cups, which were eventually replaced by glass.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



**Bamboo Cups**



**Animal Horns Cupping**



# Ancient Cupping Tools



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

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

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

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

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

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



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

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

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

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

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

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

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

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

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



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





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

Vacuum massage has a beneficial effect on the body:

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

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





# MASSAGE CUPPING FOR THE FACE



## Facial cupping

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

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

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

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

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

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

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

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

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

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

## Contemporary Cupping Therapy for Health and Beauty

from:

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

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

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

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

Using suction and negative pressure, a vacuum is created,



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

## A WORD OF WARNING

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

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

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

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

Asthma

Diabetes

High blood pressure

Sinus congestion

Frozen shoulder

Chronic colon

Congestion

Anxiety

Sports injuries

Carpal tunnel

Tendinitis

Migraines and tension headaches

Chronic fatigue and fibromyalgia.

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

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

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

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

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

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

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

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

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

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

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



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

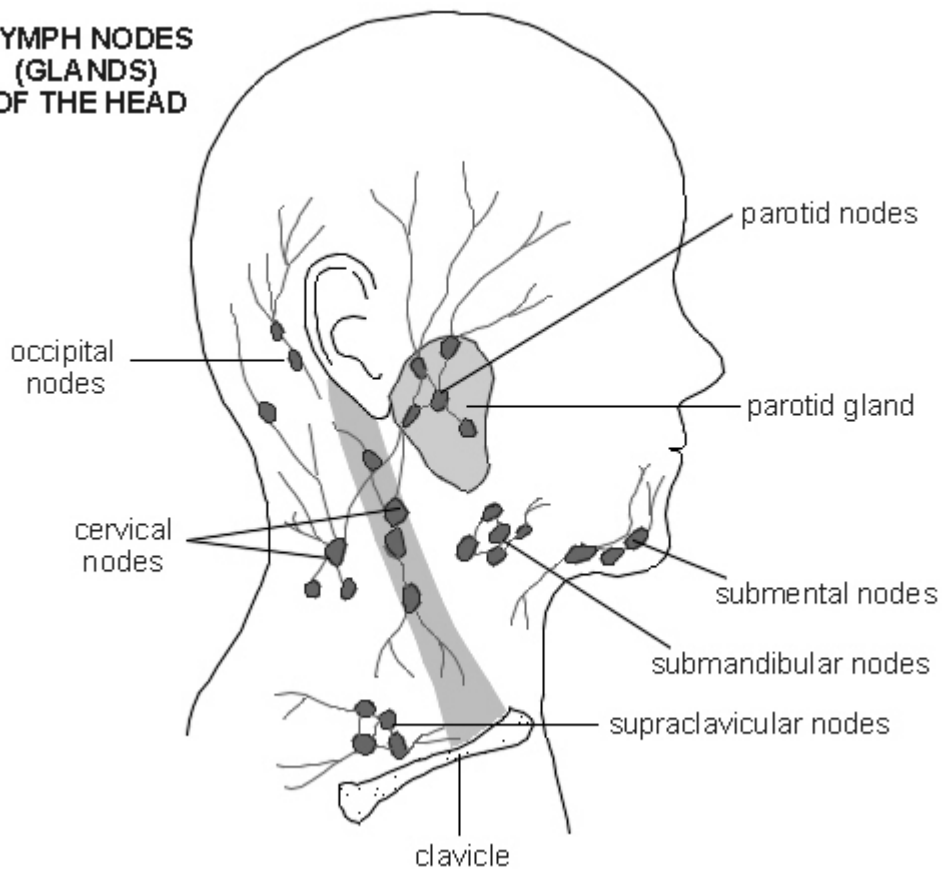
First, apply plenty of lotion or oil to the area to facilitate smooth movement and that will help avoid bruising.

