

Spider Veins what are they and what to do about them



Thanks, all of you from all of us at Isabel's beauty blog,

you're a great part of our success with the likes and visits, without it there is no blog.

This week 244 we are sharing information and valuable research from authorities in the field of vein wellness, this subject is a very concerning one for thousands of people across the world and in general not much information readily available on the cause and how to modify our lifestyle to correct this challenge, we said this due to the fact that this condition can get out of hand and really place us in a position of desperation and make a decision that will only address the symptom but not the cause. Like everything in life we must take responsibility personally to learn how our body, mind, and spirit works so we can live a life of full wellness across the board, before we face a chronic state and that will really take work, so lets start and connect with the reality of what causes this issues, here we go, we wish you wellness.

According **to**
[http://www.acupuncture.com/newsletters/m_aug10/varicoseveins.h
tm](http://www.acupuncture.com/newsletters/m_aug10/varicoseveins.htm)

The color of the veins is usually blue to dark purple and this color is very significant according to traditional Chinese medicine diagnosis.

Purple and bluish veins indicate that the body system is being affected by a traditional diagnostic concept known as "Blood Stasis".

The term blood stasis includes symptoms like varicose veins, spider veins and thick dry skin such as on the heel as well as fixed stabbing pains that could be anywhere in the body. Ancient Chinese physicians understood the concept of blood flow and the relationship of blood vessels to the heart hundreds of years before the US medical physician William Harvey wrote about blood circulation.

Individuals with varicose veins have a decreased ability to break down fibrin, a compound involved in clot and scar formation. When fibrin is deposited in the tissue near the varicose veins, the skin becomes hard and lumpy due to the presence of fibrin and fat

The Chinese perspective

Varicose veins, in the Chinese medical tradition, are due to a weakness of the muscles and connective tissues of the body, which are governed by the spleen network of the digestive system. With chronic weakness comes the pooling of blood and energy, leading to these spider veins. Treatments focus on strengthening the spleen network, supporting healthy digestive function, toning the muscles and activating movement of blood and energy. You can use acupuncture, acupressure, and massage to stimulate blood circulation and target certain veins; topical and herbal remedies will help reduce swelling and discoloration. Take these tips!

From: <http://www.mysticmedicine.com>

According to the Chinese model, yang is a specialized energy within the body that serves a number of functions, one of them being to send energy higher up in the body. This energy is usually higher in men. Yin energy, on the other hand, is energy that is lower in nature and thus assists in sending nourishment to the lower parts of the body. Yin, as you may have guessed, is higher in women. Varicose veins are seen as a result of decreased yang energies in the body, thus affecting more women, so they do not hold the veins as high and tight to the skin as they should. Instead, the excess yin energy is dragging them down.

That underlying reason is a deficiency of the Spleen energy. The Spleen, according to Chinese Energetics, has a tendency to retain heavy, damp energy, which inhibits it from producing healthy upward energy. As a result, the body suffers from

being dragged down and heavy. That persistent heaviness in the veins results in them hanging down further and further the longer the spleen remains deficient. One way the Spleen becomes deficient is by excessive worrying, consuming cold foods, and cold drinks, and excessive amounts of raw wet foods like lettuce salads.

TIP

Massage lightly do not press on a vein, especially if it is painful, always consult your health practitioner

Press st 36 to restore blood flow



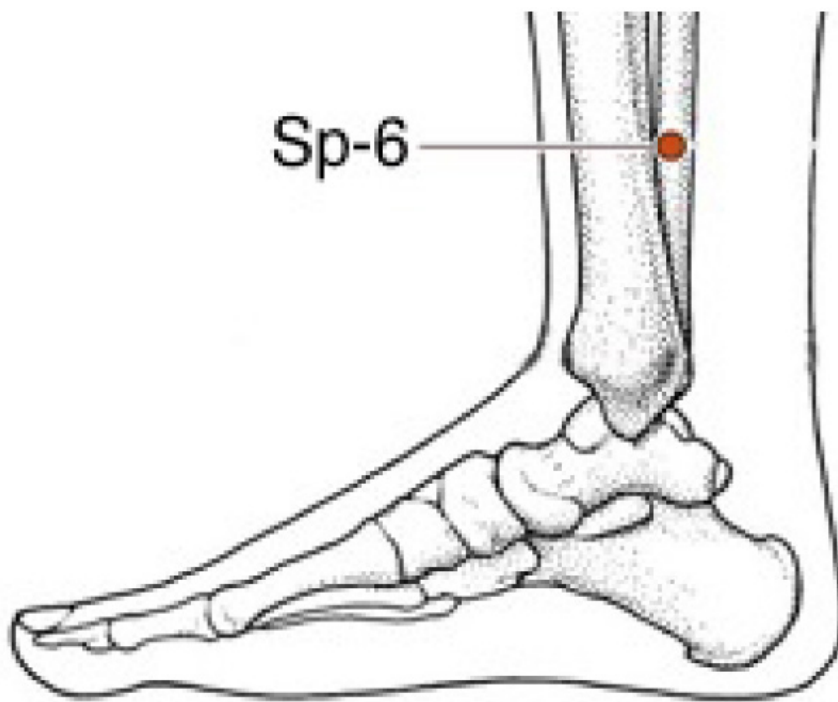
Dr. Ni shares: In my clinical practice, I have had success using acupuncture with electrical stimulation along the vein to help restore valve function. But you can use acupressure to help yourself.

Find the acupoint Foot Three Mile (St 36), located four

finger-widths below the kneecap on the right leg. Apply moderate pressure with your thumb until you feel soreness. Hold for 5 minutes. Repeat on the left leg.

Spleen 6





Find the acupoint Three Yin Crossing (Sp 6). It's located four finger-widths above the inner anklebone, in the depression near the bone, on the right leg. Apply steady pressure(steady not hard) with your thumb until you feel soreness. Hold for 3 minutes. Repeat on the left leg.

Other acupuncture points on the leg such as the one called "sea of blood", Spleen 10, is used to increase circulation of

blood when it is suspected of being “stuck” as in blood stasis. Dr. Ni, a licensed acupuncture physician, recommends [electro-acupuncture](#) alongside the varicose vein to enhance vein valve restoration.

Exercising every day keeps the varicose veins away

Dr. Ni also recommends specific lower-leg exercises to keep the muscles and veins strong. Swimming and biking (a stationary bike also works) are effective ways to strengthen your leg muscles without putting weight on your legs. Try to fit in at least 30 minutes a day, taking walks for at least half an hour. Also, a morning daily stretching program can help.

Veins must rely on the expansion and contraction of surrounding muscles to push returning blood along.

One sure way to exacerbate this is by standing for long hours in one spot without much movement of the lower limbs. This can increase pressure in the legs up to 10 times!

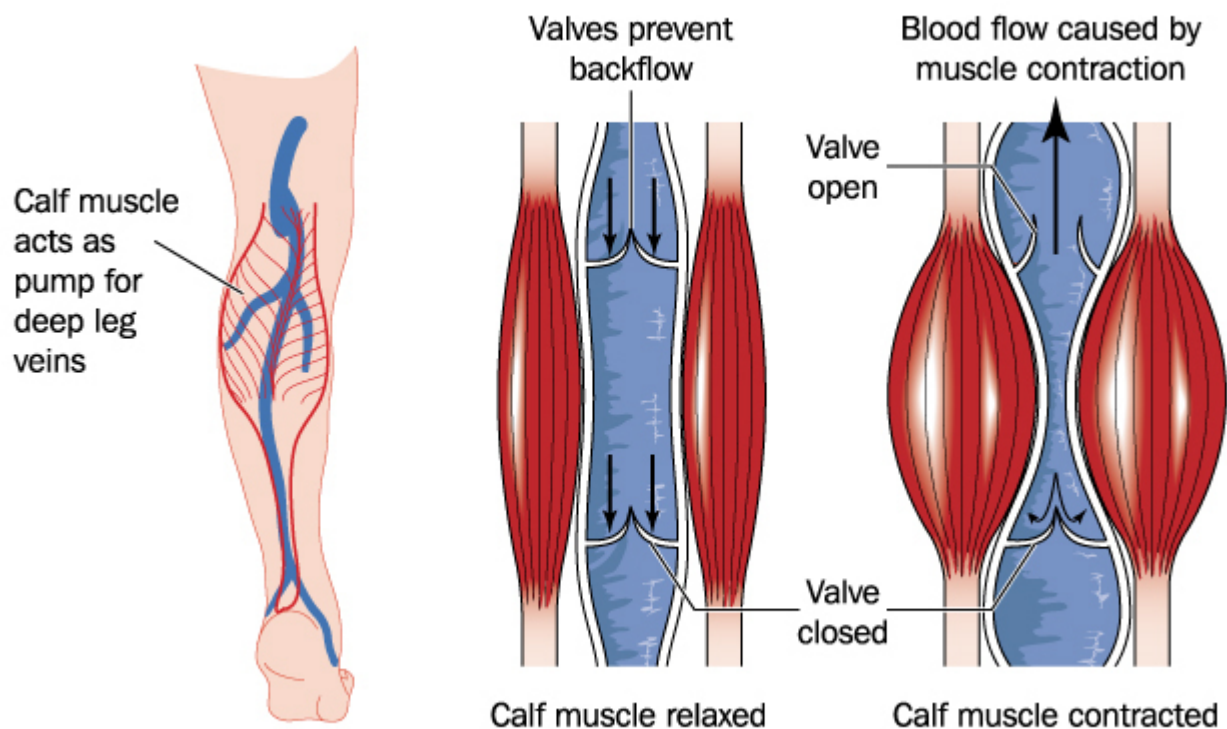


Immortal Straightening the Leg:

This is a Dao In qigong exercise that I recommend to my patients. When performed for 10 minutes twice a day, it helps

strengthen the muscles and promote blood circulation in your legs.

1. Lying on your back with your legs straight, feet apart and arms straight alongside the body with palms turned up.
2. Inhale and bend your left knee, folding your left leg into your chest. Interlace and clasp your fingers around the leg. Keep the rest of your body relaxed with your head on the floor.
3. Exhale and make a circle with your foot at your ankle. Do this 5 times clockwise and 5 times counterclockwise.
4. Inhale and straighten your knee so your leg is straight up, perpendicular to the floor.
5. Exhale and slowly lower your straight leg to the floor, returning to the beginning posture.
6. Repeat with your right leg.



Herbal recommendations for varicose veins

Another strategy is to target the local varicose veins with topical and oral herbal therapy to help reduce the swelling and discoloration of the veins.

- **Witch hazel** used topically is a traditional remedy. Massage witch hazel cream twice a day into the affected

area, which can help reduce the expression of spider and varicose veins.

- The herb **horse chestnut** (*Aesculus hippocastanum*) is helpful in reducing varicose veins. Available in capsule form, a typical dosage of horse chestnut is up to 600 mg daily, but I recommend you consult your acupuncturist for a more precise dosage.
- **Hawthorn berry** helps tone the cardiovascular system. Boil 1 cup of hawthorn berries in 4 cups of water for 20 minutes, then strain and drink 3 cups a day for one month.
- You can also find tea bags with hawthorn berry in it, all ready for the teacup. [Internal Cleanse](#) is an herbal tea blend, including hawthorn, which is formulated to help cleanse and purify the body.
- **Grapeseed extract** contains bioflavonoids called procyanidolic oligomers (PCOs), which are the most powerful natural antioxidants and free radical scavengers ever found. These PCOs benefit the circulatory system by enhancing capillary and vein function, which helps the heart; they also reduce bruising, edema from injury or trauma, varicose veins, and leg swelling. The only practical way to obtain enough grapeseed is by taking in a supplement.

Dietary tips for varicose veins

Buckwheat contains the bioflavonoid **Rutin**. Rutin reduces capillary fragility, increases the integrity of the venous wall, inhibits the breakdown of the compounds composing the ground substance, and increases the muscular tone of the vein.

Consume a high-fiber diet

-Increase consumption of blue-red berries such as

blackberries, cherries, and blueberries. These berries strengthen and support the structures of veins as well as the vascular system as a whole. They are rich in *Rutin*, as described under buckwheat above, *proanthocyanidins* and *anthocyanidins*, which are flavonoid compounds.

-Consume onions, ginger, and cayenne frequently and liberally because they can help fibrin to break down. A decreased ability to break down fibrin, a protein involved in blood clotting and scar formation, causes increased depositing of near varicose veins. This results in a condition called *lipodermatosclerosis*, where the skin becomes hard and lumpy.

Nutritional supplements

-Vitamin C: The healthy production of *collagen*, the most abundant protein in the body that forms all types of tissues in the body, is necessary for the production of blood vessels as well. Vitamin C strengthens the collagen structures of the veins. Another side benefit of Vitamin C is that it inhibits platelet aggregation, and regenerates oxidized vitamin E, enabling it to resume its protective activities.

