Face Reading Learn what your face has to say

The Power of Face Reading your face never lies

This post is about one of the most fascinating subjects I have studied. When I lived in China I was introduced to Face Reading and any time I could I will go to learn from the readers Wow, it is like they know your whole story. A well tuned professional face reader, can describe you and your ancestors so well that it may make you feel that he or she has been involved in your life on a daily basis. It is amazing. The accuracy and finesse of the system.
You may know someone whom people adore. Most likely this person isn’t wrinkle free and doesn’t have perfect features.

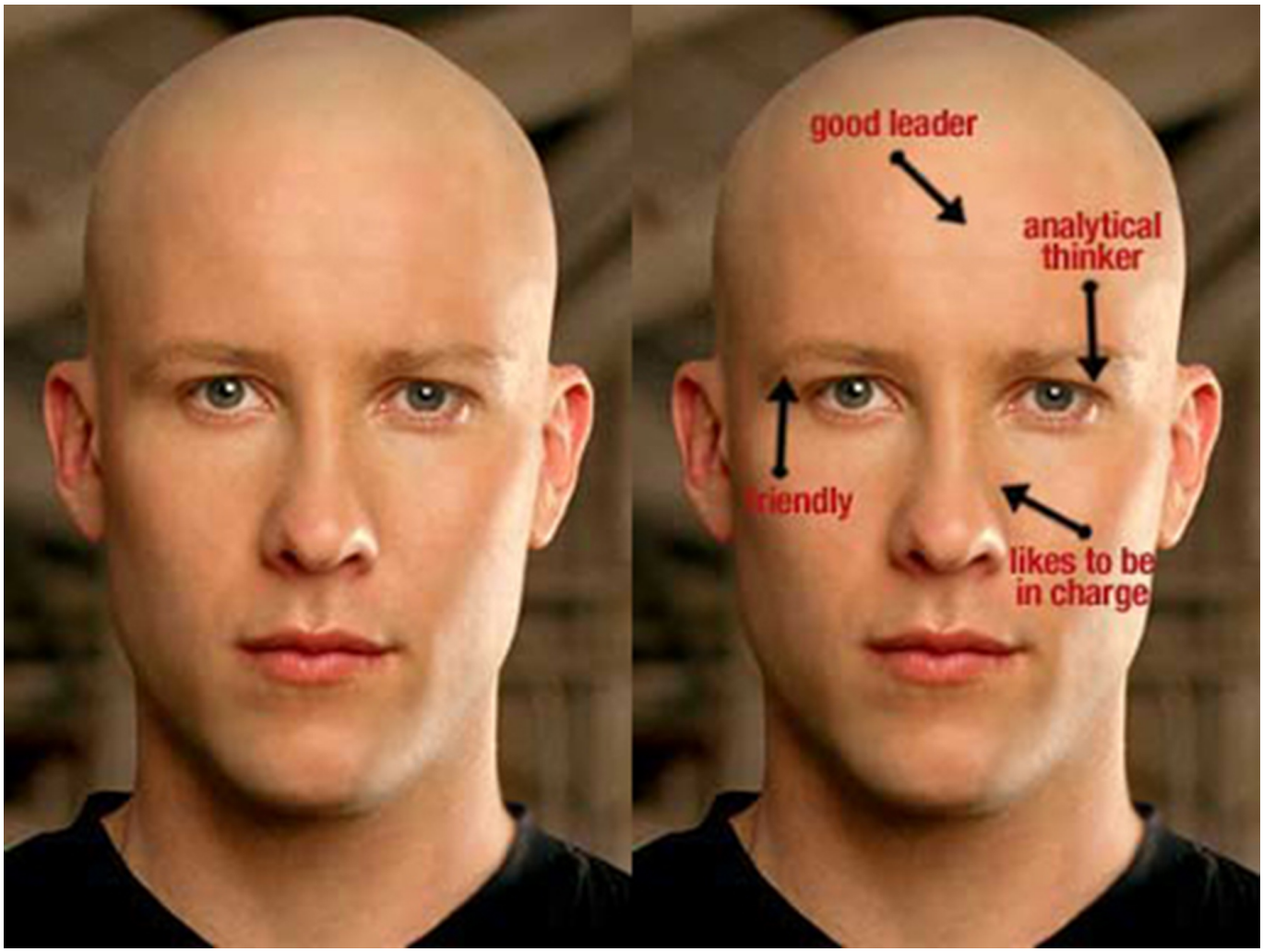


She was a perfect sample of the radiance, kindness and compasion that read through her beauty.

Yet when he or she walks into a room, everyone’s heart just soars. What they are responding to is the information that radiates out from that individuals face and body language. When people are living according to their true nature, everyone finds them beautiful.

With that being said, here we are posting a few facts about face reading there is so much more to it, we will continue to share with you in the future, here you can research more than the post with the links provided.