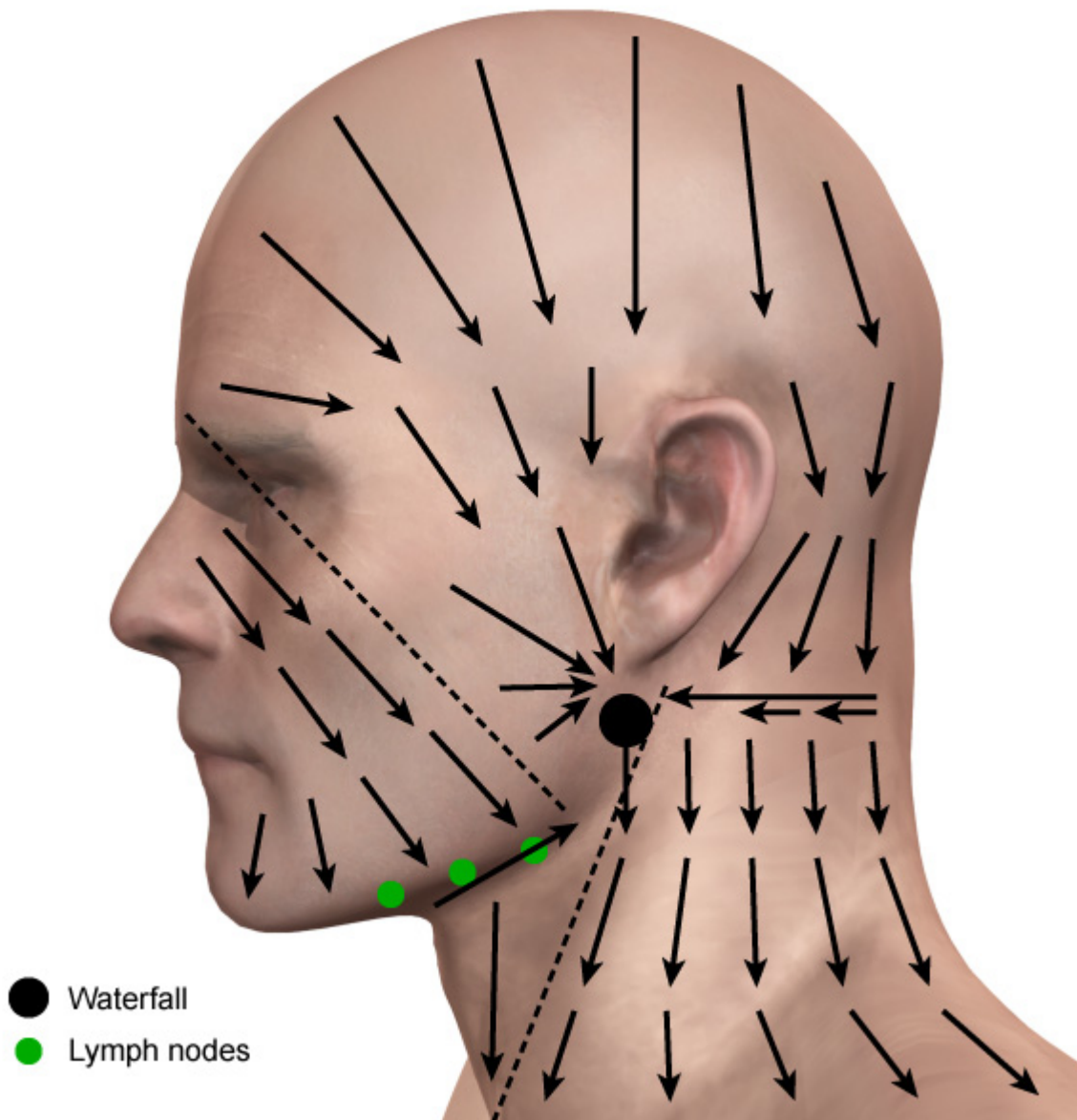
It is recommended to start with the softer cup. Begin by squeezing the cup in the middle to create a very light suction. Place the cup's lip to your skin and release make sure you do this gently and don't grab too much skin and do not keep the cup in one place with a big suction it may cause a bruise,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