-Bioflavonoids: If one cannot get enough of the bioflavonoids from the foods mentioned above, supplementation is important, particularly with the *anthocyanosides* (the blue-red pigments found in berries). This pigment enhances the effects of vitamin C, stabilizes the collagen matrix by preventing free-radical damage, inhibiting enzymes from cleaving the collagen matrix, and directly cross-linking with collagen fibers to form a more stable collagen matrix, and increases the muscular tone of the vein.

-Fish Oils: Fish oils have blood thinning effects, improving circulation and reducing the pain caused by varicose veins.

Rutin

from: <https://www.truthinaging.com/review/rutin-is-a-treatment-for-broken-veins>

First of all, what is rutin? It is a flavonoid that is found in some fruits and vegetables and, in particular, the rind of citrus fruit. Flavonoids are multi-active components used in common cosmetics primarily for antioxidant and soothing actions. However, they also have a “strengthening” effect on blood vessel walls.

Spider veins and varicose veins occur as a result of the gradual weakening and deterioration of capillaries. which, being so small, are extremely susceptible to damage from free-radical assault. This can lead to rupturing and bleeding that is visible as “broken veins” on the surface of the skin.

How rutin works on blood vessels is complex. According to a Polish scientist, there are three main mechanisms: protection of the blood vessel, the prevention of platelets from aggregating and decrease in capillary permeability ([source](#)).

There’s another mechanism that I find pretty cool. Rutin has the capacity to regenerate vitamin C after it neutralizes a free radical, thus helping to restore its antioxidant potential. Because vitamin C plays a critical role in the manufacture of collagen, an important component of capillary walls as well skin.

Rutin may even work on varicose veins (enlarged, twisted veins that are not moving blood effectively), according to the University of Maryland. In particular, there are oxerutins, a group of chemicals in rutin, that have been [studied](#) on women with varicose veins in their legs.

Given how amazing Rutin is and that it may really be one of the few things that work for broken veins, it's frustrating that it isn't used in more skincare products. Perhaps, we can help change that... Altogether now! Let's start rooting for Rutin!

Herbal medicinals

Certain herbs are known as having venotonic activity. Venotonics are herbs that enhance the structure, function, and tone of veins. Further, according to the Chinese energetics, some of these herbs help to tonify and the yang energy in the body. The most widely used of the herbs below are grape seed and pine bark, and they are possibly most effective. Some prominent herbal tonics include:

-*Aesculus hippocastanum* (horse chestnut)

-*Vaccinium myrtillus* (bilberry):

-*Vitis vinifera* (grape seed)

-*Pinus maritima* (pine bark)

According to Dr. Paul Nassif from EPION Beverly Hills

Laser vein therapy is a revolutionary medical technique which uses patented technology to eliminate benign vascular and

pigmented lesions non-invasively from the face and body. Facial Spider Vein Treatment is one of the more cutting edge treatments currently available. At Epione, we strive continuously to offer the most cutting edge techniques available to patients for medical treatment.

The principle procedure is that a laser penetrates the facial skin to raise the temperature of the blood vessel and safely coagulate it. Over time the vessel in the face fades and slowly disappears. It is highly recommended that large to mid-size veins be treated with an injection, and small to mid-size veins be treated by lasers.

Alternatives to Facial Spider Vein Treatment would be Sclerotherapy, which is an injection of sclerosing solution.

For more information on Dr. Nassif expert treatments and Discount coupons go to :

<https://www.epionebh.com/treatments/treatments-skin/vein-treatment/>

Homemade Recipes For Spider Veins

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



Oranges

The vitamin C present in oranges is very crucial in the treatment of spider veins. Vitamin C is required to strengthen the blood vessels and improve the circulation of blood. It is also an excellent antioxidant which protects the tissues from damage. Eat oranges on a regular basis.



Castor Oil

Castor oil has anti-inflammatory and stimulating properties. It stimulates the blood circulation and increases the flow of blood to the blood-starved tissues. It prevents the blood from clotting in the veins and reduces their swelling. Massage the affected areas with warm castor oil twice a day.



Guava

Eating guavas can improve spider veins considerably. Guava is rich in vitamin C which is essential for the strength of the blood vessels and it has large quantities of vitamin K which

improves blood flow to the tissues and prevents discoloration.

It also contains lycopene which is an antioxidant that protects the cells and tissues from toxic damage. Eat guavas as much as you can to strengthen the capillaries and veins and to improve the blood flow. If the circulation of the blood increases, it will not stagnate in the blood vessels and cause further harm.



Apple Cider Vinegar

Apple cider vinegar is the most common home remedy for spider veins. It improves the appearance of the veins by reducing the

swelling and increasing the blood circulation to the affected areas.

Soak a clean cloth in apple cider vinegar and apply as a compress on the spider veins. Keep the compress for half an hour. Repeat this twice a day until the veins regain their normal appearance.



Mustard Oil

Mustard oil is very good in stimulating the blood circulation and in strengthening the valves. Massage twice a day all the affected areas. You will notice a difference in the spider veins very soon.

[How to Get Rid of Varicose Veins : Circulation Part 2 : Home Remedies – VitaLife Show](#)

[How to Get Rid of Varicose Veins Naturally](#)

[Fade Spider Veins](#)

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



NutraLuxe MD Blue Nutra Light Acne Solution



M'lis VANISH Spider Vein Cream 2oz



Clinicians Complex Varicose Vein Lotion



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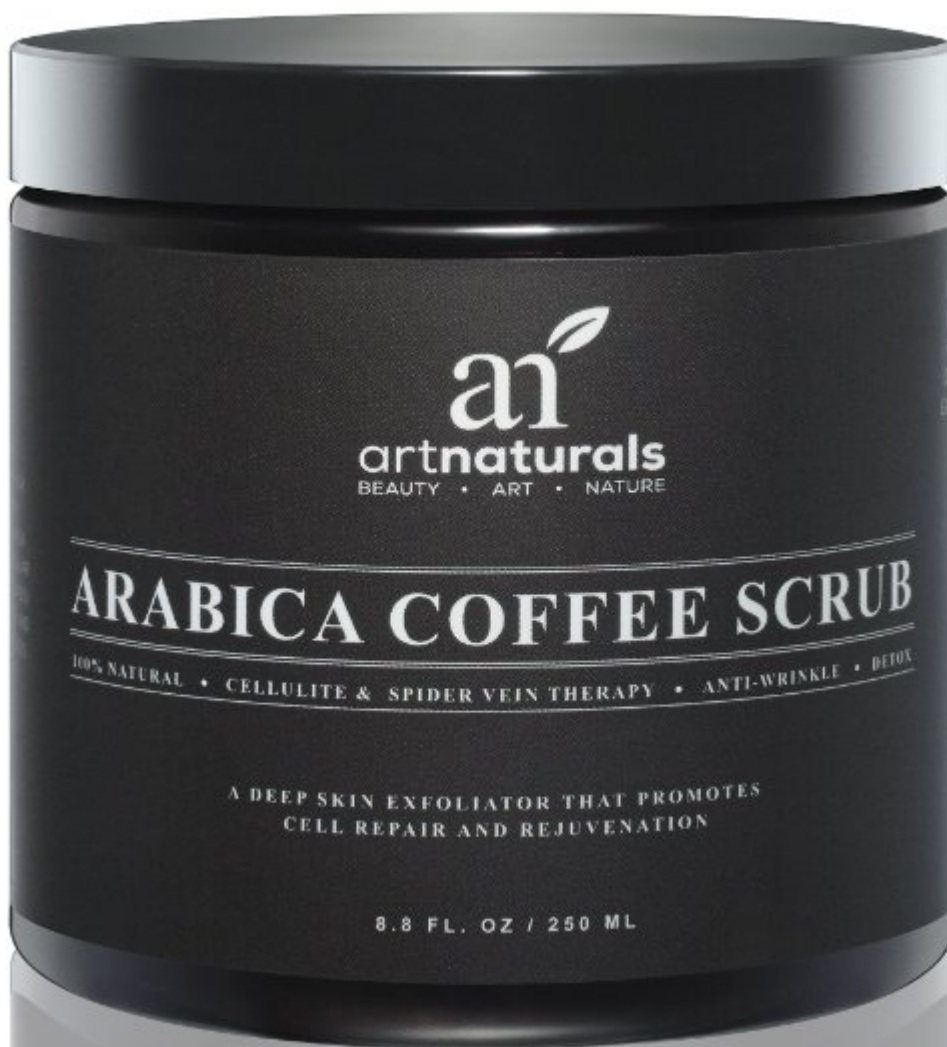
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Heliabrine Refreshing Leg Gel 150ml. Top Rated Varicose Veins Treatment With 100% Natural Ingredients

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Art Naturals Organic Arabica Coffee Scrub
8.8 oz – The Most Powerful Remedy for
Varicose Veins, Cellulite, Stretch Marks,
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ARTNATURALS DEAD SEA SALT & COFFEE BODY SCRUB, 100% SATISFACTION GUARANTEED: Your satisfaction is what drives us

to provide the highest quality all natural and organic health and beauty products on the market. If at any time you are not completely satisfied with your purchase feel free to return it to us for a full and prompt refund. At ArtNaturals we are committed to the fair and honest treatment of our global growers and partners. This is why our Dead Sea Salt Coffee Scrub is certified fair trade. This level of dignity and respect stretches beyond our workforce to include all of nature. We stand committed to the production of paraben free and cruelty free goods. Building relationships of trust with those committed to an organic and natural lifestyle is what we do.



Joint pain LED Light Therapy Red Handheld Pdt Machine Infrared Light Therapy for Wound Healing,pain Relief, Skin Repair, Joint and Muscle Relief

- Combination Near infrared light and red light for joint and muscle pain relief no side effect
- Red Light therapy for skin repair, wound healing, muscle healing
- 48 pc double chip high intensity LED light, short treatment time.
- Handheld type, small and light ,easy to carry,USB port and build in rechargeable battery ,make the treatment convenient
- Interchangeable treatment head, with pulse and timer function



Traxandco LW-007 skin tightening device home use rechargeable skin rejuvenation beauty facial instrument

- 1.8 Degree for cold therapy
- Portable and easily control
- Make face skin tight, smooth and delicated
- Enhance to help blood circulation, metabolism and relaxation

- Strengthens collagen; enhances elasticity

Fall and Different Wellness Modalities



Hello and welcome again to our blog, thank you for your visit and time we appreciate it. It is what keeps us going. This week 242 we are sharing information on how to prepare ourselves for fall so we can enjoy this time of the year in harmony with the earth and our wellness, according to Chinese medicine and with many other sciences like Ayurveda, the

different seasons not only rule nature in its whole but rules our body and its wellness, I grew up in nature and with people that taught me how to be in harmony with this process, we ate what was seasonal and what grew in our immediate vicinity no imported foods and is a reason why nature does that, here in our research we are sharing what is the best ways according to Chinese medicine to stay in harmony and avoid disbalances in our body and mind and with that in our overall, enjoy and please share and like if you do, thank you again from all of us at Isabel's Beauty Blog.

There is a slight nip in the air. The days are starting to get shorter and just as the squirrels have gotten down to the business of storing nuts for the winter. Fall is the beginning of the yin cycle when the daylight lasts less than twelve hours. It's a time of harvest when we gather the colorful fruits and vegetables for winter storage. Pumpkins and squashes are our symbols of bounty. We also store wood for the fire and get out our warm clothes for the colder, darker days of winter.

Within the cosmology of Chinese medicine, human beings are regarded as microcosms of the natural universe. We are subject to the same cycles that occur in nature. Autumn follows on the tail of the harvest, signaling that it is time to prepare for winter. The sap of trees settles into the interior, sinking down toward the roots. With fall comes a sense of gathering in, stocking up, mingled with a sense of loss as the light begins to fade and the air chills. It is a time to eliminate what is unnecessary and become aware of what is essential.

The organ system that shares the power of this season is the Lung. Corresponding to the temperament of autumn, the Lung pulls in and refines the Qi, (energy) sending it downward to nourish our roots. Ruling the skin, the outer limit of the human body, the Lung protects against external invasion and

safeguards internal resources. Since autumn is a dry season, we need to protect ourselves from cold air evaporation of moisture from our skin. Moistening, softening and nurturing foods for this time include white rice, white beans, pears, radishes, sea vegetables, potatoes, cabbage, turnips, and parsnips here if you notice the color of foods that nourishes the lung is white.

The fact that the lungs rule our skin is important for the people that notice great changes in their skin in fall, this season is we need to adjust our skin nourishment to a creamier thicker product, I love Shea butter myself, I add essential oil of Sandalwood to it and maybe a drop of rose and make a fantastic protection to my skin.

The Lung is also responsible for our capacity to discern and discriminate, defining and refining our sense of what is right, morally and ethically. It is the Lung that nourishes our capacity to be analytic, critical, methodical, efficient and disciplined. Autumn reminds us that we reap what we have sown, that all of our actions have consequences interesting time for Karma. The clarity that comes with autumn enables us to distinguish between the things that contribute not only to our own well-being but also the benefit of others, reminding us that we live in an interdependent world.

