

# Our physical and emotional Health in Winter in Chinese Medicine



Hello on week 202 we are sharing the connection of winter

and our health, thank you once again for all your support, we wish you Health, happiness, and peace. Thousand of years ago people lived in harmony with nature, they rose with the sun up and went to sleep with sun down, consume what they grew in each season and they lived aware of their environment some how they knew that these connection to nature has a direct impact on our wellbeing and all the aspects of our lives Since we are entering Winter lets talk about the connection to are overall wellbeing and this season. People often ask us why do we have the word beauty in the title of our blog, well for one is Isabel's beauty she likes to share information to keep your ideal beauty healthy and happy, with that being said, if we don't feel good or our state of mind in not a pleasant one we can't possibly look at our selves and see or feel beauty, our perception is compromised, so we believe that our wellbeing is at most importance to accomplish this.

## According to Straight Bamboo by Alex Tan

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

**Element: Water**

**Complementary Organ: Bladder**

**Complementary orifice: Ear**

**Season Winter**

**Color: Black**

**Nature: Yin**

**Primary function: Regulating the agin process**

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

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

**Taste: Salty**

**Emotion: Fear and Depression**

**Primary Evil: Cold**

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

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

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

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

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

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

Winter in Chinese medicine represents the most Yin aspect of the TCM, due to Yin aspect being associated with dark, cold, slow, inward energy, contracting energy.

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

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

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

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

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

## FOUR SIGMA FOODS MEDICINAL MUSHROOMS

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**NAME:**  
**REISHI**

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

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

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



**NAME:**  
**CHAGA**

**FOR:**  
BULLETPROOF  
IMMUNITY

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

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



**NAME:**  
**CORDYCEPS**

**FOR:**  
ENERGYBOOST AND  
RECOVERY

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

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



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

**FOR:**  
BRAIN POWER,  
BOOSTER

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

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



**NAME:**  
**SHIITAKE**

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

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

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



**NAME:**  
**MAITAKE**

**FOR:**  
WEIGHTLOSS AND  
DIGESTION

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

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

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

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

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

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

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

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

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

Winter is a time of gentle quite celebration where nutritious and warming foods and family connection is promoted in home gatherings. Hence, many cultures have their biggest family/food festival of the year in this season – cozy

gatherings promoting interaction with friends and family with plenty of warming, comforting foods and moderate amounts of warming liqueur drinks, one glass of good organic quality wine helps the circulation of *yang* within the body and helps drive out the cold energy, how about that, yumm.

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

**According**

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

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

It is true that you want to stay hydrated; we need to consider the fact that beyond this, forcing liquids just so you can say that you had your '8 glasses of water' each day may only be putting an extra burden on the [Kidneys according to TCM](#). Additionally, [chronic dryness and thirst are likely an indication of Yin Deficiency](#) where your cells are not properly absorbing the water that you are consuming!!!. Imagine that your cells are dry peat moss; you add water to the peat moss, but it just rolls off so no absorption. If you have become [Yin Deficient](#), [Yin tonic herbs](#) and foods are utilized to improve



the cells permeability so that the water you consume can actually be used by the cells.

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

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

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

Keeping the feet warm through winter is essential in order to nourish Kidney Chi. Less showers, especially too hot for the skin this time a year gets dry and hot water dehydrates it, you can treat your selves to more hot-water foot baths, and are recommended before going to bed. If you need a hot water bottle, or hot Flax seed bags, they are best be put down by the feet. In Chinese medicine we believe the head should be relatively kept cool and the feet warm for proper fluid and energy movement in the body to take place. Just like the

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

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

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

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

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

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

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

## Winter warming Herbs and Spices



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



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

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

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

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

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

**Root vegetables are great in general.**



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

## THE KIDNEYS





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

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

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

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

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

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

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

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

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

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

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

Lets talk about the Kidney type individual;