What certain areas of the face mean

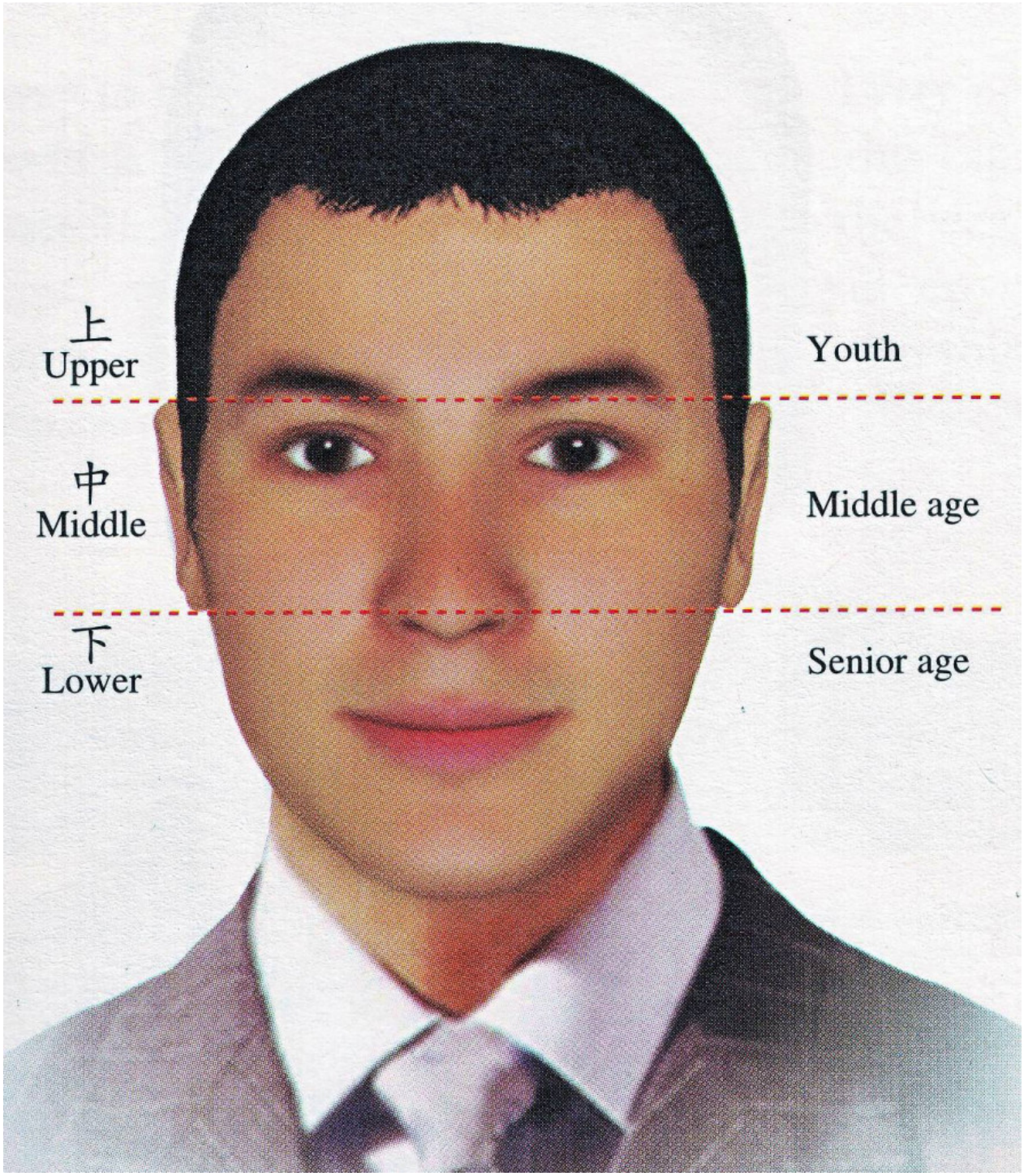


From http://english.eastday.com

Chinese face reading is as relevant today as it was in the past and its use is cross-cultural. We all have a blend of elements and all faces reflect part of nature pattern. Face reading first appeared in China during the 6th century BC, possibly as the specialty of magic it was not affiliated to any religion. It is thought that they were probably Taoist shamans from rural areas such as Szechwan who specialized in

non-traditional deviational arts. By 220 BC, the art of face reading was established in Chinese life and classic treatises, such as the Golden Scissors and Bamboo Chronicles, were written at this time.

There were also professional face readers during this time that combined the roles of priest, astrologer and counselor. They were well-educated men with great compassion for human frailty. The Chinese understood the concept that the face represents the energies, health and fortune of a person and they wished to live in harmony with these, and with the prevailing energies of the five elements, yin and yang, and the seasons. This wisdom has seen a huge resurgence in the West during the past 20 years with the growth of acupuncture, Chinese herbal medicine, Feng Shui and Qi Gong.


上
Upper
Youth
中
Middle
Middle age
下
Lower
Senior age

The Principles of Face Reading: Chart from The Joey Yap Store

The starting principles of face reading are the cosmic energies of the five elements and yin and yang. The elements are symbols and represent qualities of energy within each person that are reflected in the face. An elaborate physical, psychological and emotional profile can be built up, incorporating the energies of the features, the life points of the face, the three divisions from top to bottom (forehead, mid face and lower face) which show the nervous, circulatory and digestive systems and the facial zones which represent the internal organs.

Each face is a map of the past, present and future. The past would be described as our inherited constitution, our mother's pregnancy, our childhood and adolescence, with either difficulties or support in the family, and our early years as we start out in the world. The present reflects our health at the time of the reading. This is something we create ourselves. Coco Chanel said: Inappropriate diet, persistent negative emotions, drugs, toxins and stress all contribute to lines, congestion, and colors on the face.

The facial zones affected are related to the internal organs under stress. In the same way that the feet are a microcosm of the whole in Reflexology, so the face shows the inner health status and the person behind the persona. The future is not predestined in Chinese philosophy: acts of compassion can lengthen one's life, and taking greater care with health can resolve possible future symptoms. Sometimes destiny and the ups and downs of life can be improved by facial surgery? Correcting squints helps one's fortunes during the years 35-40. However, nose jobs, which expose the nostrils and

shorten the nose can affect the end of the 40s.

Here are some examples of various shapes and qualities of face reading:

What Eye Shapes Mean



One White Eyes
Center-focused eyes. Grandfather was someone of authority. Does not bode well for physical health, especially the heart.



Lower Three White Eyes
Belong to celebrities or those with social standing. Tend to be snobbish and arrogant. Are afraid of heights, and prone to legal disputes.



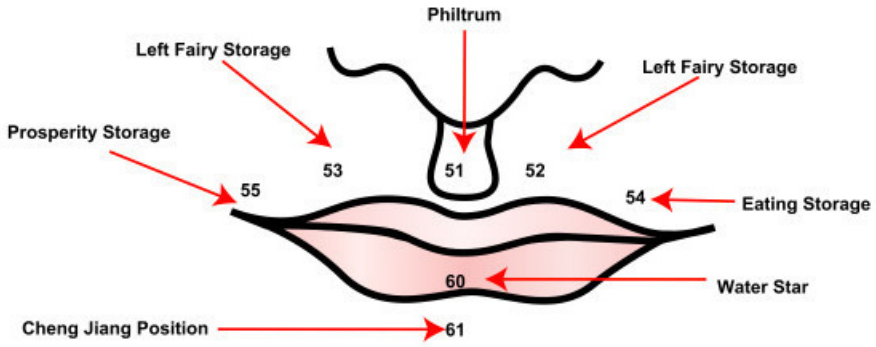
Big Eyes
Typically passionate characters, generous and not calculative. Proactive and easily adaptable, and more in tune with the senses.



Big and Round Eyes
Have expressive talents. Tend to trust people easily, and typically easy communicators who constantly need love.

What Mouth Shapes Mean

Mouth 嘴





Wide Mouth
Ability to make money no matter where one ends up. They are usually happy-go-lucky and popular, but may tend to lack direction in life.



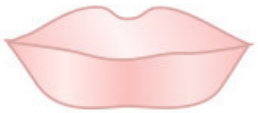
Small Mouth
Generally good-hearted people, but rarely happy. They tend to be amicable and have many friends, but may whine or complain a lot.



Upper Lips Thick / Protruding
Indicates a personality that feels a need to be wanted and loved by others. Sentimental in nature, and place greater value over emotional bonding than physical love



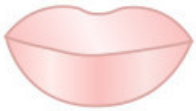
Lower Lips Thick / Protruding
Indicates a strong character that is independent and self-reliant. A tendency to be self-motivated, and values physical gratification over emotional love.



Thick Lips
This indicates a person of passionate temperament. They tend to be adoring, demonstrative, and enthusiastic when in love.



Square Mouth
Typically a lucky individual who can find success and happiness in all areas of life. Usually an honest and levelheaded personality, and liked by all.



Round Mouth
Indicates a personality with no hidden agenda, and content with what they have. Prone to constant worries, and generally lack a sense of security.



Reverse Boat Mouth
Typically a solitary nature, and may be sad and morose. Lack affinity with friends and loved ones. May also be stingy when it comes to money matters.



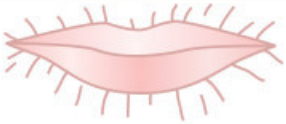
Pearl in the Sea
The 'Pearl' indicates a person who likes to argue, and always argues to win. Good at debating and articulating an argument.



Smiling Mouth
Typically belongs to happy people who are grateful for what they have in life. Clever and straightforward, and also indicates a creative or artistic nature.