Lung & Large Intestine Organ System

From: <http://www.chineseherbsforyou.com/lung-diseases-chinese-medicine-s/6119.htm>

The Protector

The Lung Organ System energy is descending and is associated with the distribution of Wei Qi outward to your muscles and skin in their nourishment and protection. It is associated

with the emotions of grief and sadness, the element metal, the color of white or metal luster, the season of fall, bodily fluids that lubricate, the Wei Qi or immune protection and the Large Intestines. The Lung Organ System opens into the sinus and nasal passages and is directly related to respiratory and circulatory energy especially of water. The Lung Organ System is responsible for the mixing of air [Gong Qi] and food [Gu Qi] received by the Spleen creating Essential Zong Qi.

The Lung's task is that of making a boundary between the inner and the outer world. The inner environment needs to be protected by a clear boundary which both defends and defines the person. Across this boundary, vital materials can be taken in and waste materials excreted. The most vital and obvious material that the Lung takes in is oxygen; but as we shall see, the Lung, in Chinese medicine, is more than the respiratory system. The Lung has to do with boundary, breath, and renewal.

The skin is like an outer lung and the pores are seen as the 'doors of Qi'. The skin also breathes and exchanges substances with the outer environment. It's healthy functioning is seen as an aspect of Lung function. Beneath the skin the protective energy known as Wei Qi is said to circulate, defending the body against invasion from pathogenic forces.

From: <http://www.meridianpress.net/articles/thelung-chinesemedicine.html>

The Lung's paired Organ, the Colon, is concerned with release and elimination. The Lung and Colon together are related to immunity, the strength of the protective boundary. Pathogens most easily enter through the respiratory and digestive systems and the Lung and Colon are responsible for maintaining the integrity of these systems so that they are not penetrated

by invaders. According to Chinese medicine, the body's defensive energy is directly dependent on the strength of the Lung and Colon. Another organ that the Lung works with is the Spleen. After receiving food nutrients from the Spleen, the Lung mix them with the air you breath to create healthy Qi. It then sends the healthy Qi to the rest of the Organs and throughout the entire body. The remaining impure Qi is expelled through the nose, your pores, and the large intestine.

When is Lung imbalance, it means your Lungs ability to distribute and regulate internal water flow by turning some of the Qi into moisture. After receiving nutrients from the Spleen , the Lungs transform this form of Qi into a fine mist that permeates the body from head to toe, inward toward the center of your body and outward to the surface of your skin. It produces the soft, dewy, and lustrous appearance that your skin craves when this delicate balance is off, is like a plant without water.



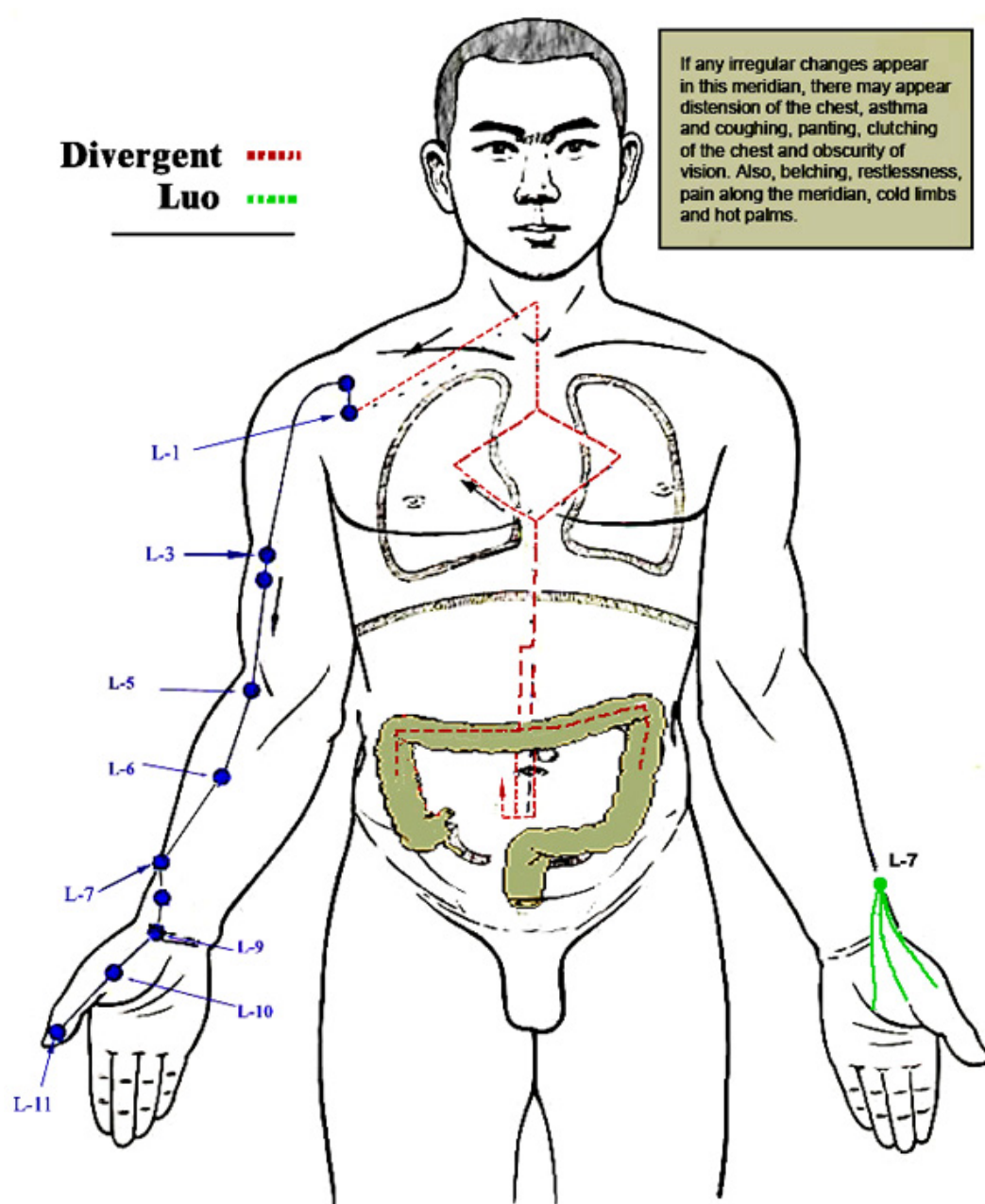
The Lung's physical expression as the boundary between the organism and its environment is expressed at the psychological level as a sense of one's personal boundary. A clear psychological boundary enables us to know who we are, to meet another and to establish the clear relationship. When the sense of boundary is strong we can receive experience through the boundary and communicate outwards through it; the boundary is flexible and responsive, opening to receive 'good' influences and closing to screen out 'bad' influences. It enables us to say 'yes' to what we want and 'no' to what we don't want.

Whereas the Spleen is archetypally related to the mother, the Lung is archetypally related to the father. Traditionally it is the father who teaches a sense of self-value and helps us to leave home and find our place in the world. Good fathering teaches boundary, and helps with individuation and separation from the mother. The Lung is, therefore, concerned with feelings of self-esteem and respect for both ourselves and others. Knowing who we are, believing in our self-worth and taking our place in the world are all part of the realm of the Lung.

Finally, the Lung's role as boundary-keeper may be metaphorically extended to the boundaries we keep in our own home. Well-maintained fences, sensible security, clean windows and a well-kept exterior are domestic expressions of Lung energy.

Divergent ■■■■■
Luo ■■■■■

If any irregular changes appear in this meridian, there may appear distension of the chest, asthma and coughing, panting, clutching of the chest and obscurity of vision. Also, belching, restlessness, pain along the meridian, cold limbs and hot palms.



Lung complementary organ : large Intestine

The lungs govern the desire for structure and boundaries, so a lung type's personality is also well defined and structured. The lung types keep their emotions in check and they intellectualize their feelings, they usually contain and controlled.

Skin issues Nourish the Lungs

The role of the lung for healthy skin:

Healthy lungs are personified in glowing skin, due to Lung's primary responsibility, which is to nourish and maintain healthy pore size, skin and proper breathing among many other roles.

Eastern medicine has an expansive concept of the role of the Lung. The belief is that the Lungs are responsible for all parts of the body that "Breathe". This includes the skin, the largest organ of the body, with pores that cover us from head to toe. Consequently, when the Lungs are healthy your skin is soft and dewy and your pore size is even. When the Lungs are weak, your skin changes texture and quality. I become thick or thin, dull or blemish, dry or oily. Damage to your Lungs can happen in many ways. Weather conditions, especially overexposure to wind, cold, and heat aside from pollution like cigarette smoke etc. Excessive sadness or grief, due to the combination of emotional turmoil and too many tears, affects the Lungs and it can have a profound impact on Lung types.

As with all organs, the imbalance of one organ can impact the Lungs. Spleen dampness or Kidney weakness are the conditions most likely to interfere with Lung Qi. by the same token, a weakness in the Lungs can negatively impact the large intestine, which is why Lung types are prone to bowel issues.

Western medicine believes we are all born with a skin type –

normal, oily, dry, a combination of oily and dry, or sensitive.that it is yours for life and doesn't change much. Eastern medicine sees it different. Chinese doctrine says we are all born with normal skin.When skin becomes oily, dry, or a combination of both, or is sensitive is not destiny or skin condition we just pick up, is most likely due to Lung Qi imbalance.

The skin, as part of the Lung system, can be nourished by rubbing with a good cotton towel or dry brushing these will help maintain the skin's health and support the immune system. Wearing natural fibers will allow the skin to breathe freely; going naked from time to time when weather and circumstances allow will also help the skin to breathe. Moderate sunbathing will nourish the skin, although overexposure may be damaging.

Among the outside factors that affect Lung Qi environmental conditions, such as weather changes, pollution, excessive lifestyles, such as poor diet or too much drinking,fluctuating hormones, especially around menstruation.

Emotions

If you have gone through or are currently going through, a great deal of grief, sadness or loss and has not been able to "cut off" or resolve the connection you may have weakened Lung or Protective Wei Qi. Disharmonies associated with weak Lung Qi may appear as shortness of breath, chronic lung illnesses [or a chronically low general immune system] and a chronic cough. An important raw formula that helps in replenishing the Lung Qi Depletion would be the Immune & Energy Enhancement Formula.

Emotionally there is likely to be constraint and sadness, perhaps a hiding within one's boundary. There may be the lack of self-esteem, harsh judgment of both self and others and failure to respect or understand one's own and others' boundaries. Dignity may turn to false pride, leaving a person feeling alone and separate. It may be hard to claim a place in

the world.

Related Lung & Large Intestine Disharmonies

Research the below Disharmonies on our Chinese Medicine Search

- Chronic cough
- Spontaneous sweating
- Dry throat/nasal passage
- Mental and physical fatigue
- Low immune
- Unresolved sadness/grief
- Dry, flaking skin
- Shortness of breath
- Edema of the body and extremities [water retention]
- Night sweats
- Constipation
- Fungal skin problems

According to Traditional Chinese Medicine, our lungs are one of the most important parts of our body to protect when preventing a cold. They are considered the most superficial organ in the body and are thus most vulnerable to insult from the outside environment.

The lungs are thought to be most active in the fall, and also play a large part in our body's defense systems. Nourishing the lungs by incorporating certain foods into your diet and avoiding others when you are sick may help you get over colds and flu faster – especially if infections tend to settle in your lungs.

The lungs control the circulation of an energy called Wei-Qi, (pronounced “way chee”) or defensive Qi, which is responsible for protection against infections like colds and flu. The defensive Qi travels throughout the body just under the skin

surface, keeping you warm and preventing illness. Nourishing the lungs and Wei-Qi at this time of year may help you avoid colds and flu or bronchitis.

Foods that complement the Lung



from: <http://chinesemiracleherb.com/five-colors-that-nourish-five-organs/>

White moistens lungs

Common white color foods include white beans, winter melon, pear, white radish, white fungus, lotus root, lily, wild rice, rice, tofu, cauliflower, bamboo shoots, yam, jicama and so on.







Foods that nourish Wei-Qi

One classic food to nourish the lungs are pear – also known as *the singer's fruit*. Pears help to keep the lungs clear and moist, useful during a dry cough. Warm drinks help nourish the lungs – try a warming concoctions like shredded ginger root steeped into a tea sweetened with honey and a bit of lemon. Other warming foods for the lungs include onions, garlic, horseradish, radish, mustard, cabbage, and turnip. Many of these foods have a pungent quality that is thought to help protect the lungs.

Raw or lightly cooked is best, try including onion and garlic at the end of cooking a homemade soup. Eating veggies that are dark green or orange may offer protection to the lungs thanks to their high content of vitamin A. Other foods that help protect the lungs include carrots, broccoli, pumpkin and squash, kale, parsley, turnip and nettle tea. Marshmallow root tea and fenugreek are also excellent nourishing foods.