## **Signs Of a healthy Kidneys**

A youthful appearance at all ages

Thick hair healthy hair

The body frame that is sturdy

A dense physique

Strong healthy teeth

Strong healthy bones

A very sharp mind

Clear thinking

Absence of irrational fear

Absence of fluid retention and puffiness

A really strong spiritual connection

## When the Kidney is unhealthy

Second guessing and self-doubt

Disconnection with internal wisdom which causes fear

The intellectual knowledge weakens

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

The appearance is usually pale and withered

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

Puffy

Hair loss thin hair especially when it starts early

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

Delay maturity

Bones that are brittle

Premature greying of the hair

Abundance of dental problems

Excess fluid retention

Hearing challenges like hearing lost

No drive to accomplish any goals

General Confusion

General Fear

Irritated for no reason

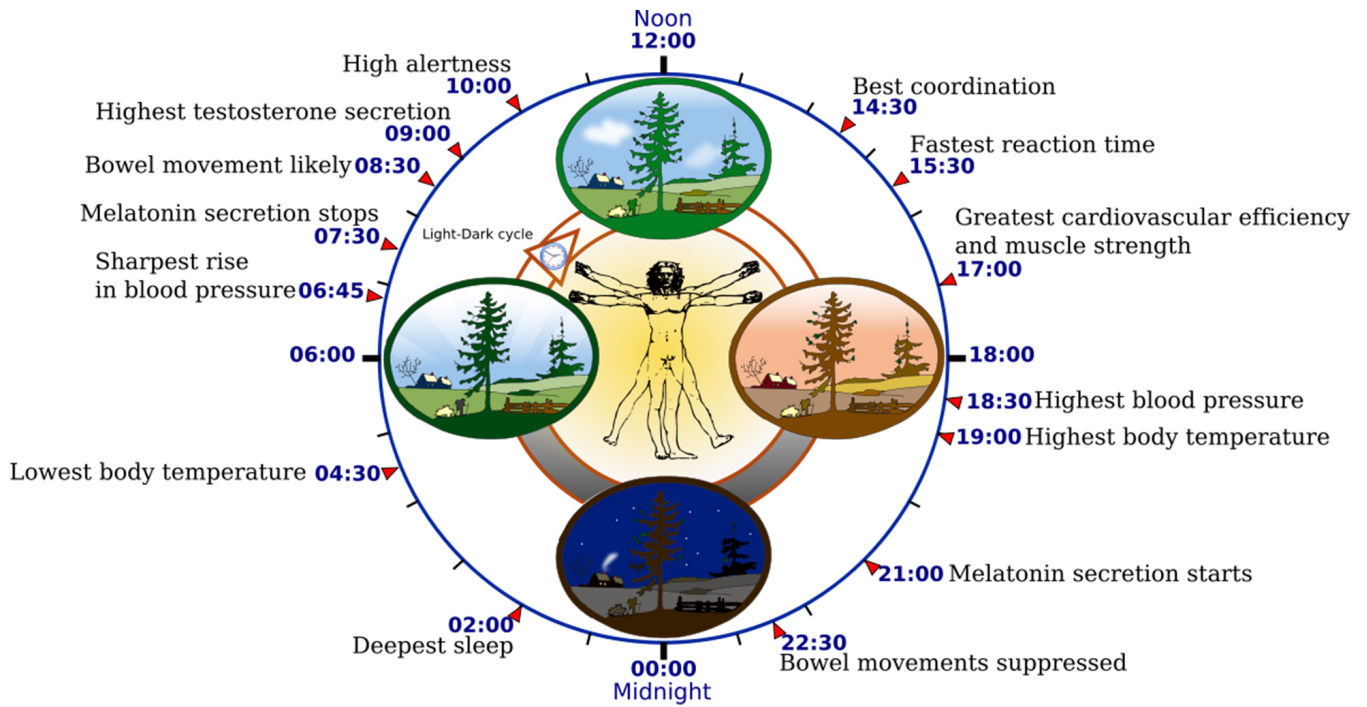
Daze and confused like Led Zeppelins's song said



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

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

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



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



## Outside the “master clock”

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

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



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

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

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

## CHAI INGREDIENTS

# CHAI LATTE CONCENTRATE

CINNAMON  
STICKS

DARJEELING  
BLACK TEA

NUTMEG

PEPPERCORNS

CLOVES

VANILLA  
BEANS

CARDAMOM

GINGER

MILK

ORANGE PEEL

STAR ANISE

AGAVE  
NECTAR

FRONTIER  
NATURAL PRODUCTS CO-OP



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

## Recipes to sustain wellbeing in Winter

### Healing Congee Recipes



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

Just a simple cup of rice makes a healing soup called

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

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

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

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

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

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

**Carrots:** to ease intestinal gas symptoms

**Fennel:** to help treat cold and deficiency, harmonizes stomach, expels gas; cures hernia

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

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

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

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

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

## and brain fog

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Radish:** Digestant; benefits the diaphragm