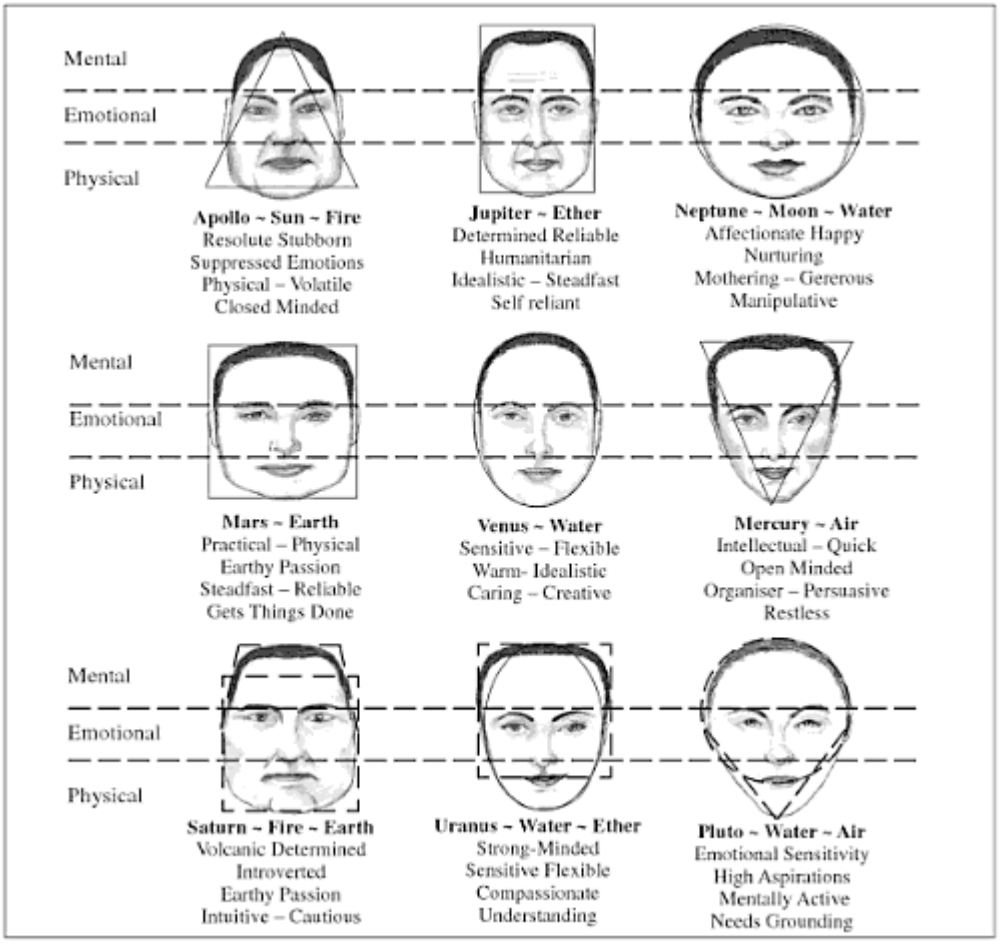


Crooked Lips
May have a wagging tongue, and a tendency to be scheming and wily in relationships. Will take advantage of superiors.



Lined Mouth
The lines that appear on a mouth aren't good lines – they are indicators and harbingers of loneliness. May live to an old, lonely age.

What Face Shapes Mean



Charts from The Joey Yap Store

Round Face: They are known as water-shaped faced people. They have plump and fleshy face. They are known to be sensitive and caring. They are thought to have strong sexual fantasies. If you are looking forward for a long-term, stable relationship,

these people will prove to be the right choice.

Oblong Face: The long, thin face is called the wood-shape face. These people may have a muscular or athletic physique. They are thought to be practical, methodical and tend to be a tad more overworked. They are weighed along with narcissism and may have problematic relationships.

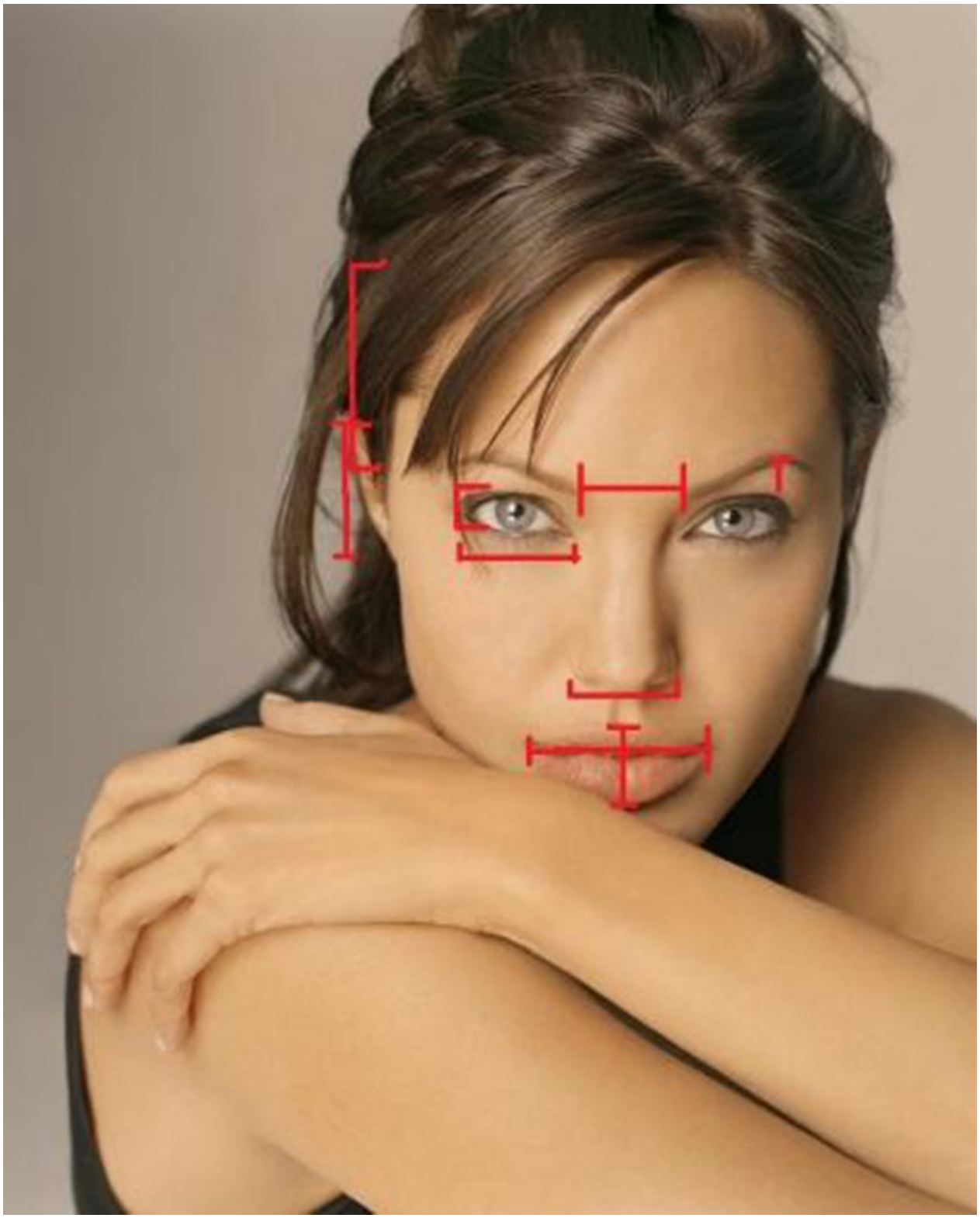
Triangular Face: These face types are usually related to a thin body and intellectual persuasion. They are considered to be creative and thought to have a fiery temperament according to the Chinese face readers.