Unless you have wind cold in your Lungs, it is especially important to avoid foods and beverages that are drying and will rob your body of moisture, is best to avoid

Alcoholic beverages (although cooking with wine is okay because it acts as a carrier to expedite the effects of other ingredients)

Coffee

Caffeinated drinks in general

Spicy foods

Cigarettes

Lung function	Possible symptoms of imbalance
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Govern Qi and respiration	Congestion and pain along the respiratory system Shortness of breath, cough, dyspnoea Lack of vitality, tiredness Weak voice
Control dispersing and descending	Water accumulation (edema) especially in upper body or under the skin Thickening of fluids and accumulation of phlegm Dryness in the skin or anywhere in the respiratory system Cough, breathlessness, oppression in the chest Constipation/ Urinary retention
Rule the Exterior of the body	Allergic reactions (particularly respiratory and dermatological) Low immunity, tendency to catch colds Dry, rough skin Sneezing Itching and skin rashes No sweating/spontaneous sweating
Open into the nose and manifest in the body hair	Blocked nasal passages, sinus problems Impaired sense of smell Nose-bleeds Impaired thermo-regulation Loss of body hair

House the Corporeal soul	Chronic sadness, depression Inability to “engage” or feel emotions Low self-esteem/feeling of self-worth Fear of change and extreme attachment to people, things or situations
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Foods to Eat When You Are Sick

Foods that help dry dampness in the lungs are often bitter. These may include lettuce, celery, turnip, rye, asparagus, vinegar, papaya and chamomile tea. Also, try miso soup with green onions and root vegetables.

Foods that may promote mucous formation and dampness are the ones you should try and avoid especially if you have a runny nose or a productive cough. These include dairy products, heavy meat products, tofu, soy, pineapple, salty foods and very sweet foods.

Citrus fruits and spinach should also be avoided as these are cooling foods that can promote dampness. Foods high in processed sugar are also thought to create phlegm. Try avoiding these when you get sick to recover faster!

Healthy Lung Habits

Use a scarf or collar to cover the front and back of your neck when you go outside, and make sure to have your lower back covered. These two areas are called our ‘wind gates’, where

wind has a chance to enter and cause cold and flu symptoms in the lungs. Avoid drafts and wind.

- Let go of pre-conceived ideas and prejudices that serve no purpose in your life: Just as we need to de-clutter our environment and our inner space, clearing out mental waste such as culturally acquired ideas that hold no truth but which stop us from engaging with people and situations is important for good health and the renewal of our energy.
- Seize the moment: The Lung energy fuels our ability to be in the moment and is nourished by our enjoyment of the present. As children, we tended to inhabit our bodies powerfully and to experience each moment fully. As we grow up, many of us lose this ability so as adults staying in the moment needs to be achieved through deep breathing and accessing a grounding calm that allows us to engage with what is happening now. Activities that help us “be in the body” as opposed to trapped inside the mind such as Tai Chi, Qi Gong or Yoga can also provide us with tools that help us achieve this.
- Detach yourself: The Lungs have the ability to constantly renew our energy through a combination of elimination of what is no longer needed and a continuous intake of potentially new energy. This implies an ability to recognize what needs to be discarded and a willingness to allow it to go. Understanding that everything in life – things, ideas, situations, people – is transient enables us to go smoothly from one stage of life to the next. When we are reluctant to accept this reality, we may remain in grief and pain until we make room for new things to come.

Chinese Herbs for Strengthening Lungs

Huang Qi (Astragalus Root)



Tian Men Dong

tiān mén dōng

天門冬

Tuber Asparagi
Cochinensis



Schisandra



Licorice Root



Reishi Mushroom



Dr.Christi Alsop on lungs and fall relationship (Traditional Chinese Medicine)

Herbal Lung Cleanser from Traditional Chinese Medicine regimen TCM way to keep healthy the organ

<https://youtu.be/I1AuJy-CDvM>

Chinese Herbal Medicine Formula for the Lungs and Grief

5 Minute Healing Sounds Qi Gong for

Healthy Lungs!



UGG Lattice Cardy

This season, look stylish-chic and be cozy warm in the Lattice Cardy boot from UGG®.



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.

**What Inflammation has to do
with beauty**

Inflammation



For me, the best makeup is to first have healthy glowing skin. Otherwise, it's like a band-aid covering up something that is letting us know how our internal system is on alarm mode with a challenge that is making us aware of an issue that needs to be addressed

When I work with a client, one of my top priorities is to maintain and support a good skin care regimen from the inside out, I love to share information with them about hydration and signs of inflammation, they are usually very grateful and it makes our journey much easier.

Inflammation is the reflection of how the inner health is maintained .

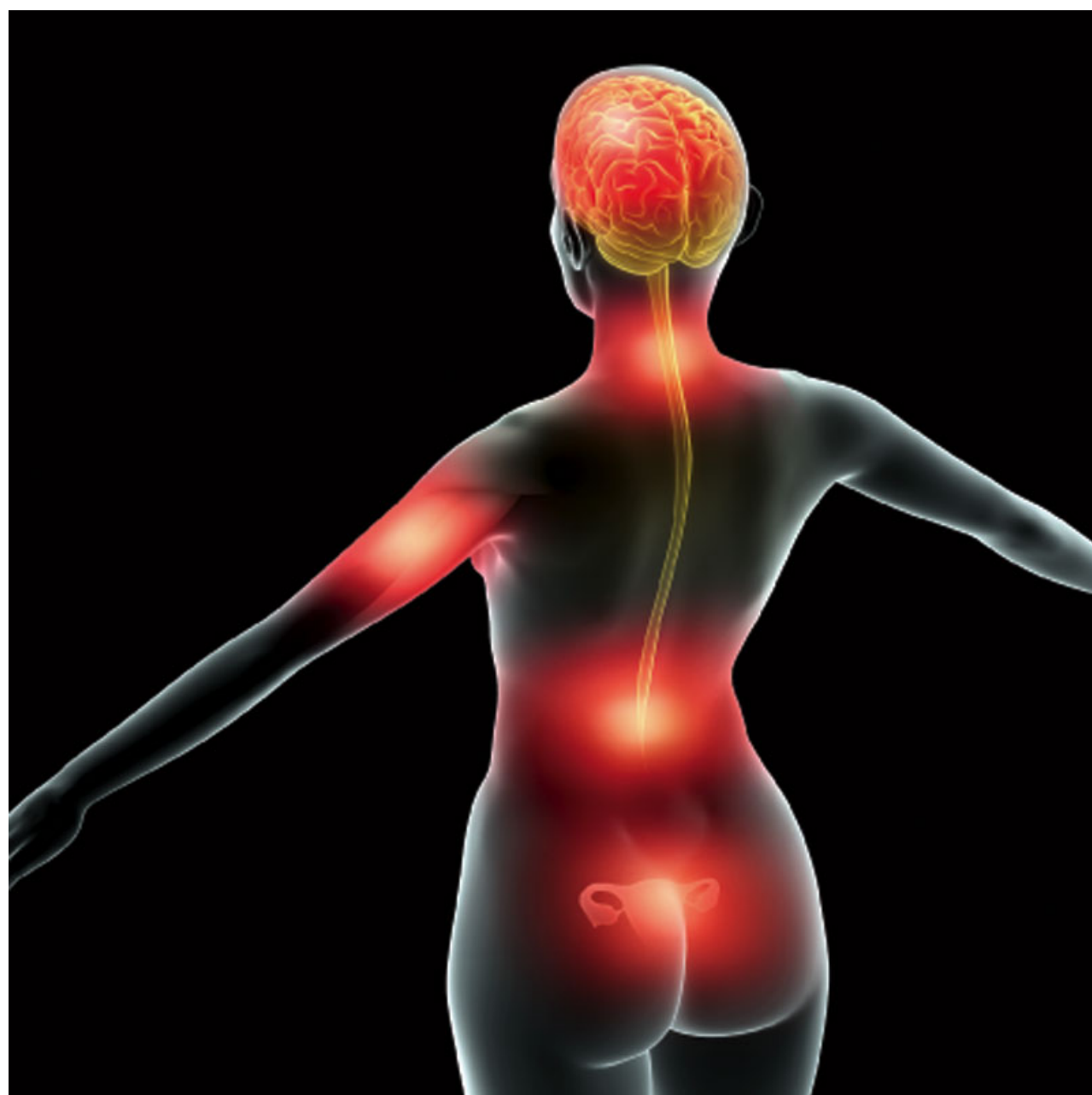
This week 240 we are sharing information about what inflammation is what to look for tips and authority facts to recognize and help the challenge to get resolved, thank you for your visit and all the likes please share so others can get help also, from all of us at Isabel's' Beauty Blog

Many skin care specialists believe inflammation is a key factor in premature skin deterioration and a majority of internal issues. Because the body's basic response is to protect itself from irritation via inflammation, many people believe this response is a positive one. However, several scientists and skin care professionals from around the world advise people to avoid inflammation altogether. Bottom line: Anything that causes redness, overheating, swelling and any kind of irritation may be detrimental to a person's overall wellbeing.

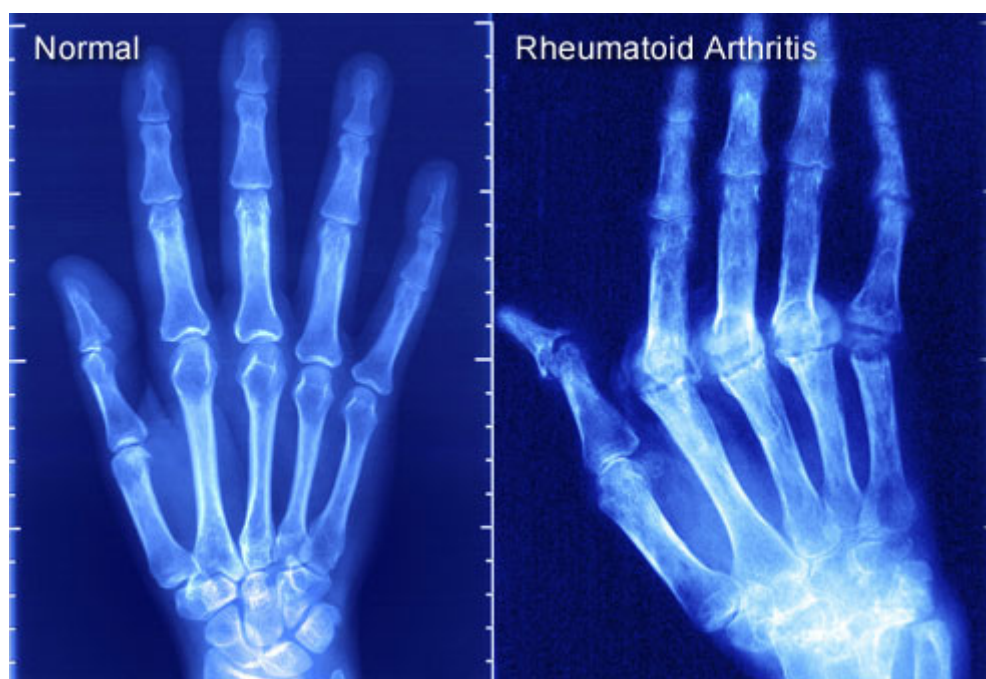
There are a few upsides to inflammation: It is a sign of the body attempting to repair an affected area by bringing blood to the site; it helps to remove intruding agents from the site; and the additional white blood cells arriving at the site help to counteract the aggressor. Still, individuals should avoid inflammation at all costs.

In simplest terms, inflammation is the body's immediate reaction to guard itself against some type of damage caused by

an environmental external invader. Without the crucial process of inflammation, the body cannot restore itself in the face of damage.



Essentially, all inflammation starts in an acute phase. The body becomes damaged in some capacity due to a foreign agent, and it responds immediately to repair the damage. In many cases, this reaction goes undetected. Signs are so mild that they are even unnoticeable. Once the threat is gone, the body is able to go back to a non-defensive state—and the inflammation process turns off.



That's why long-lasting inflammation is being labeled the 21st century's number one challenge. Unlike its short form, long lasting internal inflammation can occur undetected because it falls just below the radar of discomfort and visible swelling. You feel nothing, or you may experience vague, unexplained signs for which there are no conventional answers. And while you search for answers or even ignore the signs altogether, your body's inflammation process carries on for weeks, months, or even years—which compromises your immune system.

In my opinion, wellness is the absence of inflammation. A possible key to optimal wellness is to detect long lasting inflammation and address its root concerns promptly and effectively.

12 Foods that Fight INFLAMMATION

Brought to you by:



Subscribe to: www.livelovefruit.com



Papaya



Avocado



Blueberries



Chia seeds



Cranberries



Broccoli



Ginger



Walnuts



Red Cabbage



Hemp seeds



Turmeric



Celery

The signs of inflammation are many and varied – it's been linked to everything from bloating to joint pain to sinus congestion and skin rashes. Although a clinical assessment is the only way to determine for sure if you suffer from inflammation, the more of the following symptoms you experience, the more likely you have low-grade inflammation, says Mark Hyman, MD, author of *The UltraSimple Diet* (Pocket Books, 2007).