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

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

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



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

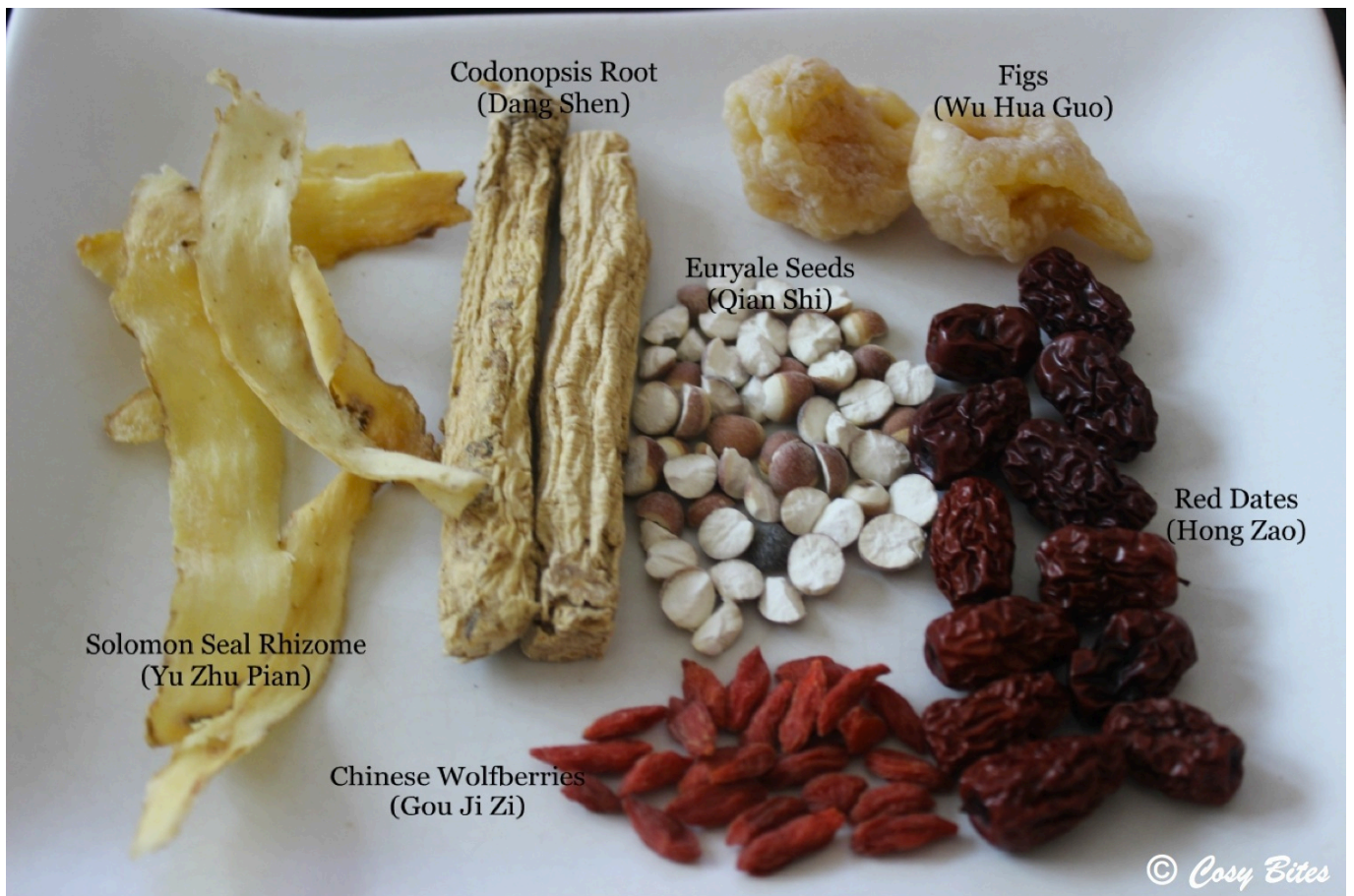
**Sesame Seed:** Moistening to intestines; treats rheumatism

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

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

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

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



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

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

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

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

Goji Berries for blood deficiency and calming effect

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

## HEALING PROPERTIES OF CONGEE

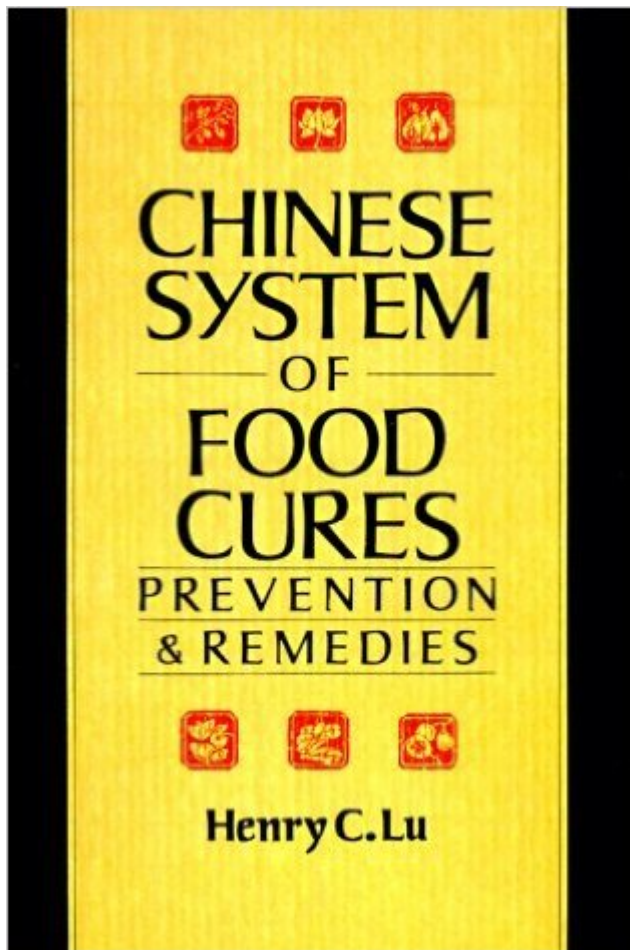
This simple soup is easily digested and assimilated, it helps tone the blood and the qi energy, harmonizes the digestion, and is demulcent, cooling, and nourishing. Since all the chronically ill people often has weak blood and low energy, and easily develops inflammations and other heat symptoms from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