Square: They are known as the metal shape face. These people are thought to have an intelligent, analytical and decisive mind. The face shape is associated with an aggressive and dominating nature.

Rectangular Face: signals some variety: they tend to dominate but with less force, often they get their way in politics, business, sports, being always balanced, sometimes ambitious, sometimes melancholic.

Oval: expresses a character somewhat balanced, sweet, charming even, in which case those individuals are often best diplomats, but also able to duplicate, women are often best artists. Sometimes they can be dangerous, but temperamentally are weak, often they are weaker in physical strength, sometimes underactive.

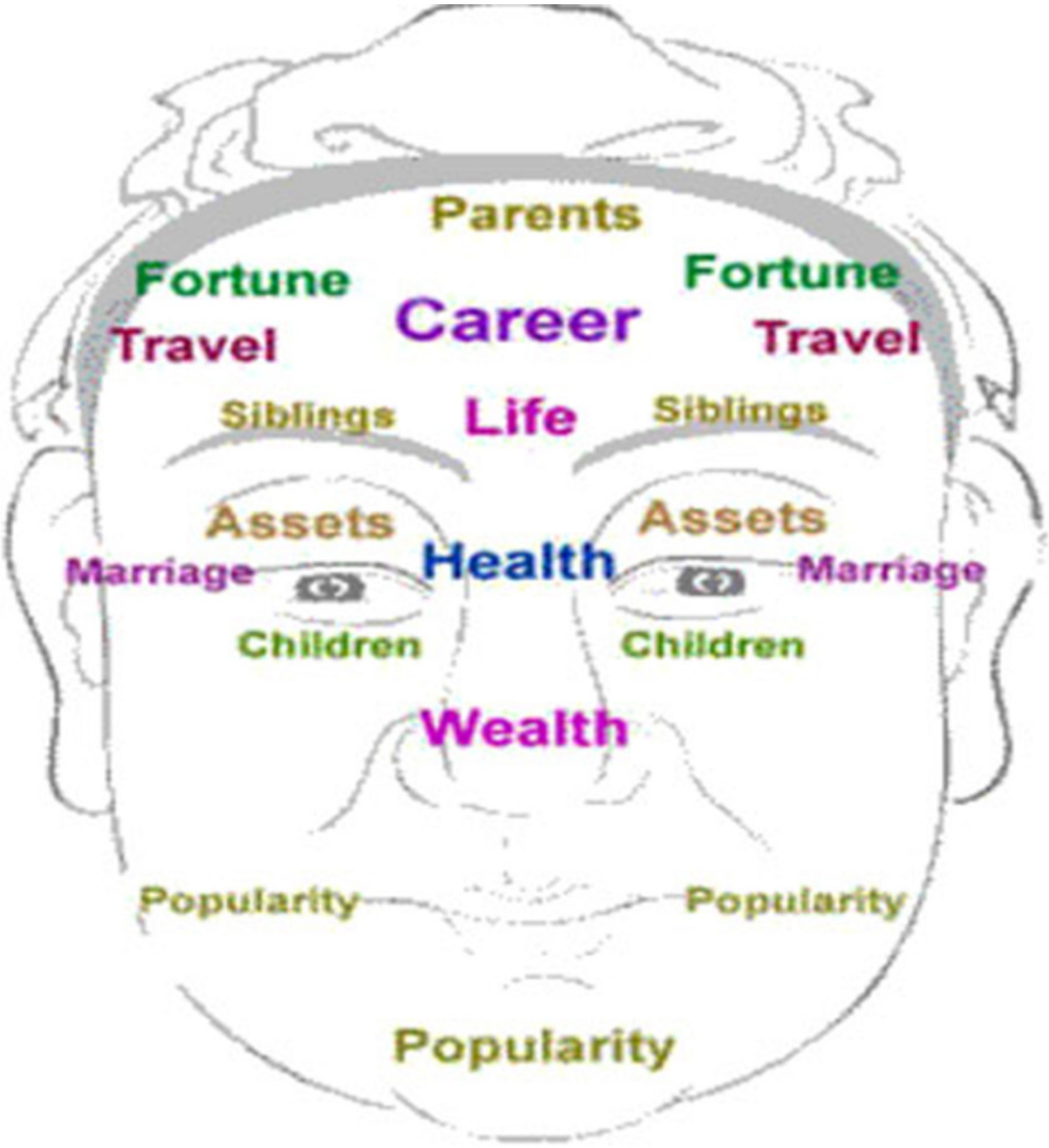
Balance and proportion are important in face reading



Balance and proportion are important in face reading, as in Chinese paintings. There are needs for harmony between the mountains (the yang element, represented in the face by the bones) and the rivers, (the yin element which is the soft tissue). Although a face may be considered beautiful by society, in face reading terms it may be too yin (upturned nose, large wide mouth, eyes too far apart, thin eyebrows). Many models have this look. In our language we have many expressions to describe character traits: pay through the nose, two faced, keeping one's nose clean, chinless wonder? We may have forgotten how these came into a language in the first place, the mouth relates to communication, and the chin signifies determination, ambition and practicality among other traits . So, face reading can be used to sum up a person's energies, to get a health read-out, to assess character,fortune and other a tributes to help gain self knowledge and to plan for good health.

There are numerous ways to read a face in Chinese physiognomy: 3 Quarters, 8 Trigrams, 108 Spots, examining the shapes, the colors, the wrinkles and the moles, just to name a few. A master of face reader usually employs the combination of several techniques to gain multiple perspectives and perform cross-examination.

Following is a brief introduction to the 12 Houses method.



1. Fortune House (Fude Gong)

It gives an overview of your general fortune trend. An ideal Fortune House should be round, full and smooth with no

visible marks, lines or scars. Flaws in these areas reflect challenges in your life, which can be in the form of poor health, distressful relationships or money troubles.

2. Parents House (Fumu Gong)

It is associated with Heaven Luck; in this regard its state is quite a testimony to the situation that your parents were in

and your relationship with them. A forehead that is wide, round and shinning speaks of a good family inheritance, a comfortable upbringing and early achievement, while a small, bony or disfigured one illustrates an uneasy childhood.

3. Career House (Guanlu Gong)

Again, being broad, round and smooth is the basic criteria to identify a good Career House. If on the top of that, you also

have prominent cheekbones and protruding eyebrows, you shall have a great chance to achieve a great success in your chosen field.

4. House of Travel (Qianyi Gong)

If it is in any way disfigured with scars or deep lines, you might be better off sating put. Furthermore, jobs or businesses involving transportation, tourism or import/export are, understandably, not your best choice.

5. Life House (Ming Gong)

The key to your fortune is deposited here. Naturally, being smooth and shinny is ideal, which suggests a trouble-free life

journey. If it is receded, dimpled or scared; or there are permanent horizontal lines between the brows; or eyebrows meet in the middle, you may face a bumping road ahead.

6. House of Siblings (Xiongdi Gong)

Eyebrows and the areas directly above them represent and it also oversees your relationship with your friends and

colleagues. The state of your hair has a direct connection to the physical conditions of your parents at the time when you were conceived, which means it has a lot to do with your genetic make-ups. Brows that are dark, thick, long, smooth, orderly and located high above eyes indicate a healthy hormone level that gives rise to affection, calmness and courage. If they look sparse, thin, pale, short, or chaotic, or too close to eyes, or marked with a scar, you could be tormented by your own physical or emotional states.