- Bloating, belching, passing gas
- Diarrhea or constipation
- Fatigue, sluggishness
- Itchy ears or eyes
- Dark circles or bags under eyes
- Joint pain or stiffness
- Throat tickle, irritation or coughing
- Stuffy nose, sinus trouble, excessive mucus
- Acne, cysts, hives or rashes
- Ruddy, inflamed-looking skin
- Flushing
- Water retention, skin puffiness
- Craving certain foods
- Compulsive or binge eating

To mention a few is a lot more to it.

RawForBeauty

ELIMINATE INFLAMMATION

CAUSE INFLAMMATION

NUTS



AVOCADO



SPINACH



TURMERIC AND GINGER



OLIVE-OIL



TART CHERRIES



PINEAPPLE



ORANGE VEGETABLES & FRUITS



ONIONS AND GARLIC



GLUTEN



SAFFLOWER, SUNFLOWER, SOY, CORN



CASEIN



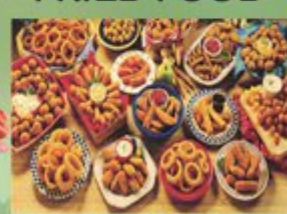
MEAT, DAIRY, EGG



PROCESSED MEATS



FRIED FOOD



SYRUP AND SOFTDRINK



FAST FOODS



The good news

The beneficial Side of Inflammation:

It helps heal wounds the body will react immediately to a swelling in order to bring it down. This is the first attempt that the body makes to heal itself. The healing happens in stages. The first stage of healing is irritation, then it becomes inflammation, which consists of swelling, rashes etc., If these attempts from the body don't happen one safely assume that wounds and infections would not heal properly or at all.

It is part of our innate immunity, we are born with it for most of us is a very lucky gift of life, because some people don't have that luxury. This is called acquired immune deficiency or have an immune system that is too active among many other disorders of the immune system, so we should consider ourselves very lucky and take a minute to contemplate GRATITUDE, wouldn't you think?

Water is a big part to help inflammation, insufficient water consumption causes toxicity of the body as well as constipation, tension, tightness, overeating, dryness, and kidney damage. Heat symptoms such as INFLAMMATION, fevers and feeling too warm can also be part of it.

Nutrients for inflammation:

Every Person require different dosages so consult a health practitioner if you are not sure, we are sharing information from authorities, still is a good idea to take the information and research what is the ideal for you.

Vitamin B complex	50mg 3 times a day
Need it for tissue repair	

Vitamin B12	2,000	daily
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Vitamin C	3,000 – 6,000 mg	daily
Essential to the healing and reduction of inflammation. We recommend buffered.		

Recommendation from
<http://articles.mercola.com/sites/articles/archive/2015/02/02/anti-inflammatory-foods-herbs-spices.aspx>

Four Spices That Pack Powerful Anti-Inflammatory Results

For one week, 10 to 12 subjects in each of 13 groups consumed a small amount of a particular spice each day. For example, those in the oregano group ate just half a teaspoon of oregano daily for seven days. Blood samples were drawn one hour prior to consumption, and at the very end of the experiment.

The participants' blood was then analyzed for antioxidant capacity. The researchers also analyzed how well the blood could dampen an induced inflammatory response in white blood cells.

This was done by placing the participants' blood onto white blood cells that had been damaged by oxidized cholesterol (commonly found in fried foods). Even at the "everyday" dosage amounts given, four spices were found to be significantly effective at quelling the inflammatory response:

- 1. Cloves*
- 2. Ginger*

3. Rosemary

4. Turmeric

The use of these Spices in our food is perfectly useful for our bodies to stay inflammation free, as a maintenance, if it is a health challenge, your health practitioner may recommend higher dosages specifically designed for your personal needs.

Other Potent Anti-Inflammatory Spices

In an earlier study published in the Journal of Medicinal Foods it was found a direct correlation between the antioxidant phenol content of spice and herb extracts and their ability to inhibit glycation and block the formation of AGE compounds (advanced glycation end products), making them potent preventers of heart disease and premature aging.

Here, cloves were ranked as the most potent of 24 common herbs and spices found in your spice rack. In all, the following were found to be the top 10 most potent anti-inflammatory herbs and spices:

1. Cloves

2. Cinnamon

3. Jamaican allspice

4. Apple pie spice mixture

5. Oregano

6. Pumpkin pie spice mixture

7. Marjoram

8. Sage

9. Thyme

To mention a few Spices and in order of importance.

A word of Caution:
from <https://www.bulletproofexec.com/best-anti-inflammatory-herbs-and-spices/>

How To Avoid Mold Toxins in Spices and Herbs

You won't be surprised to learn that mold toxins are found not just in coffee and food, but in spices and herbs too. The [Bulletproof Diet book](#) details how and why this happens, and all the best practices to pick the best spices and herbs.

The herb and spice industry is painfully aware of spoilage issues, which is why it's become so common to irradiate spices.

This process exposes them to radiation so they become sterilized. Irradiation may destroy some of the anti-oxidant and health benefits of herbs and spices, and irradiated or not, herbs and spices can spoil easily in your own home. Herbs often contain naturally strong antifungal and antibacterial oils, so the species that can flourish on them are usually the most aggressive toxin-formers.

When you get that canister of paprika down from the back shelf, pry it open, and dump some into a steaming pot of food, you're likely putting a substantial amount of toxin in, too,

because the *last* time you did that, the steam entered the paprika package and started the mold growing. You'll always find a few mold spores in natural products, and the environment in your spice cabinet above the stove is a perfect incubator.

This means it is critical to select your source accordingly:

- One of the simplest things you can do to increase your performance is to toss out opened, dried spices that are more than a few months old.
- Use high-quality, recently opened, fresh or dried herbs and spices, or don't use them at all.
- I've done my best to identify the rationale behind the spice rankings in the [Bulletproof Diet Roadmap](#) but there is always room for personal experimentation. Black pepper is so commonly contaminated that I moved it into the suspect zone! It's up to you to decide where you go on the roadmap and how that makes you feel and perform.

If you're eating an anti-inflammatory diet and including Spices as your ally, the suggestion here is to find the spices fresh. in the market, or you can grow them and have a direct relationship with them.

**This is recommended by Prescription for NUTRITIONAL HEALING by
PHYLLIS A, BALCH,CNC.**

Cartenoid complex, follow the label instructions this product strengthens the immune response.

Essential fatty acids, like evening primrose oil, flaxseed oil, fish oils mercury free, or fermented,use as directed on the label,they reduce overall inflammation.

Grape Seed extract this is am amazing powerful antioxidant,

use as directed on label,

Proteolytic enzymes or Inflazyme Forte from America Biologics , use as directed on the label, is best used between meals and at bedtime for 1 month, this aids controlling inflammation.

Superoxide dismutase (SOD), check the label for dosage, this is a high potency free radical scavenger that reduces infection and inflammation.

Zinc recommended 50 mg daily, is best not to exceed 100 mg daily from all supplements, this helps control inflammation and promotes healing, is recommended to use zinc gluconate lozenges or OptiZinc for best absorption. do not use Zinc for more than a month straight it can deplete other minerals.

Bromelain take it on an empty stomach and as directed on the label, 100 – 500 mg, is best used along with magnesium and 500 mg, and L-cysteine to enhance results, this supplements should be taken separately from copper and Iron.

Bromelain has anti-inflammatory activity and increases the breakdown of fibrin, which is known to form around the inflamed areas, blocking blood and lymphatic vessels.

Inflammation is fixable: “Our best tool to reverse inflammation isn’t a drug, but our diets,” says **Barry Sears**, Ph.D., a former research scientist at Boston University School of Medicine and the Massachusetts Institute of Technology and author of the forthcoming Toxic Fat Syndrome. One of the best ways to snuff out inflammation is by heeding food sensitivities and intolerances. These are inflammatory responses that occur when the gut fails to break down certain foods.

The most notorious offenders are dairy, wheat, corn, sugar, soy, eggs, peanuts poor diet, mostly sugar, refined flours, processed foods, inflammatory fats such as trans fats and

unhealthy saturated fats, and **STRESS** is very inflammatory, Anger is inflamed thoughts. Keep a food diary to identify negative reactions (which may be delayed by hours or days after you've eaten), then root out food sensitivities by following an elimination diet for at least a week. (For more on that, see "False Fat" in the March/April 2003 archives.)

By eliminating the foods that irritate your body and eating more of those that help your body combat inflammation, you'll get rid of a lot of bloating and water retention, produce fewer "weight-gain" hormones, and have more energy for activity, says Elson Haas, MD, medical director of the Preventive Medical Center of Marin in San Rafael, Calif., and author of The False Fat Diet (Ballantine, 2001). That sounds like a slim-down strategy we can all live with.

Anti-Inflammatory	Inflammatory
Fresh, unprocessed (as grown)	Old, rancid, moldy, processed, microwave, skimmed, enhanced, canned, adulterated
Fruit	Excessive meats and poultry; dairy
Vegetables (non-nightshade)	Nightshade vegetables (tomato, potato, bell and hot peppers, eggplant)
Water, herbal teas	Soft drinks, milk, juices, etc.
Herbs	Mandy drugs and medications (but you may need them)
Water	Dehydration
Most plant oils (best is olive oil, especially organic extra virgin olive oil and organic coconut oil), nuts oils (if not rancid), especially those rich in omega-3 fatty acids (nut oils, except coconut oil, should not be heated)	Animals fats, many commercial branded oils, vegetable shortening, corn oil, palm oil
Uncooked and cooked at low heat (steaming, boiling, simmering, braising)	Fried, baked, grilled, and broiled at high temperatures
Soy foods (to a degree)	Dairy products (milk, cheese, yogurt)
Nuts and dried fruit (without added sugar)	Candies, most chocolates, "health" bars
Naturally sweet fruit	Sugars, artificial sweeteners
Whole foods	Artificial molecules
No preservatives	Preservatives like nitrites, benzoic acid
No artificial additives	Artificial additives like dyes, preservatives, flavors, MSG, etc.
Grass-fed meats	Corn-fed meats
Nuts (if you are not allergic)	Peanuts (they are legumes, not nuts; should be eaten sparingly)
Fish, especially seawater	Excessive meats and poultry
No hydrogenated fats	Hydrogenated or partially hydrogenated fats (trans fats)
Food your body likes	Food your body reacts adversely to

Thankfully, the list of things that cause inflammation is relatively short:

- Poor diet—mostly sugar, refined flours, processed foods, and inflammatory fats such as trans and saturated fats
- Lack of exercise

- Stress
- Hidden or chronic infections with viruses, bacteria, yeasts, or parasites
- Hidden allergens from food or the environment
- Toxins such as mercury and pesticides
- Mold toxins and allergens



The Zone is not some mystical place or some clever marketing terms. It is a real physiological state in your body where the hormones that control silent inflammation are maintained in a zone that is not too high, but not too low. This requires treating food as if it were a drug to be taken at the right dose and at the right time. However, saying food is a drug is actually derogatory to food since your diet affects hormones that are hundreds of times more powerful than any drug. In many respects, food will be the most powerful drug you will ever take because you are using this drug at least three times a day for the rest of your life. Thus your diet can be your greatest ally or worst enemy because the hormonal rules for humans haven't changed in the past 150,000 years, and they probably won't change tomorrow.

Anti-inflammatory Recipes

Salmon and Quinoa Bowls with Kale and Tahini-Yogurt Sauce

Prep Time: 15 minutes

Cook Time: 15 minutes

Total Time: 30 minutes

Serving Size: 4



Ingredients

- 1 cup white quinoa
- 1 bunch Lacinato, Tuscan or dinosaur kale, thick stems removed and thinly sliced
- 1 medium carrot, peeled and thinly sliced
- 2 tablespoons lemon juice
- 2 garlic cloves, minced
- Olive oil
- Sea salt
- 2 cups cooked chickpeas, rinsed and drained if canned
- 1/4 cup dried currants, cranberries or cherries
- 1 tablespoon hemp seeds (optional)
- Four 4-ounce sockeye salmon fillets (skin on)
- For the sauce:
 - 1/4 cup tahini paste
 - 1/2 cup water
 - 1 tablespoon lemon juice
 - 1/2 cup Greek yogurt
 - 1/2 teaspoon sea salt

Instructions

1. In a medium saucepan, combine the quinoa and 2 cups water. Bring to a boil, cover, and reduce the heat to low. Cook for 15 minutes, then let stand covered for 10 minutes off the heat. Fluff with a fork and set aside.
2. Meanwhile in a large mixing bowl, combine the kale, carrots, lemon juice, garlic, 2 tablespoons of olive oil and 1/2 teaspoon sea salt. With clean hands, toss the kale until very well coated in the lemon and oil. Add the cooked quinoa to the kale along with the chickpeas, dried fruit, and hemp seeds (if using). Mix until well incorporated and taste for seasoning.
3. Heat 2 tablespoons of oil in a large nonstick or cast iron skillet. Pat the salmon dry and season with salt. Cook the salmon skin-side down over high heat until nicely browned, 2-3 minutes. Carefully flip the fish and

- cook for another 2 minutes, until opaque up the sides.
4. Divide the quinoa between 4 bowls and top with the seared salmon.
 5. In a medium mixing bowl, whisk together the ingredients for the sauce until smooth. Add more water as necessary to make the sauce drizzle-friendly. Spoon over the fish and serve immediately.