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

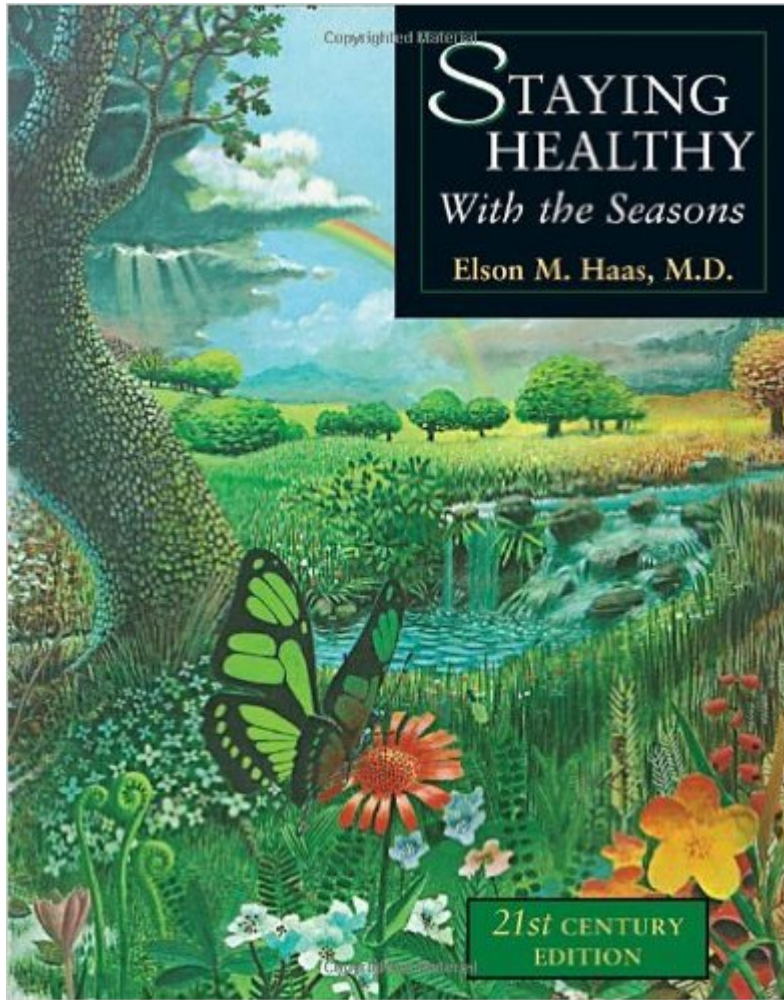
assimilated, and their properties are therefore enhanced. Listed above are some of the more common rice-based congees and their specific effects

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

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



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

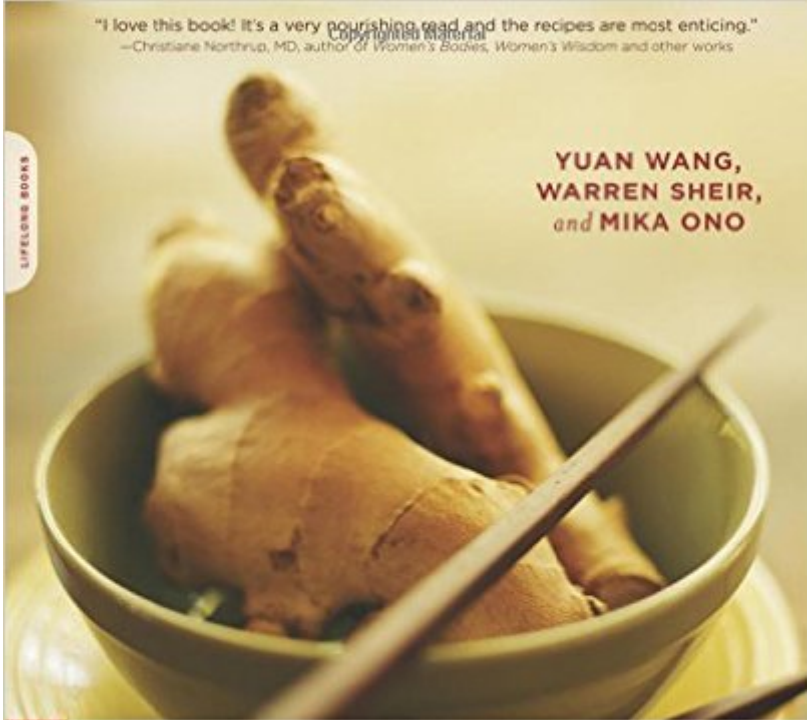


Warren Sheir "Ancient Wisdom, Modern Kitchen"

"I love this book! It's a very nourishing read and the recipes are most enticing."  
—Christiane Northrup, MD, author of *Women's Bodies, Women's Wisdom* and other works

LIFELONG BOOKS

YUAN WANG,  
WARREN SHEIR,  
and MIKA ONO



# ANCIENT WISDOM, MODERN KITCHEN

*Recipes from the East for Health, Healing, and Long Life*

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## Eminence Organics Biodynamic Facial Recovery Oil

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





## 100% Pure French Lavender Body Scrub

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



## Eminence Organics Arctic Berry Peel & Peptide Illuminating System

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



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

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

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

### **Key Ingredients**

Ascorbic Acid (Vitamin C)

Sodium PCA

Squalane

Hyaluronic Acid

Glutathione

esveratrol

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# **Christmas traditions from around the world**

## **Christmas traditions from around the world**



With our deepest gratitude from all of us at Isabel's Beauty Blog, we would like to wish you, family and friends, Health, happiness and your ideal wealth for the holidays and years to come.

On week 201 our intention is to share holiday traditions of

the different nations and their holiday celebrations, with you and to wish all of them loving wishes this is great opportunity to focus on [PEACE](#) .

We did extensive research and I must say it was a challenge to try honoring them all, so please forgive us if we miss a nation of your interest and if we did let us know through an email and we will add it. We found that it was so much information we needed a few Posts for that intention so we did our best to edit an amount that is realistic for people to take the time to read, so just enjoy and choose what resonates with you. It is so interesting to learn different traditions, it reminds me that the planet is a lot bigger than just my day to day perception.

Thank you again for the generous support from you all, it is overwhelming the thousands of views and connections we receive, we work many hours some times seven days a week to offer you our extensive research.