7. Assets House (Tianzhai Gong)

Your eyes portray your intelligence and temperament, and the very quality of these dispositions plays important role in your asset acquisition endeavor. Good Asset Houses are constituted with eyes that are long with large pupils and clear whites, and up-eyelids that are broad and full. Recessed or narrow eyelids exhibit impatience. If the whites are colored with red streaks, and worse, if the streaks pass through a pupil, you should brave yourself for challenges in reference to your financial concernes.

8. House of Marriage (Qiqie Gong)

Being full and smooth in appearance indicates a happy marriage. A receded House however rings a bell on extra marital

affairs. If the area bears visible spots, scars, black moles or messy lines, your marriage could have challenges due to some unscrupulous conduct.

9. House of Children (Ernu Gong)

This area is closely related to cerebellum and also governs your love and sex life, so again, being full and round is better than being flat or receded. Dim moles or slant lines across the area are especially undesirable, suggesting some challenges regarding your own sex life or your children's future development.

10. Health House (Jie Going)

If the House is broken or marked with horizontal lines, or if it is stained with spots, marks or discoloration, you shall pay extra attention to your health, especially your digestive system.

11. Wealth House (Caibo Gong)

A nose that has high and straight bridge, big and round tip, full and fleshy wings, and invisible nostrils, not only indicates sound physical health, a positive mental attitude, also denotes success in career and abundance in wealth. On the other hand, a nose that is low, or crooked, pointed, or narrow, bony, or with contoured bridge, upturned tip, visible nostrils, reveal a problematic personality, a troublesome financial situation or a difficult career path. If blood vessels are clearly visible, or a dim blue color tones the surface, pay attention to blood pressure and heart health. When a nose turns bloody red, which is dubbed Fire in Lounge in Chinese physiognomy, it should be viewed as a to excessive warning sign

12. Popularity House (Nupu Going)

This House rules your relationship with your colleagues, subordinates or younger generations, and foretells your situation in your old age. When they are round and full, you can expect to enjoy your popularity among your followers.

But if it sharps off, or appears crooked or bony, you probably should reconsider your dream about being a politician. And what's more, you'd better prepare for self-support during old age.

Marks, spots, scars on, and even shapes of your face can change over time, meaning your fate can alter through the years. You can utilize your Man Power (your attitudes – good deeds, better learning and hard work) and the Earth Power (your environment – favorable Feng Shui) to neutralize the Heaven Power (your time of birth – what you have inherited from your parents and your previous lives). Ultimately, you are the real creator of your own fate. When you change your heart, you change your face; when you change your face, you change your fate.