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

**Lymph glands draining direction of Head**

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

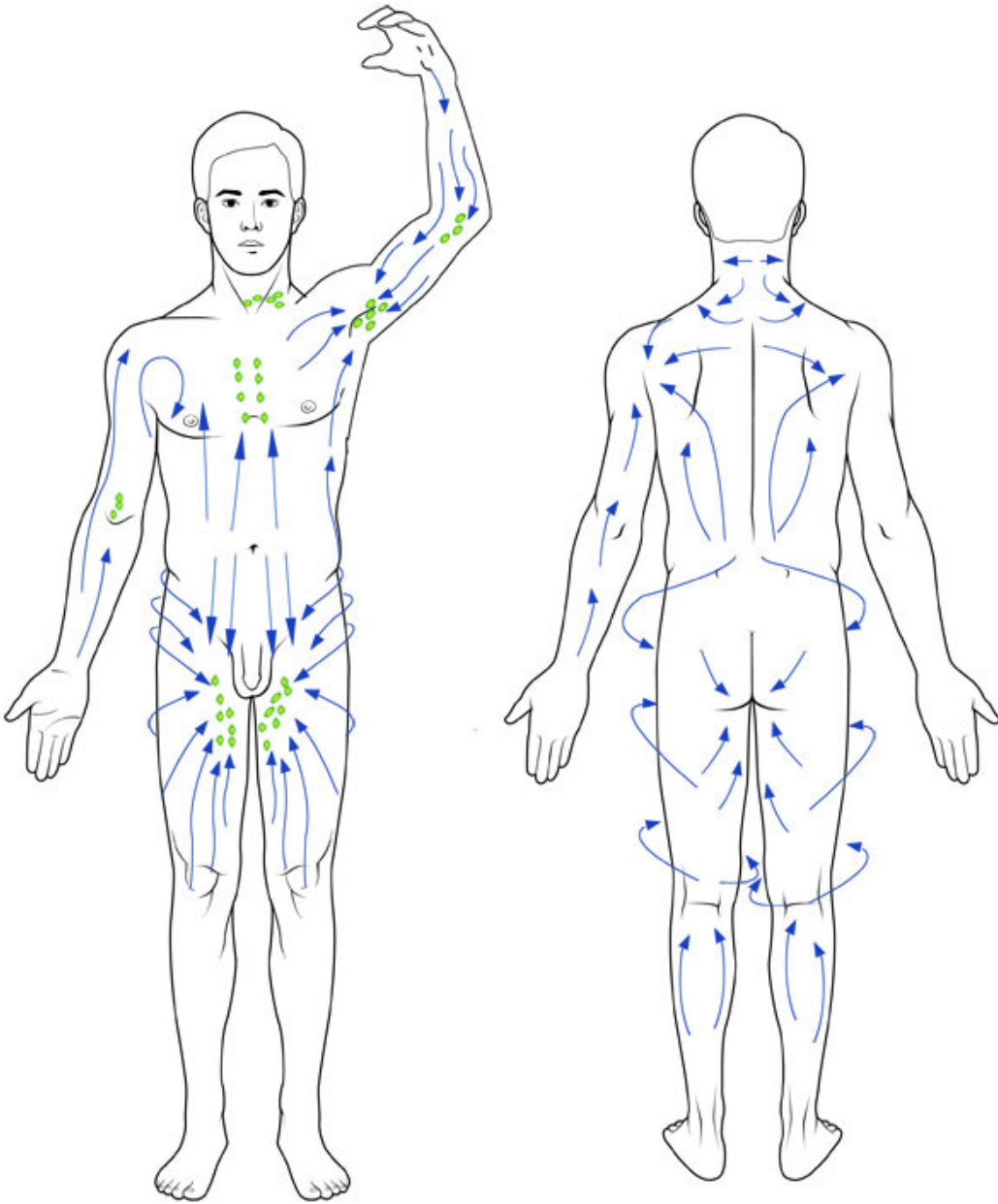




Doing this technique doesn't require any special preparation. The results are dramatic and best done on a consistent daily basis, after the third week be patient start slowly and increase to an everyday routine or at least four times a day, is recommended to start twice a week for the first week and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

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





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

## SQUEEZE, IT'S EASY

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

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

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

Massage according to the diagram provided.

Tone your skin afterward.

Use 2-3 times a week for best results.

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

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

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

## **BROKEN CAPILLARIES**

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

## Main Causes of Broken Capillaries:

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

## What else contributes to broken capillaries?

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

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

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

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

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

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



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

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



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

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

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





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

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

improve sleep.

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



## Bellabaci Super Training Set from Bellabaci

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

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



## Bellabaci – Video Training & Digital Manual



## Bellabaci Professional Therapist Massage System from Bellabac

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



## California Signature Wine Basket

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



## **Sweet Celebration Fruit Basket**

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

---

# Ayurveda and Fall

AYURVEDA and Fall





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

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

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

## Our Muscles & Colon

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

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

## Indigestion & Electrolytes

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

## Cold Feet & Warm Socks



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

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

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

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



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

**-Paramhansa Yogananda**

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

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

## Routine & Flexibility

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

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

Great video to learn and get your answers from enjoy



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

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



*Vata*  
*space and air*



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

and your heartbeat.