We wish you Health, Peace and Ideal abundance for you your family and friends, and to the whole world may all your wishes come true, from all of us at [Isabel's Beauty Blog](#).

## [Christmas in the United States of America](#)





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

The United States of America has many different traditions and



ways that people celebrate Christmas, because of its multi-cultural nature, many customs are similar to ones in the UK, France, Italy, Holland, Poland and Mexico.

The traditional meal for Western European families is turkey or ham with cranberry sauce. Families from Eastern European origins favour turkey with trimmings, keilbasi (a Polish sausage), cabbage dishes, and soups; and some Italian families prefer lasagne!

Some Americans use pop-corn threaded on string to help decorate their Christmas Tree!

In New England (the American States of Massachusetts, Connecticut, Rhode Island, Vermont, New Hampshire and Maine), there are shops called 'Christmas Shops' that only sell Christmas decorations and toys all the year round!

People in America like to decorate the outside of their house with lights and sometimes even statues of Santa Claus, Snowmen and Reindeer elf .

Towns and cities often decorate the streets with lights to celebrate Christmas. Perhaps the most famous Christmas street lights in the USA are at the Rockefeller Center in New York where there is a huge Christmas Tree with a public ice skating rink in front of it over Christmas and the New Year.

In Hawaii, Santa is called Kanakaloka!

In the Southwest USA, there are some special customs which have some similarities to those in parts of Mexico. These include 'luminarias' or 'farolitos' which are paper sacks partly filled with sand and then have a candle put in them. They are lit on Christmas Eve and are put the edges of paths. They represent 'lighting the way' for somewhere for Mary and Joseph to stay.

A popular food at Christmas in the Southwest USA are tamales.

You can find out more about Christmas traditions in the Southwest USA on [www.lonestarwesterndecor.com/vibrant-christmas-traditions-of-the-southwest.html](http://www.lonestarwesterndecor.com/vibrant-christmas-traditions-of-the-southwest.html)

## **Christmas in Mexico**



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

In Mexico, Christmas is celebrated from the December 12th to January 6th.

From December 16th to Christmas Eve, children often perform

the 'Posada' processions or Posadas. Posada is Spanish for Inn or Lodging. There are nine Posadas. These celebrate the part of the Christmas story where Joseph and Mary looked for somewhere to stay. For the Posadas, the outside of houses are decorated with evergreens, moss and paper lanterns.

In each Posada, children are given candles and a board, with painted clay figures of Mary riding on a donkey and Joseph, to process round the streets with. They call at the houses of friends and neighbors and sing a song at each home. The song they sing is about Joseph and Mary asking for a room in the house. But the children are told that there is no room in the house and that they must go away. Eventually they are told there is room and are welcomed in! When the children go into the house they say prayers of thanks and then they have a party with food, games and fireworks.

Each night a different house holds the Posada party. At the final Posada, on Christmas Eve, a manger and figures of shepherds are put on to the board. When the Posada house has been found, a baby Jesus is put into the manger and then families go to a midnight Church service. After the Church service there are more fireworks to celebrate the start of Christmas.

One game that is often played at Posada parties is piñata. A piñata is a decorated clay or papier-mâché jar filled with sweets and hung from the ceiling or tree branch. The piñata is often decorated something like a ball with seven peaks around it. The peaks or spikes represent the 'seven deadly sins'. Piñata's can also be in the form of an animal or bird (such as a donkey). To play the game, children are blind-folded and take it in turns to hit the piñata with a stick until it splits open and the sweets pour out. Then the children rush to pick up as many sweets as they can!

As well as the posada's, another type of Christmas play known as Pastorelas (The Shepherds). These tell the story of the

shepherds going to find the baby Jesus and are often very funny. The devil tries to stop them by tempting them along the way. But the shepherds always get there in the end, often with the help of the Archangel Michael, who comes and beats the devil!

Nativity scenes, known as the 'nacimiento', are very popular in Mexico. They are often very large, with the figures being life size! Sometimes a whole room in a house is used for the nacimiento, although this is less common now. The figures are often made of clay and are traditionally passed down through families. As well as the normal figures of the Mary, Joseph, Jesus, the Shepherds and Three Kings, there are often lots of other figures of different people, including women making tortillas, people selling food and different animals and birds, like flamingos! The figures can be bought from markets in cities all over Mexico. The baby Jesus is normally added to the scene during the evening of Christmas Eve. The Three Kings are added at Epiphany.

Christmas Trees are becoming more popular in Mexico, but the main/most important decoration is still the nacimiento.

Christmas Eve is known as 'Noche Buena' and is a family day. People often take part in the final Posada and then in the evening have the main Christmas meal. At midnight, many people go to a Midnight Mass service, known as the 'Misa de Gallo' (Mass of the Rooster). There are lots of fireworks to celebrate Christmas Day.

Poinsettia flowers are known as 'nochebuena' (Christmas Eve) flowers in Mexico.

People in Mexico also celebrate 'los santos inocentes' or 'Day of the Innocent Saints' on December 28th and it's very like April Fools Day in the UK and USA. 28th December is when people remember the babies that were killed on the orders of King Herod when he was trying to kill the baby Jesus.

In some states in Mexico children expect Santa Claus to come on December 24th. In the south of Mexico children expect presents on January 6th at [Epiphany](#), which is known as 'el Dia de los Reyes'.

On el Dia de los Reyes the presents are left by the Three Kings (or Magi). If you've had a visit from Santa on Christmas Eve, you might also get some candy on el Dia de los Reyes!