More Face Reading will come in future posts stay tuned

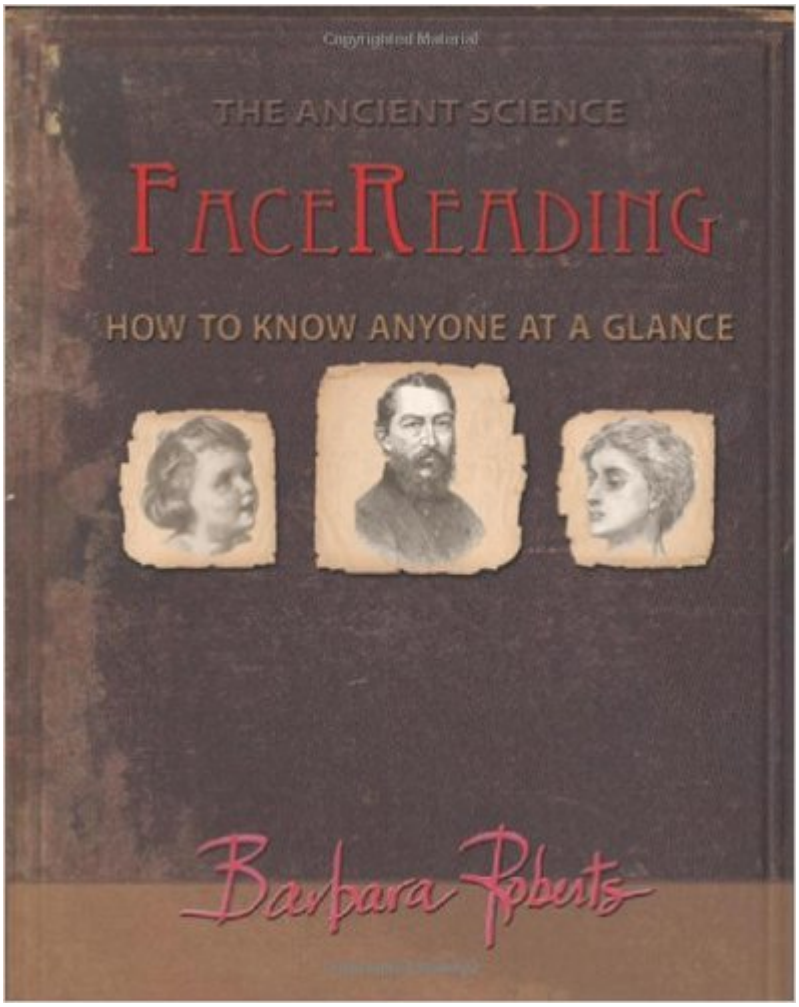
Face Reading part 1 by Joey Yap

Face Reading part 2 by Joey Yap

The CAREER your were BORN to do! by Barbara Roberts

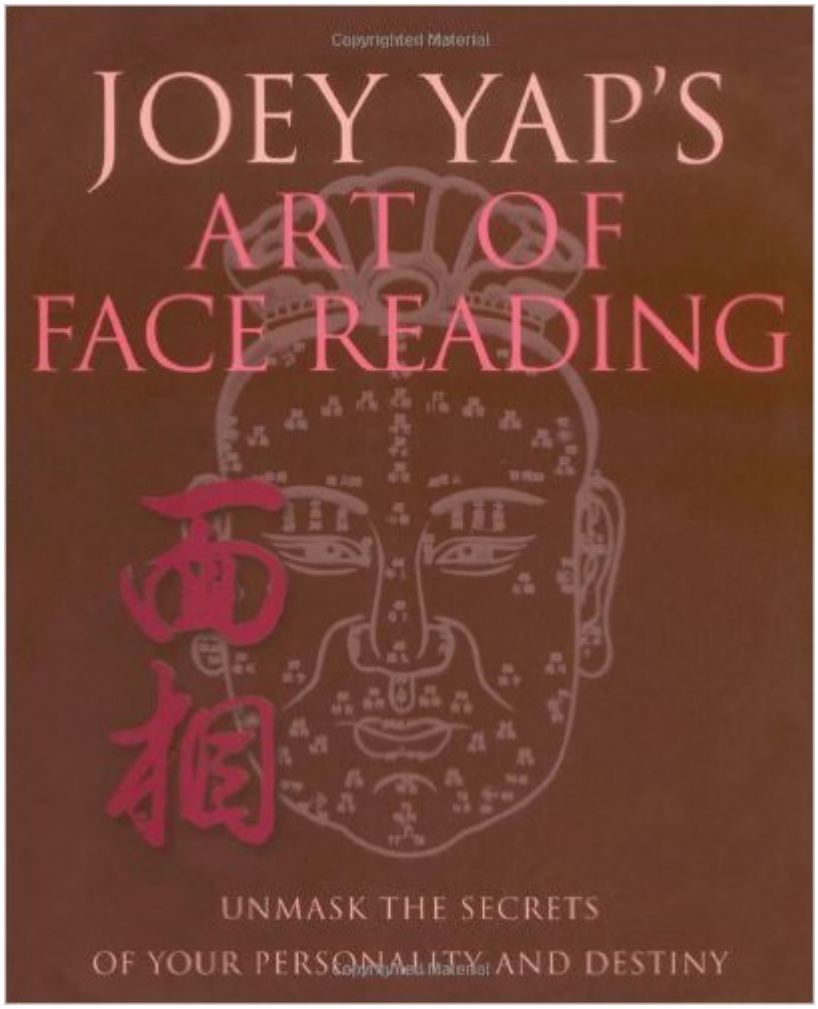
Face Reading – Eyes

How to Read Faces and Personalities



Face Reading: How to Know Anyone at a Glance

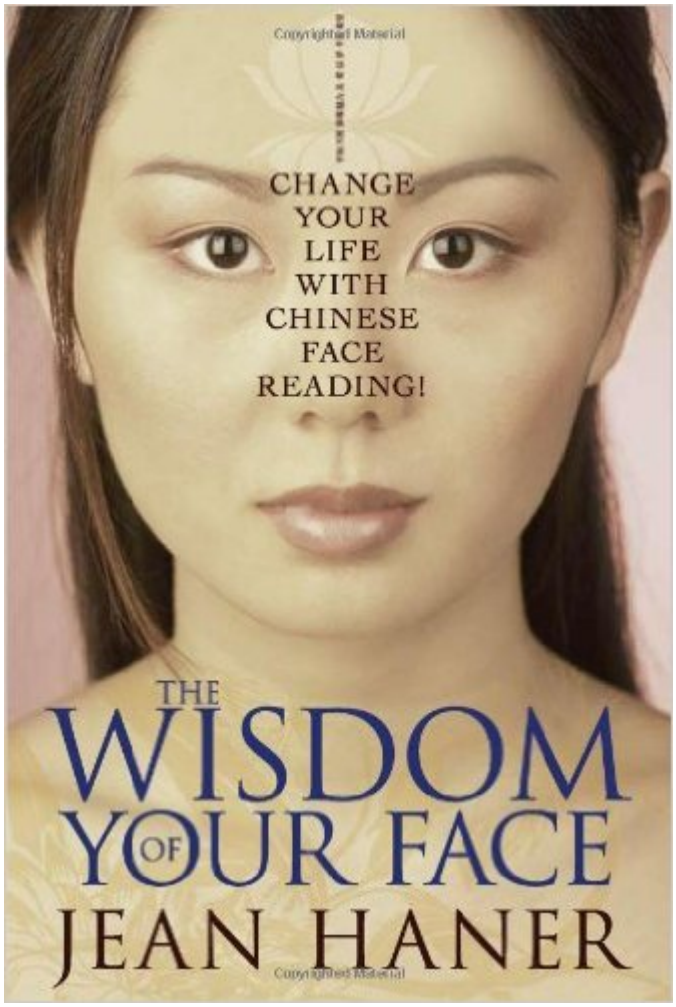
FACE READING WILL HELP YOU – Choose the Career you were born to do. Read your Boss's face. – Protect your children by knowing Dangerous features in strangers – Hire Smart! Know how to choose people of Destiny. – Date safely on the Internet. Avoid mistakes! – Gain insight about your Health or illness by using facial indicators. – Know the Secrets for effective managing and business strategy – Learn psychological meanings for over 100 Facial Features



Joey Yap's Art of Face Reading: Unmask the Secrets of Your Personality and Destiny

Chinese face-reading, or Mian Xiang, is a form of physiognomy, or the observation of appearances. This ancient technique reveals not only a person's true character, but also his or her fortune, luck and talents. "Joey Yap's Art of Face-Reading" is a brilliant introduction to this powerfully accurate art. In this illuminating guide, bestselling author and master trainer Joey Yap explains how the face is essentially a map of our destiny and luck. With detailed illustrations, he presents the '100-year map' of the face, or

the 100 points that govern a person’s fortune and luck from the age of 1 to 100. He also unlocks the areas of the face known as Officers and Palaces, which tell us about a person’s character, future challenges, obstacles and talents in life – along with other facial features such as moles, which Joey explains how to identify and interpret. With this guide, you will learn to use face-reading to examine your own life stages and destiny, and those of others, at a glance.



The Wisdom of Your Face: Change Your Life with Chinese Face Reading!

What if you could tell, just by looking at others, how they tend to think, feel, and behave? What if your partner's face revealed the best way to resolve any conflicts between you? And what if you could discover in your own face the wisdom that you need in order to be the best *you* you can be?

Based on the same ancient foundation as acupuncture and Chinese medicine, face reading has been in the "research and development" phase for over 3,000 years. When translated to make it meaningful for our Western lives, it's a powerful source of wisdom that we can all access. Chinese face reading shows you how to live your life in alignment with your own natural flow, find the life path that gives you joy, attract relationships that nurture you, and most of all, enable you to feel compassion for yourself and others. This book will forever change how you see yourself . . . and all the people in your life!



Keen Betty Boot II

The Betty Boot II is an essential winter boot that will keep you warm and ready for any snow fight!



Keen Galena Mid

Soles stay toasty warm, whether you are stepping out to grab the newspaper or kicking back fireside, when you’re in the Galena Mid boot from Keen®.

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



Effects Of Stress On Your Skin

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 maybe 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.

On a microscopic level, stress reduction can decrease the release of pro-inflammatory stress hormones and chemicals. For example, 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 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 such ua a relentless headache, an upset stomach, or tightness in the chest.