Notes

The quinoa and tahini sauce can be made up to 3 days in advance.

Moroccan Red Lentil Soup with Chard

Prep Time: 5 minutes

Cook Time: 30 minutes

Total Time: 35 minutes

Serving Size: 4



Ingredients

- 2 tablespoons olive oil
- 1 medium yellow onion, diced
- 2 medium carrots, diced
- 2 large cloves garlic, minced
- 1 teaspoon ground cumin
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon red chili flakes
- 1/2 teaspoon sea salt
- One 15-ounce can dice tomatoes
- 1 cup dried split red lentils
- 2 quarts vegetable stock
- 1 bunch chard, stems removed, roughly chopped

Instructions

1. In a large stockpot or Dutch oven, heat the oil. Saute the onion and carrot over medium-high heat until soft and beginning to brown, 7 minutes. Add the garlic, cumin, ginger, turmeric, chili flakes, and salt. Cook one minute more. Stir in the tomatoes, scraping up any brown bits from the bottom of the pan, and cook until the liquid has reduced and the tomatoes are soft 5 minutes.
2. Add the lentils and stock. Bring to a boil, then reduce the heat and simmer uncovered until the lentils are soft, 10 minutes. Fold in the chard and cook until wilted, but still vibrant, 5 more minutes. Taste for seasoning.
3. Serve the soup in bowls with a wedge of lemon on the side or a dollop of Greek yogurt and some crusty bread.

Root Vegetable Tagine with Kale

Prep Time: 10 minutes

Total Time: 45 minutes

Serving Size: 6-8



Ingredients

- 2 tablespoons olive or coconut oil
- 1 large sweet onion, diced
- 1 medium parsnip, peeled and diced
- 2 large cloves garlic, minced
- 1 teaspoon ground cumin
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{2}$ teaspoon ground cinnamon
- 1 teaspoon sea salt
- $\frac{1}{4}$ teaspoon cayenne pepper
- 3 tablespoons tomato paste
- 2 medium sweet potatoes, peeled and diced
- 2 medium purple potatoes (or sub regular Yukon gold), peeled and diced
- 2 bunches baby carrots, peeled (or sub 2 medium diced carrots)
- 1-quart vegetable stock
- 2 cups roughly chopped kale leaves
- 2 tablespoons lemon juice
- $\frac{1}{4}$ cup cilantro leaves, roughly chopped
- Pepitas or toasted slivered almonds, for serving (optional)

Instructions

1. In a large stock pot or Dutch oven, heat the oil. Sauté the onion over medium-high heat until soft, 5 minutes. Add the parsnip and cook until beginning to turn golden brown, 3 more minutes. Stir in the garlic, ground cumin, ginger, cinnamon, salt, cayenne, and tomato paste. Cook until very fragrant, 2 minutes. Fold in the sweet potatoes, purple potatoes, and carrots. Cover with vegetable stock and bring to a boil. Reduce the heat to medium-low and simmer, uncovered, stirring occasionally, until the vegetables are tender, about 20 minutes.
2. Stir in the kale and lemon juice. Simmer for another 2 minutes, until the leaves are vibrant and slightly

wilted. Garnish with the cilantro and nuts, if using, and serve over quinoa or couscous.

Notes

You can simplify the ingredient list by only choosing a couple types of root vegetable. Most of the other ingredients are pantry staples, so don't be intimidated!

[Anti-Inflammatory Diet Tips From Dr. Andrew Weil](#)

[The Perricone Anti-Inflammatory Diet](#)

<https://youtu.be/KtHBB6Yq1Hk>

23 Ways To Getting Rid Of Inflammation and Joint Pain – Saturday Strategy

David Wolfe on Inflammation

<https://youtu.be/x0A2ydwr0jk>

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recovery zymes™

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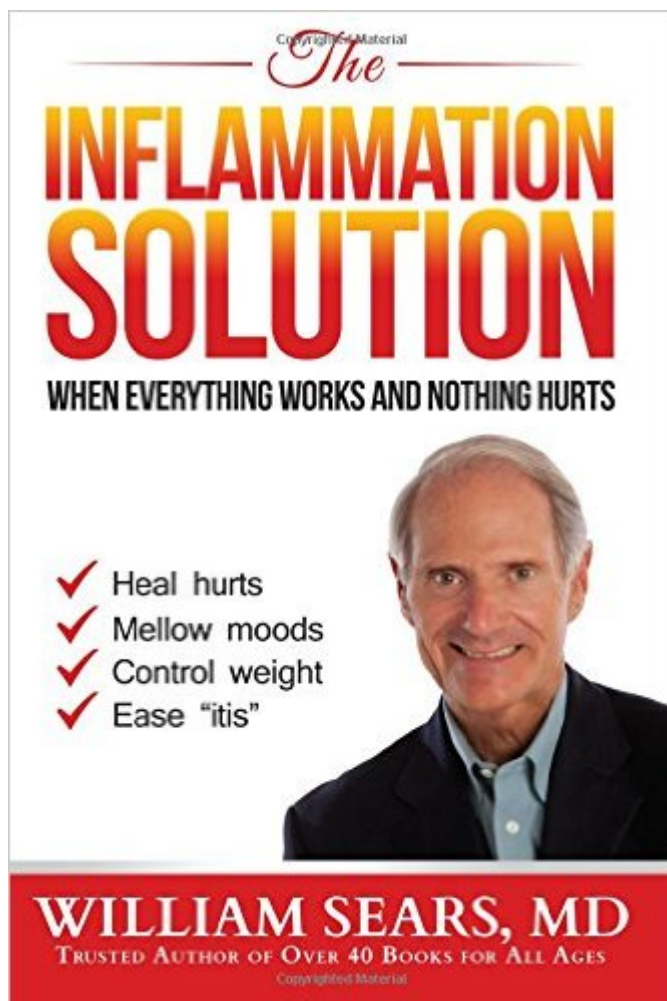
proteolytic enzyme
dietary supplement

tried & truthful



Michael's Naturopathic Programs Xtra Recovery W-Zymes

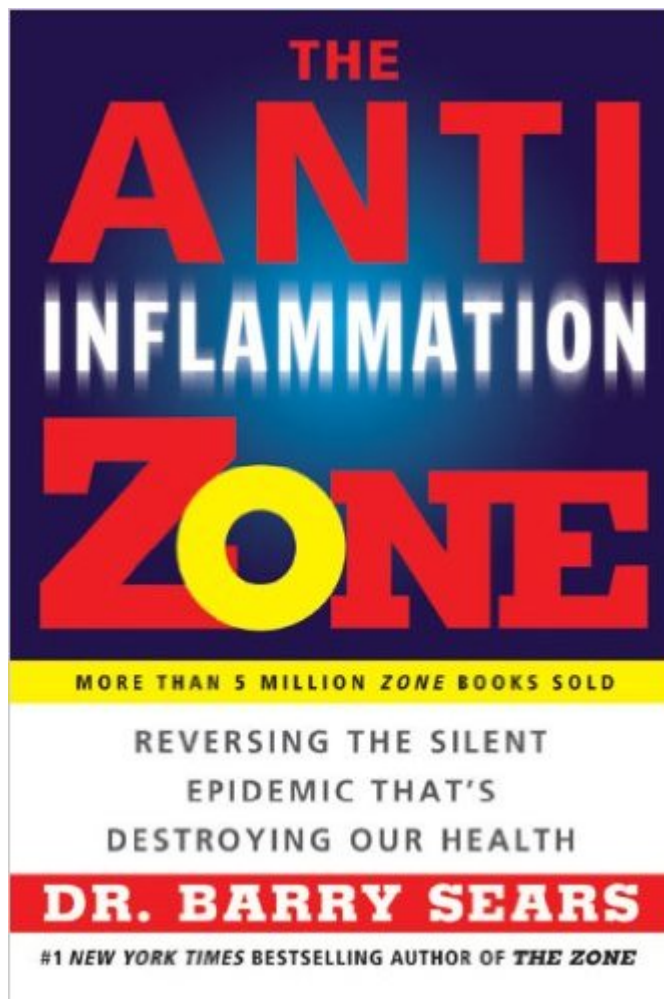
Proteolytic enzyme support formula for muscle excursion, Supports joints and tendons in both athletes and the elderly, Support's the body's natural inflammatory response.



The Inflammation Solution: When

Everything Works and Nothing Hurts

What “it is” is in your body? You will find the solution to your inflammation problem in this book. Enjoy not only a trusted science made simple and fun approach, but also sit back and smile. To tackle a confusing medical problem like inflammation, Dr. Sears writes with the intent: “If you laugh, you will learn – and heal.” Join in as you take a trip through the hurts in your body and learn how to heal them: – Why you hurt, how you heal – Enjoy the six-S anti-inflammatory diet – Help your body make its own medicines – Handle stress – Raise a less-inflamed child – Stay lean, and less inflamed – Eat gut-friendly foods – Ease hip, back and knee pain – Enjoy a smarter and less-inflamed brain – Use more self-help skills and fewer pills

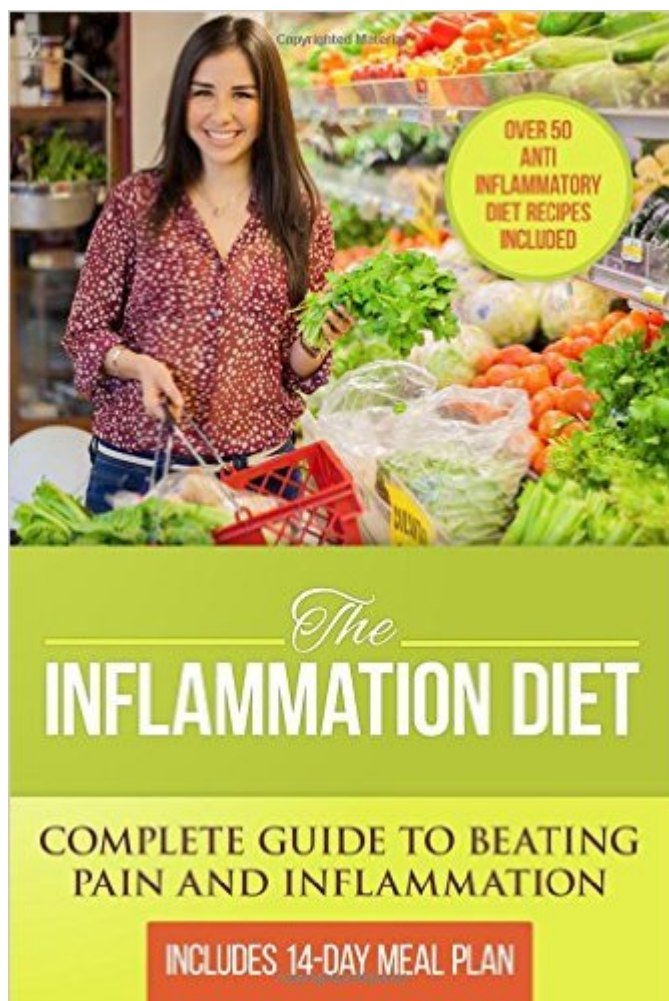


The Anti-Inflammation Zone

What do these devastating illnesses have in common? All three have been linked to silent inflammation, a condition that occurs when the body's natural immune response goes awry. Silent inflammation can continue undetected for years, continually assaulting the heart, arteries, and even the brain – and you will not even know it.

New research confirms that obesity is a primary cause of

silent inflammation. And inflammation is the smoking gun that links excess body fat to today's epidemic rise in heart disease, cancer, dementia, and countless other health threats. Although the science of this relationship is complex, the bottom line is simple: If not detected and reversed, silent inflammation will devastate generations of Americans and bankrupt an increasingly stressed health care system. The medical establishment appears to be ignorant about this problem, politicians don't talk about it – and yet virtually everyone in the country is affected by it.



The Inflammation Diet: Complete Guide to Beating Pain and Inflammation with Over 50 Anti-Inflammatory Diet Recipes Included

Inflammation has been called the “silent killer” and it has been linked to a wide variety of illnesses including heart disease, arthritis, diabetes, chronic pain, autoimmune disorders, and cancer. Often, the root of chronic inflammation is in the foods we eat. The Inflammation Diet: Complete Guide to Beating Pain and Inflammation will show you how, by making simple changes to your diet, you can greatly reduce inflammation in your body and reduce your symptoms and lower your risk of chronic disease. The book includes a complete plan for eliminating inflammation and implementing an anti-inflammatory diet:

- Overview of inflammation and the body’s immune response – what can trigger it and why chronic inflammation is harmful
- The link between diet and inflammation
- Inflammatory foods to avoid
- Anti-inflammatory foods to add to your diet to beat pain and inflammation
- Over 50 delicious inflammation diet recipes
- A 14-day meal plan

Take charge of your health and implement the inflammation diet to lose weight, slow the aging process, eliminate chronic pain, and reduce the likelihood and symptoms of chronic disease.