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

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



# How to Remedy Common Vata Imbalances

## Vata-Pacifying Guidelines

### Daily Regime

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

### Daily Meals

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

### Legumes

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

### Grains

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

### Veggies

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

### Fruits

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

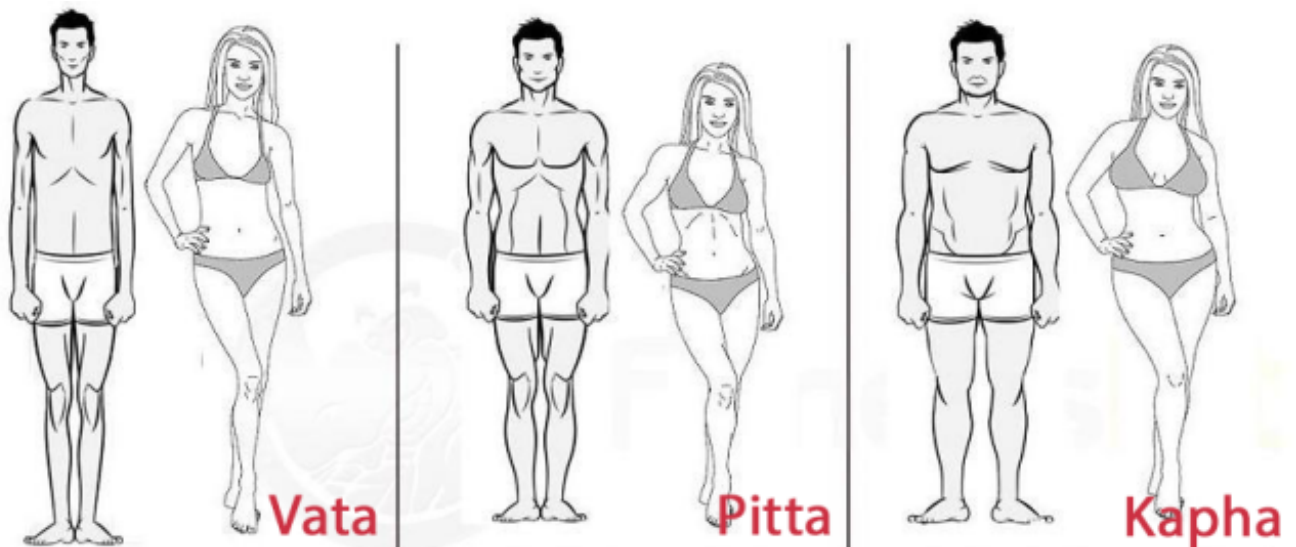
### Spices

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

### Fats/Oils

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

## Physical Characteristics



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

#### Emotional Characteristics

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

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

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

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

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

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

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

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

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

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

Three dual Prakritis,

Where two doshas are equally, or nearly equally predominant:

Vata-Pitta predominant, Pitta-Kapha predominant

And Vata-Kapha predominant

And one Prakriti that has all three doshas equally prominent:

Vata-Pitta-Kapha predominant.

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

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

## Qualities of Vata:



# QUALITIES OF VATA

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

## The 5 Elements



## 10 pairs of opposing qualities:

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

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

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

## Basic Doshas

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



VATA



PITTA



KAPHA



*Green Gram* Ayurveda Wellness Village

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Fruits to Favor

Apples (cooked)

Avocados

Bananas

Dates

Figs

Grapefruit

Grapes

Lemons

Limes

Mangoes

Oranges

Papayas

Prunes (soaked)

Raisins (soaked)

Tangerines

Vegetables to Favor

Beets

Carrots

Chilies

Garlic

Okra

Onions

Pumpkins

Squash, Winter

Sweet Potatoes

Grains to Favor

Amaranth

Basmati Rice

Brown Rice

Oats

Quinoa

Wheat

Legumes to Favor

Kidney Beans

Miso

Mung Beans

Tur Dal

Urad Dal

Nuts and Seeds to Favor

All nuts and seeds are supportive of vata season

Dairy to Favor

Butter

Buttermilk

Cheese

Cream

Ghee

Kefir

Milk (not cold)

Sour Cream

Yogurt

Animal Products to Favor (If You Eat Them)

Beef

Buffalo

Chicken

Crab

Duck

Eggs

Fish

Lobster

Oysters

Shrimp

Turkey

Venison

Oils to Favor

Almond Oil

Ghee

Olive Oil

Peanut Oil

Safflower Oil

Sesame Oil

Sweeteners

Honey

Jaggary

Maple Syrup

Molasses

Rice Syrup

Sugar (Raw)

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

Allspice

Anise

Asafoetida (Hing)

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

## Vata Season Lifestyle Choices

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



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

## **Vata Season Exercise**

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

## **Vata Season Yoga**

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

#### Herbal Support for Vata Season

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

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

More Specific Support for Your System

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

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

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

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

As the external environment changes during the Vata season,

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

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

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



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

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



## Columbia Snow Eclipse™ Mid Jacket

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



## Kuhl Alska™ Hoodie

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