Acne breakouts

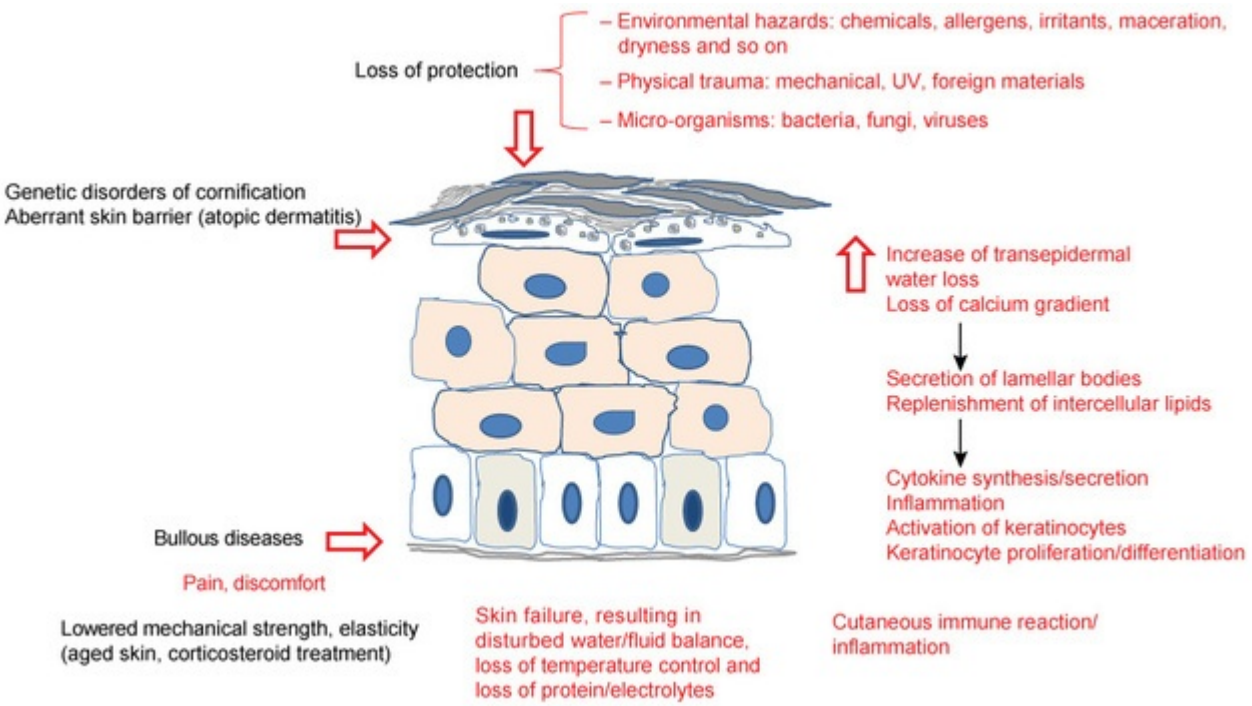
Acne breakouts are stressful enough – especially when they happen the day before a date or other big event, but it turns out stress itself could be causing those pesky blemishes. “Overproduction of the stress hormone cortisol sets the stage for acne flare-ups by promoting oily skin and interfering with your body’s ability to regulate inflammation.”not to mention it helps you gain weight in the mid section 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 reseting your self to different activities and perception of the situations that cause you stress.You can

start using an organic skin cream that contains natural anti-inflammatories such as green and chamomile teas, cucumber and any product that is cooling and soothing. 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 too.

http://www.perriconemd.com

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 distressing plan get a massage go to a spa change your diet to a more blend easy to digest diet,switch to a more rich cream that contains plant-derived moisturizers such as aloe vera, hyaluronic acid, shea butter and avocado oil treat your self to hydrating masks. “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.”



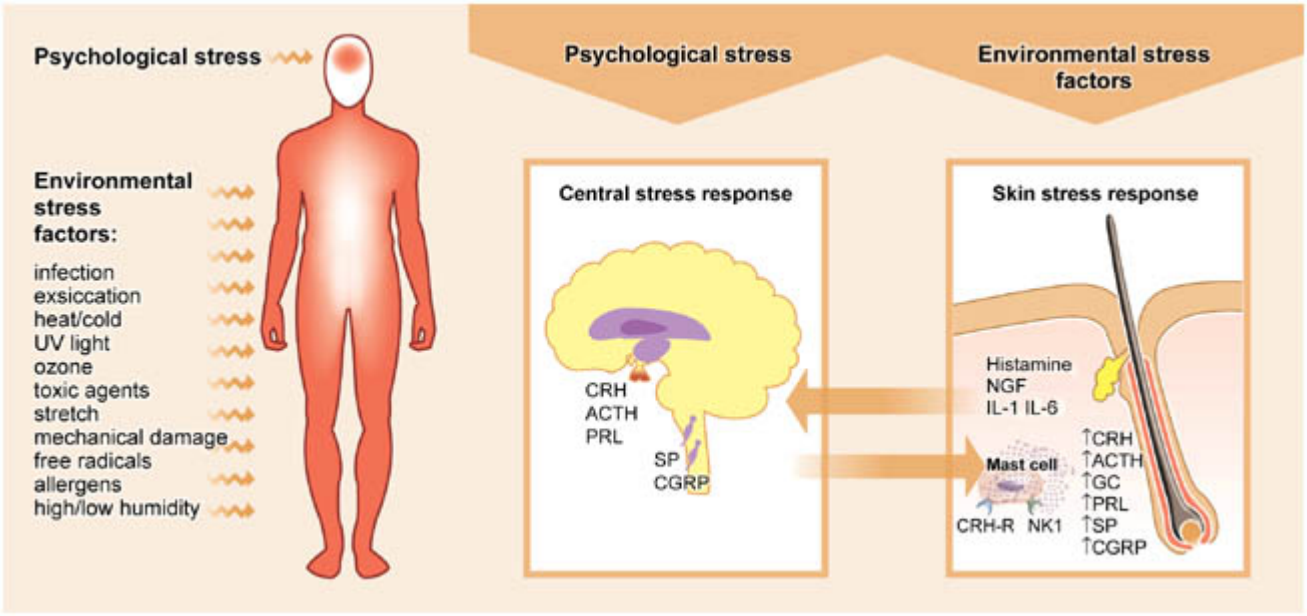
Reduced collagen production

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." 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."



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 salon 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 skin care routine.”We recommend to choose a natural Organic Skin care system to truly regenerate and calm the skin without harsh chemicals that causes more issues for your body to deal with.



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 lose,the ability to create cellulite and the Spleen is directly connected to worrying, so ladies for the overly worry and controlling little fairies we may want to leg go and trust don't for get that trust is connection to are deep intuition and faith and we have that available at all time we just need to tap in to 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 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, too.

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 alkalising foods in your diet (lets 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 cocider applying a probiotic skin care line or yogurt with a bit of salt.

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 bond to the proteins in your skin’s collagen fibers causing them to harden and crack and resulting in loose skin(defenetly the Spleen controls satin and is directly connected to worry and stress) and deep wrinkles.” To maintain proper blood sugar levels and keep skin looking youthful, Isabel recommends avoiding refined carbohydrates (e.g. white bread, junk food)