What are the effects of stress on your skin and the way we age?

Effects Of Stress On Your Skin



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

On week 239 we are sharing a post in the relationship of personal external and internal beauty and STRESS !!. we

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

Thank you for the thousands of likes and shares, with gratitude, love, and respect from all of us at Isabel's beauty blog.

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

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

Stress also is a known trigger or can be a worsening factor for fever blisters, psoriasis, seborrheic dermatitis and has even been shown to impair skin barrier function and dehydrate the skin – allowing more irritants, allergens, and infectious agents to penetrate the skin and cause problems.

Beyond the direct physiological effects of stress, people under stress also tend to neglect or abuse their skin. For example, they often lack the energy and motivation to adhere to their skin care regimens, and there also might be signs of stress-related habits – such as scratching, pulling or rubbing

– that can exacerbate issues, like going to bed with face fully made up.



On a microscopic level, stress reduction can decrease the release of pro-inflammatory stress hormones and chemicals. For

example, a release of neuropeptides (or stress chemicals released from the nerve endings) can be reduced with stress management techniques. Like exercising, breathing techniques Yoga, Qi Gong walking, meditating, laughing, Yes, that is right, laughing opens up the heart and resets the way you are breathing, dancing at home on your own, and so many other ways. The intention is to rest the mind until you feel joy. This often results in skin that looks and functions better.

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

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

Why is it important to control and understand cortisol? Well, very simple, cortisol is the primary hormone that our bodies secrete when we are under stress. This means that whenever we're under stress, we're exposed to cortisol. Cortisol isn't bad in and of itself. It's a normal part of our physiological

makeup of our bodies. The problem occurs when we're exposed to too much of it on a chronic basis-a scenario that is all too common in today's fast-paced, overbooked way of living, and the I don't have time personalities. Everything in moderation works and that includes Cortisol.

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

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

One major way that cortisol earns its tag as the death hormone is through its destructive effect on collagen, the most abundant protein in the human body (about a third of all the proteins) and the chief structural component of skin tissues (about 90 percent). Collagen serves as the primary framework on which all the major structures in our body, including our

skin, are built like bones hair, ligaments, nerves collagen is a major ingredient in our body. It's what wards off lines and wrinkles, and it is the closest thing we have to a fountain of youth.

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

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

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

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

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

health system if you are inclined to medications

Wound healing

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

Electrolyte and water balance

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

Sodium

Cortisol promotes sodium absorption through the small intestine of mammals. Sodium depletion, however, does not affect cortisol levels so cortisol cannot be used to regulate serum sodium. Cortisol's original purpose may have been sodium

transport. This hypothesis is supported by the fact that freshwater fish utilize cortisol to stimulate sodium inward, while saltwater fish have a cortisol-based system for expelling excess sodium.

Potassium

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

Memory

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

Factors reducing cortisol levels

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

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

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

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Overtime

Sick

Tired

Dread Health

No Time

Headache

Bills Payments

Stress

Stress

No Sleep

Debt

Fear

Work

Worry

Job

Anxiety

Retirement

Savings

Anxiety

Overdue

Expectations

Insurance

Time Management

Fear

Late Nights

Late Nights

ear

Acne breakouts

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

<http://www.perriconemd.com>

Dehydrated Skin Due To Stress

DEHYDRATED

www.healthdigest.com

- **ACNE**

Flushing out toxins with water may reduce breakouts

- **PAINFUL SUNBURNS**

Hydration calms sunburn symptoms and restores a fatigued body.

- **DRY, RED NOSE**

Staying hydrated in dry environments protects fragile nasal skin.

- **LONGER HANGOVERS**

Drinking water is thought to reduce hangover durations.

- **EYE BAGS**

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



HYDRATED

- **HEALTHY SCALP**

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

- **CLEAR, BRIGHT EYES**

Dehydration reduces potassium and electrolyte level to have moist eyes.

- **SMOOTH, WRINKLE FREE SKIN**

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

- **STRONG HAIR AND NAILS**

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

is your skin dry or dehydrated?

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

dry skin...

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

both

Flaky
Itchy
Sensitive
Tight
Dull

dehydrated skin...

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

dermalogica®

Dehydration

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

dry skin...

- Lacks sebum (oil).
- Is a natural skin condition from birth.
- Feels dry all over, including hands and on scalp.
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Dull

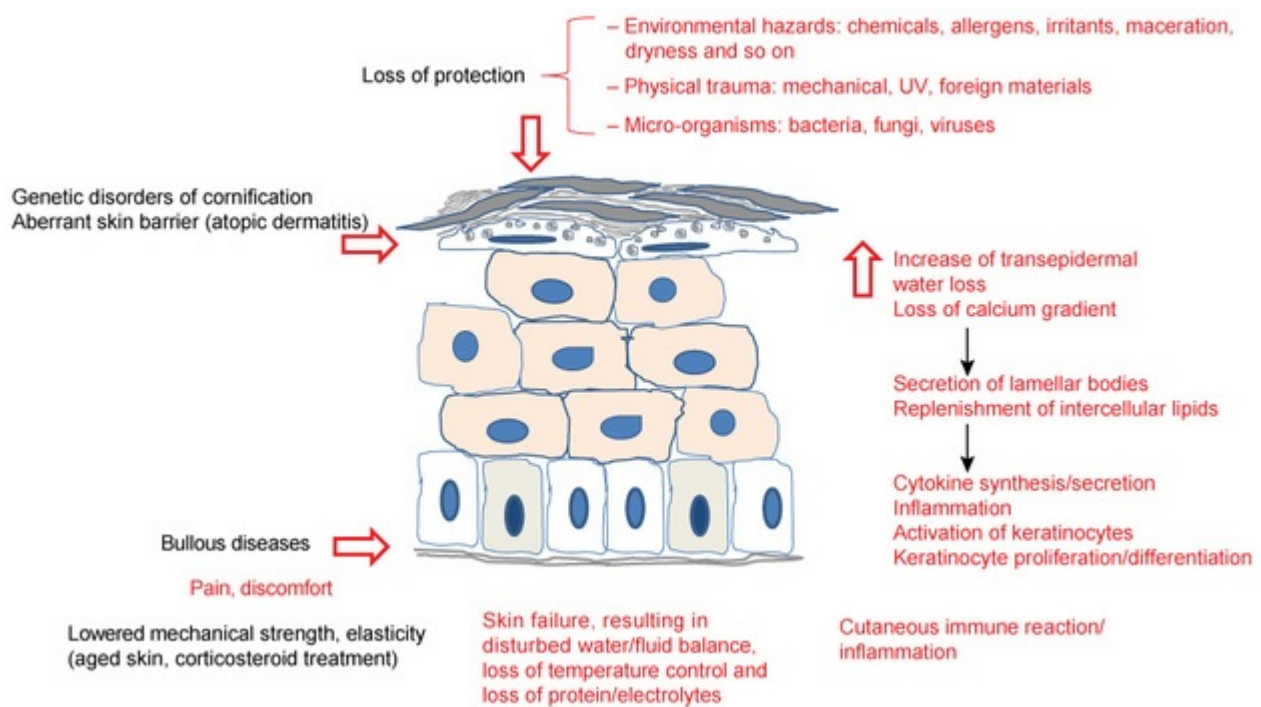
dehydrated skin...

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

Sign and Symptoms of Dehydration



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



Reduced collagen production

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

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

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

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

Collagen Nutrition Facts

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

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

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

And these "nonessential" amino acids are actually pretty darn important. Proline and glycine, in particular, play a major role in ensuring your body's running smoothly.

Proline makes up almost 15 percent of collagen. It also helps

your artery walls release fat buildup in the bloodstream, shrinking the fat in the arteries and minimizing fat accumulation. Healthy arteries equal a healthy heart!

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

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

Collagen Benefits

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

Skin and Hair

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

Joint

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

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

Leaky Gut

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

Boosts Metabolism & Energy

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

Strengthens Nails & Teeth

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

Detox

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

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

Reduce Cellulite/Stretch Marks

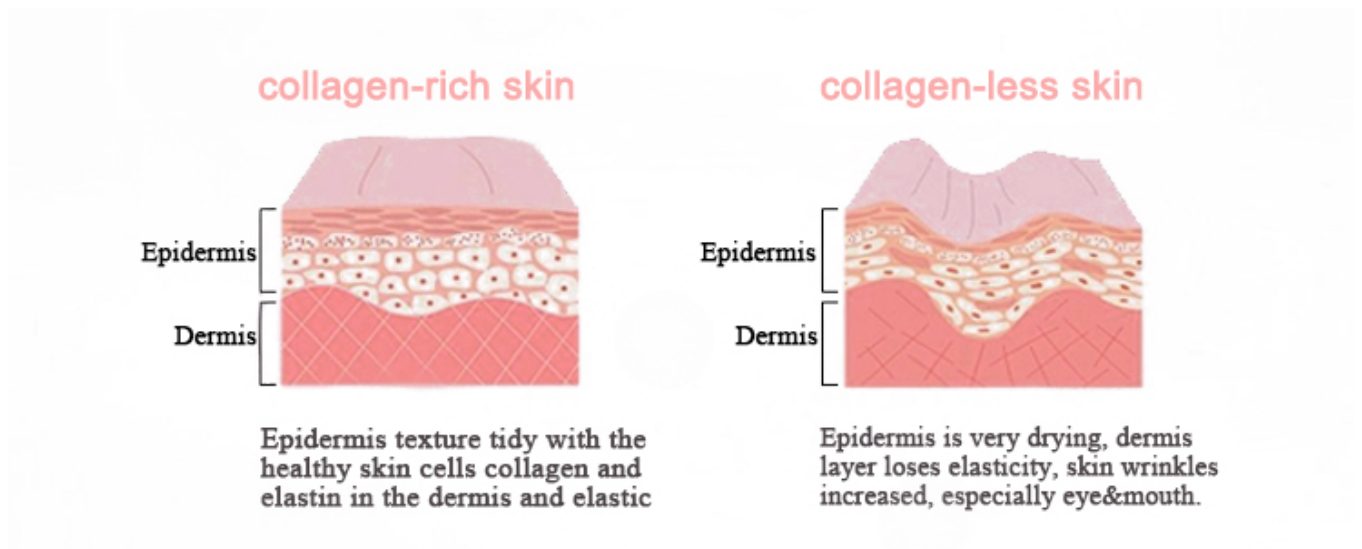
When skin loses its elasticity as a result of decreased collagen, there's another side effect: more visible cellulite! Because your skin is now thinner, cellulite becomes more evident – no more hiding what's happening below the surface. Improving your skin's elasticity through collagen will help reduce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

Collagen loss is a great cause of stretch marks, due to loss of elasticity.

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

Additionally, while many creams and powders claim to revitalize skin by adding collagen, the molecules in these topical products are usually too large for your skin to absorb. Through bone broths and supplements, you'll improve your body from the inside out.

Lastly, be aware that certain foods – ones heavy in amino acids – promote collagen growth more than others. Animal products like eggs, poultry, fish and milk can all help boost collagen formation. But veggie lovers, fear not! You can also use collagen in recipes for your family or kids, such as homemade healthy jello or all-natural fruit snacks.



- Avoid collagen killers: Smoking, too much sun, diabetes, poor nutrition, stress (from excess cortisol), and poor hydration.
- A diet high in plant protein (soy protein, hummus, nuts, nut butter, foods made with almond flour, etc) can offer the support of plant estrogens, or phytoestrogens, which have been demonstrated to have a positive effect on collagen.
- Omega 3 fatty acids (fish oils and flax seed oils) are

excellent “lubricators” of joints (to help with flexibility), improve dry eye and a host of other metabolic and mood elevating properties.

- Vitamin D: (at least 1000 IU a day) now being thought of as a hormone as it has so many varied effects on body systems, can contribute to a healthy, flexible, bone matrix...and has positive effects on the skin as well.
- Calcium: 1000mg prior to, and 1500 mg a day, after menopause through diet or supplements; best spread out through the day, as the body cannot absorb more than 500 to 600mg at once.
- Vitamin C: 400mg day can help support healthy collagen.
- Exercise: Muscle development can stimulate new growth of collagen and prevent atrophy, or loss of muscle mass that can contribute to sagging tissues and declining bone density.
- Biotin: 1000 mcg a day may help support hair and nail strength that often decline with menopause.
- Phytoestrogen supplements: With the decline of estrogen at menopause plant estrogen supplements can help offset the fallout. For a woman not on HRT, 70 mg of isoflavones a day may help support collagen and promote bone health.