It's traditional to eat a special cake called 'Rosca de Reyes' (Three Kings Cake) on Epiphany. A figure of Baby Jesus is hidden inside the cake. Whoever has the baby Jesus in their piece of cake is the 'Godparent' of Jesus for that year.

Another important day, is Candelaria (also known as [Candlemas](#)) on the 2nd February and it marks the end of the Mexican Christmas celebrations. Lots of Mexicans have a party for Candelaria.

In Mexico, presents might also be brought by 'El Niñito Dios' (baby Jesus) & Santo Clós (Santa Claus)

In Mexico people speak Spanish (Español), so Happy/Merry Christmas is 'Feliz Navidad'. [Happy/Merry Christmas in lots more languages](#).

The largest ever Angel Ornament was made in Mexico. It was made in January 2001 by Sergio Rodriguez in the town of Nuevo León. The angel was 18' 3" high and had wing span of 11' 9"! Perhaps the most amazing thing about the angel was that it was completely made out of old beer bottles, 2946 of them!

# Christmas in Denmark



Some people in Denmark give and receive extra [Advent](#) presents on the four Sundays of Advent.

Different types of Advent candles and calendars are popular in Denmark. A Kalenderlys (calendar-candle) is an Advent candle and most people have one of these types of candles. A Pakkekalender (gift calendar) are also a fun way to countdown

to Christmas Eve. There are 24 small gifts for the children in the calendar, one for each day until Christmas Eve.

Julekalender (christmas calendar) is a television series with 24 episodes. One episode is shown each day in December with the last one being aired on Christmas Eve. The first Julekalender was shown on TV in Denmark in 1962. The two main Danish TV channels DR and TV2 both show different versions of Julekalender each year. The theme of the stories in the Julekalender normally follow a similar storyline, with someone trying to ruin Christmas and the main characters saving Christmas!

As well as the TV series, both DR and TV2 produce paper advent calendars to go along with the stories! DR is the oldest TV channel in Denmark and it's paper calendar is called [Børnenes U-landskalender \(Children's U-Country Calendar\)](#). It's been making the calendars for over 50 years and profits from the sale of the calendar go to help poor children in a developing country. The calendar made by TV2 is called julekalender and profits from that calendar go to help Julemærkefonden, a children's charity in Denmark.

You can also support Julemærkefonden when you send Christmas Cards in Denmark. Every year a set of Christmas stamps/stickers/seals called julemærket are sold in December to help raise money for the charity. You use a normal postage stamp as well, the julemærket stickers just make the post look more Christmassy! You can out more about julemærket on <https://www.julemaerket.dk>

Christmas Parties are held from 1st November to 24th December where everyone has a good time! Making cakes and biscuits is popular in the time before Christmas. Gingerbread cookies and vanilla ones are often favorites.

In Denmark most people go to a Church Service on Christmas Eve about 4.00pm to hear the Christmas Story. It's also



traditional to give animals a treat on Christmas Eve, so some people go for a walk in the park or woods and take some food to give the animals and birds.

When they get home the main Christmas meal is eaten between 6.00pm and 8.00pm. It's served on a beautifully decorated table. Popular Christmas foods include roast duck, goose or pork. They are served with boiled and sweet potatoes, red cabbage, beetroot and cranberry jam/sauce.

Most families have a 'ris á la mande' (a special kind of rice pudding, made of milk, rice, vanilla, almonds and whipped cream) for dessert. All but one of the almonds are chopped into pieces. The person who finds the whole almond gets a present called a Mandelgave (almond present) and it's often a marzipan pig!

After the meal the lights on the [Christmas Tree](#) are lit, people might dance around the tree and sing carols. Then it's time for people to open their presents. The Christmas tree normally has a gold or silver star on the top and often has silver 'fairy hair' on it to make it glitter.

On Christmas day people meet with their family and have a big lunch together with danish open-faced sandwiches on rye-bread.

In Denmark, children believe that their presents are brought by the 'Julemanden' (which means 'Christmas Man'). He looks very similar to [Santa Claus](#) and also travels with a sleigh and reindeer. He lives in Greenland, likes rice pudding and is helped by 'nisser' which are like elves.

St. Lucia's Day (or St. Lucy's Day) is also celebrated on December 13th, although it's more famous for being celebrated in Denmark's neighbor, [Sweden](#).

In Danish Happy/Merry Christmas is 'Glædelig Jul'

# Christmas in Ethiopia



According

to: <http://www.whychristmas.com/cultures/ethiopia.shtml>

In Ethiopia (and especially the Ethiopian Orthodox Church) they still use the old Julian calendar, so they celebrate

Christmas on January 7th, not December 25th! The Christmas celebration in the Ethiopian Orthodox Church is called Ganna. Most of the people go to Church on Christmas day.

Many people fast they chose not to eat anything on Christmas Eve (January 6th). At dawn on the morning of Ganna, people get dressed in white. Most people wear a traditional garment called a shamma. It's a thin white cotton piece of cloth with brightly colored stripes across the ends. It's worn like a toga. If you live in a big town or city you might wear 'western' clothes. The early Ganna mass starts at 4.00am! Ouch that shows Faith right there.

The Ethiopian capital city is Addis Ababa. It's a modern city. Most people who live outside big cities live in round house made of mud-plastered walls which have thatched cone-shaped roofs. Sometimes houses in the country are rectangular and made of stone.