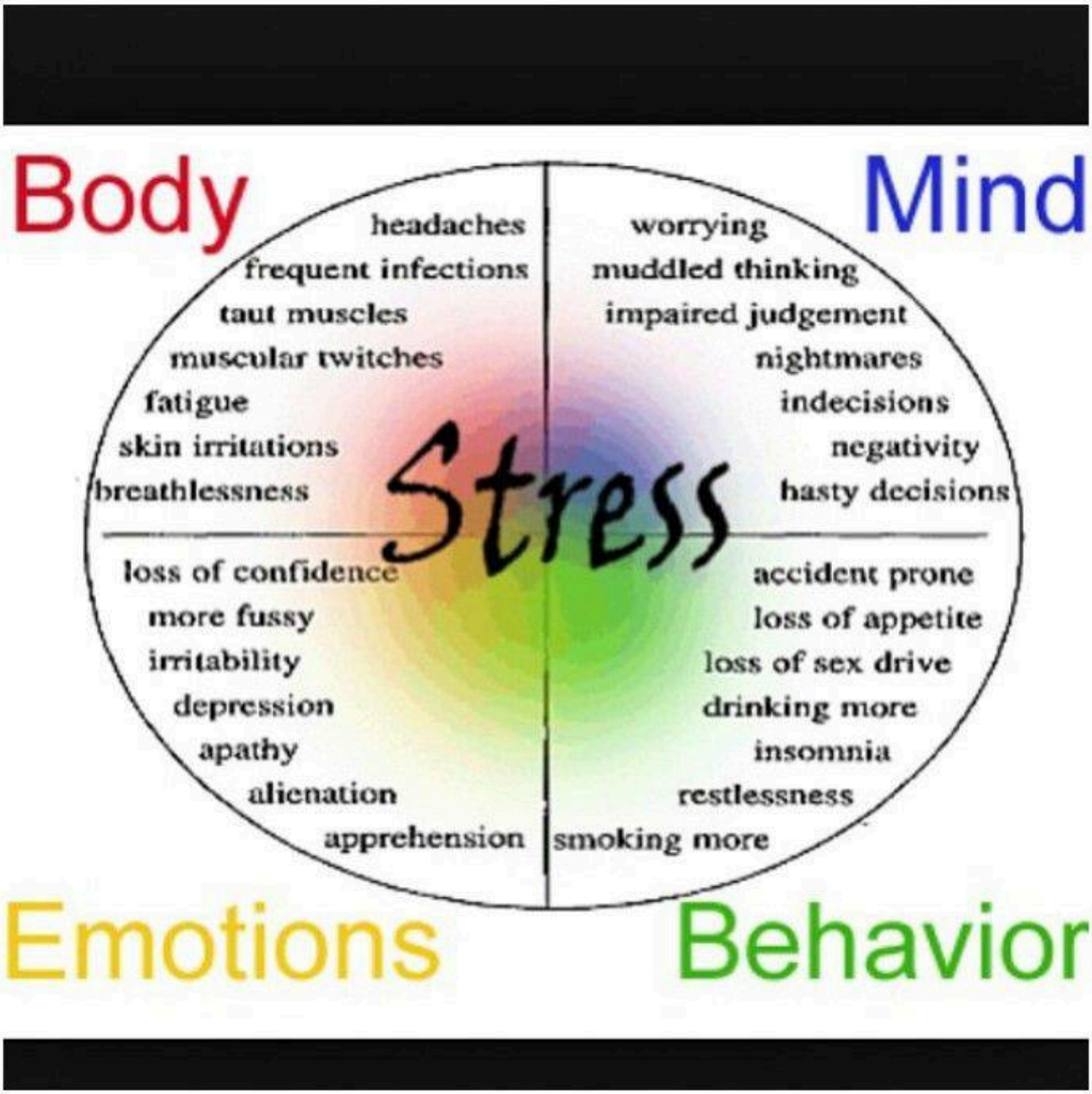
and eating more vegetables, whole grains and beans, fermented food like Sauerkraut, organic pickles and nay fermented food of your choice that will aid digestion in a huge way.There are two ways stress contributes here. Firstly, as previously mentioned, stress can cause dry and problem skin, and dryness 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 swear of 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 witch if your 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 teen, 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
headaches
frequent infections
taut muscles
muscular twitches
fatigue
skin irritations
breathlessness
worrying
muddled thinking
impaired judgement
nightmares
indecisions
negativity
hasty decisions
Stress
loss of confidence
more fussy
irritability
depression
apathy
alienation
apprehension
accident prone
loss of appetite
loss of sex drive
drinking more
insomnia
restlessness
smoking more
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. 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 witch is result of over taxed adrenals these little glands are your battreries .

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. 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. Swap alcohol for a cup of Chamomile tea like Tulsi Tea . 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.

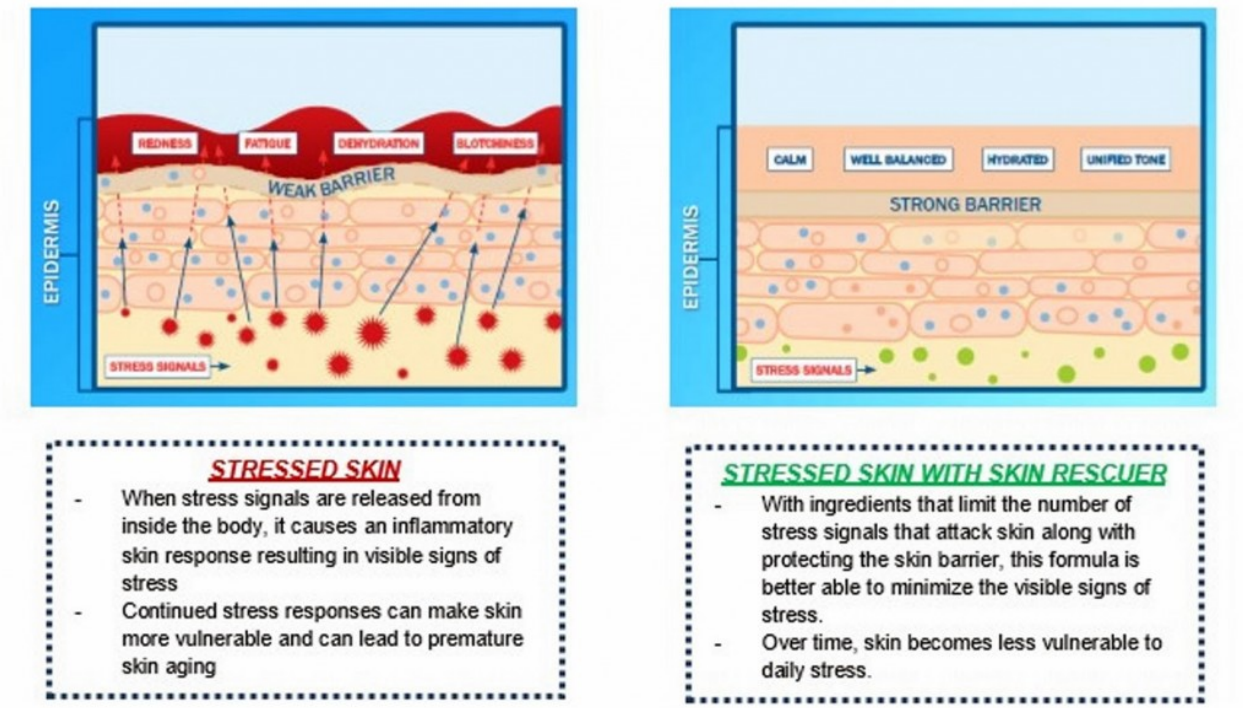
Heavy jaw

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.

Solution:

Speak to your dentist about wearing a special mouth guard if you grind your teeth in your sleep. A reputable cosmetic or

plastic surgeon can also inject a muscle-relaxing product into the muscles to prevent you grinding your teeth. You can also try alternative practices such as kinesiology, acupuncture, and cranial sacrum massage to help ease the tension. Acupunture 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.



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 anti-nutrient 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 trialto 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 seratonin 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 seratonin. 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 ae 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 in any health changes.

GUIDED SLEEP TALKDOWN – GENTLE RAIN By TheHonestGuys

Meditation to De-Stress ("Brain Acupuncture") By SikhNet

Calming Stress Relief Acupressure Points by Acupresure.com

How to Relieve Worry, Anxiety, Depression, and More By Bay Area Natural Health

Chews-4-Health: Foods that Fight Stress! By BABrandStar

Mindfulness Stress Reduction And Healing By Google

Yoga Meditation Exercises : Alternate

Nostril Breathing for Meditation By expertvillage



Michael Kors Stockard Wedge Rainboot

Your look is sleek and slick with the MICHAEL Michael Kors™ Stockard Wedge Rainboot so dance in the rain as long as you want!



Via Spiga Wool Fit and Flare Skating Coat

Get ready for the changing of the seasons!



UGG Cambridge

The Cambridge is part of the UGG® Australia Classic Knit collection.