Stress can also be the enemy of youthful-looking skin, so if you want to turn back the clock, you'll need to find a way to minimize stress. “Increased levels of another stress hormone, epinephrine, constricts blood vessels, reducing the flow of oxygen and nutrients that skin needs to manufacture collagen, wow that is a big one .” If you want to combat the effect of stress on your skin, a great facial exercise routine is a great one to practice, you can find a large assortment of facial exercises on DVD. “One of the best ways to restore healthy circulation is a program of facial exercises that incorporates aerobic techniques.”

Tips on Managing Stress

- Positive Attitude
- Support System
- Exercise
- Laughing
- Taking Time for You
- Meditation

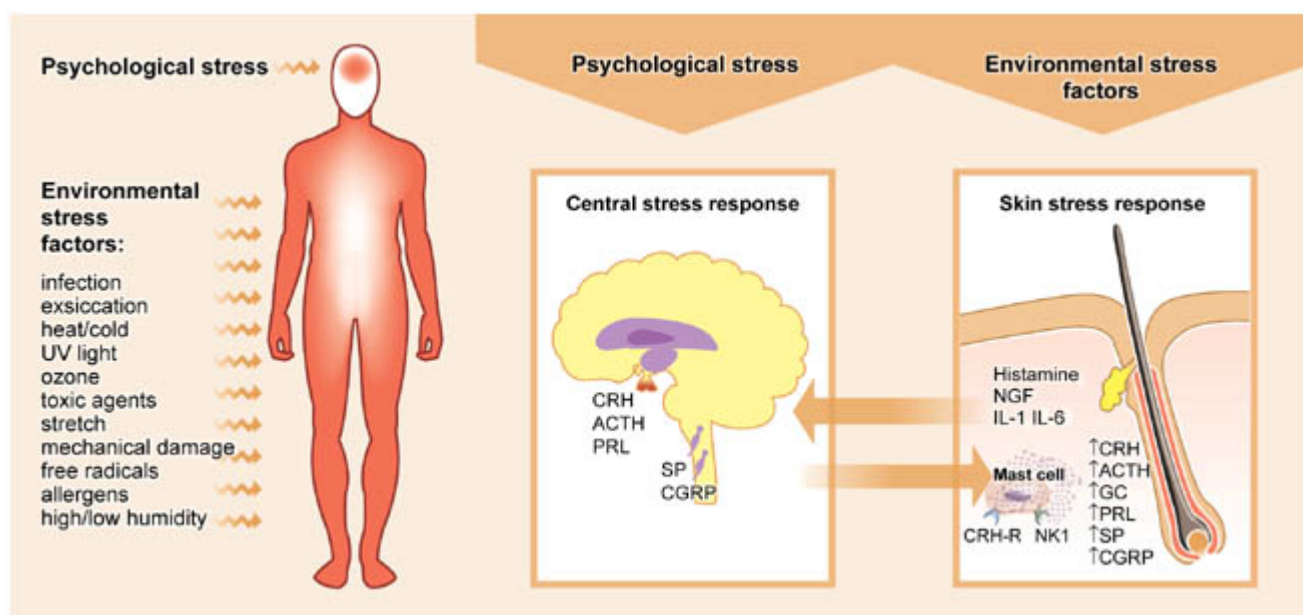


Neglect and abuse of skin

If you're overloaded with frustrating demands and a never-

ending to-do list, you may find yourself going to bed with your makeup on, not bothering to moisturize and even indulging in bad habits like picking at your skin. To get your skin back on track, treat yourself to a professional facial. "Make sure the Spa you choose provides a soothing atmosphere and plenty of TLC. With a little pampering to reduce your stress level and a revitalized complexion, you'll feel motivated to resume a disciplined skincare routine."We recommend choosing a natural Organic Skincare system to truly regenerate and calm the skin without harsh chemicals that cause more issues for your body to deal with.

This is great site to find spas: <http://www.spafinder.com>



Dull and troubled skin



What is happening with your digestion can have a big impact on what is going on with your skin, for example in Chinese Medicine the lungs rule Skin so if we are not experiencing full breathing we will have issues with are skin, hair nails to mention a few, at the same time Chinese Medicine believes

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

Tip:

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



80% Alkaline /20% Acid rule for healthy life

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

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

May be part of your 20% Acid food

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

E&OE C2011

<https://youtu.be/60IWqaQ4ocg>

Lines and wrinkles

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



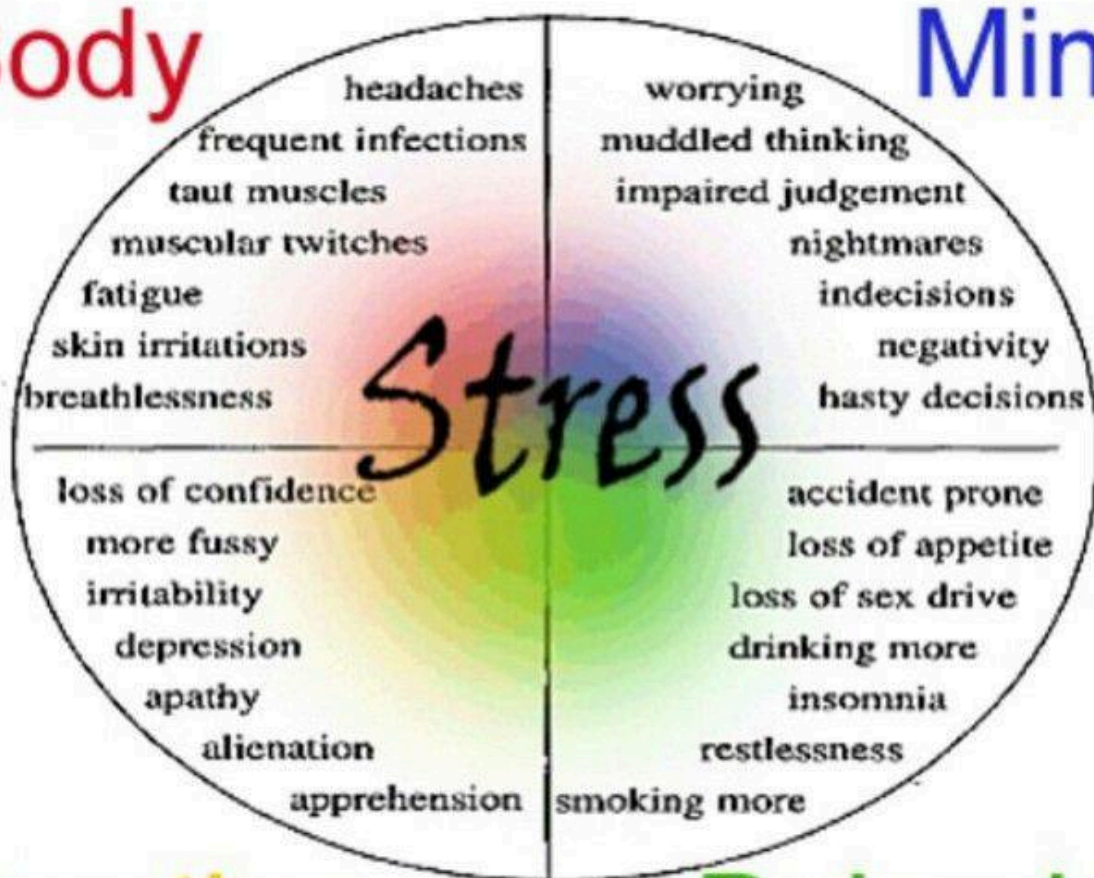
Tip:

Practice mindfulness and meditation be sworn off your expressions not only for the permanent marks we can accomplish by this action we probably have a look that is no so

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

Body

Mind



Emotions

Behavior



Lack of sleep

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

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

Tip:

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

Bad habits

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

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

Tip:

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

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

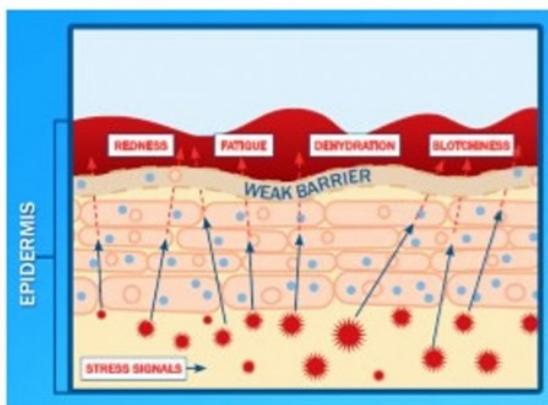
Heavy jaw

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

Tip:

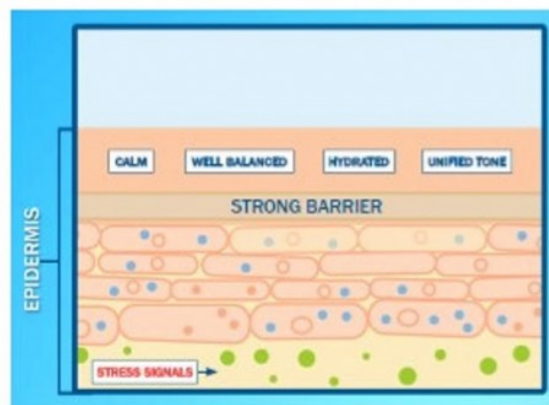
Speak to your dentist about wearing a special mouth guard if you grind your teeth in your sleep. A good magnesium supplement is a great muscle relaxer some come with calcium

and is effervescent and it tastes really good. You can also try alternative practices such as kinesiology, acupuncture, and cranial sacrum massage to help ease the tension. Acupuncture is what I use and it works miracles. Chiropractor work is another choice I usually resource to for relaxing, Yoga and Gi Gong are my favorites.



STRESSED SKIN

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



STRESSED SKIN WITH SKIN RESCUER

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

Detoxifying Your Life: Stress-Detox Secrets By Dr Perricone

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

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

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

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

Make sure that you get enough sleep

Try to minimize situations that create stress in your life

Don't drink coffee. Coffee contains many organic acids which can elevate our cortisol levels. It's important to avoid spiking these levels, as it can be toxic when large amounts of cortisol are circulating in our system for prolonged periods

of time. It is not specifically because of the caffeine because you can drink a cup of decaffeinated coffee at 8 AM and your cortisol levels will still be measurable at 10 PM –the same effects as a cup of regular coffee.

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

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

Substitute green tea for coffee.

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

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

According

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

Oysters

Research has correlated an imbalance of zinc to copper with anxiety. This trace mineral ratio is responsible for proper neurotransmitter function and adaptation to stress. Increased copper and decreased zinc may lead to symptoms of anxiety.

If it is, oysters are packed with zinc! This superfood of the

sea is a great way to balance the proper trace mineral ratio and your stress levels. It's also important to note that foods like grains and legumes contain phytic acid, an antinutrient that can bind to zinc and block its absorption.

Chamomile Tea

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

Turmeric

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

Dark Chocolate

Science has vindicated chocolate lovers everywhere. A randomized, [placebo-controlled trial](#) published in the *Journal of Psychopharmacology* revealed that people who drank a dark chocolate drink, equal to about 1.5 ounces of dark chocolate per day, felt calmer than those who did not.

Adaptogenic Herbs

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

Full-Fat Kefir

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

Turkey

You know that tired feeling people feel after Thanksgiving dinner? It’s actually from the tryptophan in the turkey. Tryptophan is a precursor to the neurotransmitter serotonin, which helps you to feel calm. Tryptophan in the form of meat has been shown to reduce anxiety disorders!

Avocados

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

Asparagus

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

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

<https://youtu.be/SLz6Vbxz2L0>

<https://youtu.be/WxEqooqgCEs>



Prana Orion 1/4 Zip

- Layer up with this comfortable prAna® sweater!
- Performance fit.
- Lightweight heathered fabrication boasts chafe resistant

flatlock seams and quick drying properties.

- Mock neckline.
- Long sleeves.
- Quarter zip front with locking pull.



Soybu Jacinda Pullover

- Pound the pavement with confidence and style in this Jacinda Pullover.
- Regular fit is eased, but not sloppy, and perfect for any activity.
- Space dye fabric creates an eye-catching effect.
- Side mesh panels offer breathability.



Free People Nomad Child Dress

- Flowing gauze dress features lace panels at yoke and sleeves for a feminine contrast.
- Round neckline with tassel ties.
- Long bell sleeves.

- Lovely floral pattern throughout.



London Times Plus Size Chevron Puzzle Long Sleeve Shift Dress

- Nobody will be able to solve the Plus Size Chevron

Puzzle Long Sleeve Shift Dress but you.

- Shift dress construction skims the body and flatters a variety of figures.
- Rounded neckline.
- Long sleeve design.
- Straight hemline.



Adrianna Papell Plus Size Structured Cape Sheath Dress

- Add class to any affair in this Adrianna Papell™ caped sheath dress.
- Sleek sheath dress features an attached cape that covers the back and arms.
- Sleeveless design with a bateau neckline.
- Concealed zipper in the back.