The design of Ethiopian Church is similar to the houses. In the country, for most part they very old and have been carved out of rock. In cities, modern churches are built in three circles, each within the others.

The choir sings from the outer circle. Everyone who goes to church for the Ganna celebrations is given a candle. The people walk around the church three times in a solemn procession, holding the candles. They then go to the second circle to stand during the service. The men and boys are separated from the women and girls. The center circle is the most important and holy place in the church and is where the priest serves the Holy Communion or mass.

In the tradition is being said that one of the Wise Men who visited Jesus came from Ethiopia.

Around the time of **Ganna** (Christmas celebration time), the men and boys play a game that is also called ganna. It's played with a curved stick and a round wooden ball, a bit like

hockey.

Traditional Christmas foods in Ethiopia include 'wat' which is a thick and spicy stew that contains meat, vegetables and sometimes eggs. What is eaten on a 'plate of injera' – a flat bread. Pieces of the injera are used as an edible spoon to scoop up the wat.

Twelve days after Ganna, on 19th January, Ethiopians start the three day celebration of **Timkat**. It celebrated the baptism of Jesus. Children walk to church services in a procession. They wear the crowns and robes of the church youth groups that they belong to. Adults wear the shamma. The priests wear red and white robes and carry embroidered fringed umbrellas.

## **Christmas in Russia**



The official Christmas and New holidays in Russia last from December 31st to January 10th.

In Russian Happy/Merry Christmas is 's rah-zh-dee-st-VOHM' (C

рождеством!) or 's-schah-st-lee-vah-vah rah-zh dee-st-vah' (Счастливого рождества!). [Happy/Merry Christmas in lots more languages](#).

Some people fast (don't eat anything) on Christmas Eve, until the first star has appeared in the sky. People then eat 'sochivo' or 'kutia' a porridge made from wheat or rice served with honey, poppy seeds, fruit (especially berries and dried fruit like raisins), chopped walnuts or sometimes even fruit jellies!

Kutia is sometimes eaten from one common bowl, this symbolizes unity. In the past, some families like to throw a spoonful of sochivo up on the ceiling. If it stuck to the ceiling, some people thought it meant they would have good luck and would have a good harvest!

The Russian word for Christmas Eve 'sochel'nik', comes from the word 'sochivo'.

Some Orthodox Christian Russian also don't eat any meat or fish during the Christmas Eve meal/feast.

Other popular Christmas Eve foods include beetroot soup (borsch) or vegan potluck (solyanka) served with individual vegetable pies (often made with cabbage, potato, or mushroom); salads often made from vegetables like gherkins, mushrooms or tomatoes, and also potato or other root vegetable salads.

Sauerkraut is main dish in the Christmas Eve meal. It can be served with cranberries, cumin, shredded carrot and onion rings. It might be followed by more pies or porridge dishes such as buckwheat with fried onions and fried mushrooms.

Dessert is often things like fruit pies, gingerbread and honeybread cookies and fresh and dried fruit and more nuts.

'Vzvar' (meaning 'boil-up') is often served at the end of the meal. It's a sweet drink made from dried fruit and honey

boiled in water. Vzvar is traditionally at the birth of a child, so at Christmas it symbolizes the birth of the baby Jesus.

Following the meal, prayers might be said and people then go to the midnight Church services. They often don't wash the dishes until they get home from Church – sometimes not until 4.00am or 5.00am!

The New Year celebrations are still very important to Russians (sometimes more than Christmas).

This is when – when 'Father Frost' (known in Russian as 'Ded Moroz' or Дед Мороз) brings presents to children. He is always accompanied by his Granddaughter (Snegurochka). On New Year's eve children hold hands, make a circle around the Christmas tree and call for Snegurochka or Ded Moroz. When they appear the star and other lights on the Christmas tree light up! Ded Moroz carries a big magic staff. The traditional greeting for Happy New Year is 'S Novym Godom'.

One of the most famous things about Christmas in Russia, to people in western Europe and the USA, is the story of Babushka. Babushka means Grand Mother in Russian. It tells the story of an old woman who met the [Wise men](#) on their way to see Jesus.

However, most people in Russia have never heard of the story and I've had many emails from Russian visitors to the site who have never heard the story before! It seems that [it was probably created by an American poet and writer called Edith Matilda Thomas in 1907.](#)



# Christmas in Ukraine





Christmas in Ukraine is celebrated on the 7th January is because, like many countries where the main Church is the Orthodox Church, they use the old 'Julian' calendar for their church festivals.

In Ukrainian Happy/Merry Christmas is 'Веселого Різдва і з Новим Роком' (Veselohe Rizdva i z Novym Rokom). [Happy/Merry Christmas in lots more languages.](#)

The main Christmas meal, called 'Sviata Vecheria' (or Holy Supper) is eaten on Christmas Eve (6th January). Traditionally people fast (don't eat anything) all day but you might start the day drinking some holy water that has been blessed at church.

You can't start eating the meal until the first star is seen in the sky. So people (especially the hungry ones!) go outside as soon as it starts getting dark in the afternoon to try and spot the first star. The star represents [the journey of the Wise Men to find Jesus](#) and that Jesus has been born, so Christmas can start!

The meal normally has 12 dishes which represent Jesus's 12 disciples. The main dish is often 'kutia' a type of a kind of sweet porridge made of wheat. Other dishes can include mushrooms, sauerkraut, red 'borsch', dumplings known as 'varenyky' (Pierogi), whitefish, 'bigos' (a meat and cabbage stew), cheese cake and bread.



The room where Sviata Vecheria is eaten normally has a Didukh decoration placed in it. The Didukh is a made from a sheaf of wheat and symbolises the large wheat field in Ukraine. It literally means 'grandfather spirit' and can represent people's ancestors being with them in their memories. Sometimes people use some heads of wheat in a vase rather than

a whole sheaf of wheat.

After the meal, people love to sing carols or 'Koliadky'. They can be sung around the table or you might go out caroling in the streets. People sometimes carry brightly coloured stars on poles when they go caroling singing.

The Ukrainian carol 'Shchedryk' is where the popular 'Carol of the Bells' came from [St Nicholas](#) (known as Svyatyi Mykolai) visits children in Ukraine on December 24th.

## Ukrainian Christmas tree with Spider webs



**Hindu: Pancha Ganapati**









**21–25 December – modern five-day festival in honor of Lord Ganesha, celebrated by Hindus in USA.**

Think of this as the Hindu Christmas, a modern winter holiday full of family-centered happenings, but with five days of gifts for the kids, not one. From December 21 to 25 Hindus

worship Lord Ganesha, the elephant-headed Lord of culture and new beginnings. Family members work to mend past mistakes and bring His blessings of joy and harmony into five realms of their life, a wider circle each day: family, friends, associates, culture and religion.

Pancha Ganapati includes outings, picnics, feasts and exchange of cards and gifts with relatives, friends and business associates. A shrine is created in the main living room of the home and decorated in the spirit of this festive occasion. At the center is placed a large wooden or bronze statue of Lord Panchamukha ("five-faced") Ganapati, a form of Ganesha. Any large picture or statue of Ganesha will also do. Each morning the children decorate and dress Him in the color of that day, representing one of His five rays of energy, or shaktis.

## **Hindu: Makar Sankrat/Pongal**



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

This January 14 Hindu holiday celebrates the new solar year, considered to be the beginning of the new day for the gods and the end of their six-month night. It is observed and named

differently in each region—Pongal in the south of India and Makar Sankrat in the north. But most festivities include a common theme of ceremonial cleansing, offerings, and celebrations of the harvest. Pongal, which means “to boil over,” refers both to the concept of bounty and to the traditional dish of rice boiled in milk, which is given to the gods as an offering. Sesame seeds, or til, are looked upon as a symbol of health and friendship. Sweets made from sesame and jaggery—a special kind of sugar—are exchanged on the holiday along with the saying, “accept these sweets and speak sweet words.” The tradition reminds people to resolve past quarrels so that friendship can thrive.

**Muslim: Eid ul-Fitr/Hari Raya Puasa**



Ramadan is the month long Muslim holiday celebrating the revelation of the Koran to the prophet Muhammad. Devout Muslims fast each day from sunup to sundown for the full month and then break the fasting period with a three-day festival. Because the Muslim world spans many countries and cultures, the celebrations, foods, and even the name of the festival change from place to place—in Arab countries, it's called Eid ul-Fitr, and in Malaysia it's called Hari Raya Puasa. The dates

change from year to year (falling sometime between October and December), depending on the Islamic calendar. Although the festival reaches a broad group of people who celebrate it in diverse ways, there are general things that all Muslims do during Eid," says Rabiah Ahmed, spokesperson for the Council on American-Islamic Relations, such as preparing the house, getting dressed up, and gathering with family and friends for a feast. After 30 days of fasting, food is shared in abundance, and children exchange gifts and receive money from their elders.

## **Iranian: Shab-e Yalda**









In Iran, the winter solstice, which falls on December 21, is hailed with Shab-e Yalda—the birthday of the sun. It's a celebration of the triumph of light over dark, good over evil. It is thought that on the longest night with evil at its zenith, light needs help to overcome darkness. On this day, families build a bonfire outside and gather until sunrise for

a night of storytelling, dancing, and food. In Iranian culture, certain nutritional properties of foods are considered hot and others are considered cold (regardless of temperature or level of spice), much like Chinese yin or yang. Balance between the two is important. Summer foods are preserved throughout the year for the Shab-e Yalda feast, where they mingle with the foods of winter to symbolize the balance of seasons. Saffron and carrots, for example, are warm foods served during Shab-e Yalda to counter the cold of winter.

## **Jewish: Hanukkah**







More than 2,000 years ago in Palestine, Judas Maccabee and his followers triumphed over the tyrant Antiochus and his army, despite overwhelming odds. But when they returned to Jerusalem, they found their temple desecrated with pagan idols. In order to purge the temple of its defilement, the

Maccabees rebuilt the altar and cleansed the temple, rededicating it during eight days of ceremonies. Tradition holds that there was only enough sanctified olive oil to light the temple for one day, but it burned miraculously for all eight days of the celebration. Today, those of the Jewish faith celebrate this victory during an eight-day holiday that begins on the 25th of Kislev (in late November or December). Each night of Hanukkah, people light one candle on the menorah in memory of the miracle of the oil. Since antiquity, the festival has also honored the significance of olive oil to the ancient Jewish culture as fuel, food, and even medicine, and it shows in the foods of the feast. Dishes cooked in olive oil, and latkes (potato pancakes) in particular, are celebratory symbols of this gift of sustenance.

## **Christmas in the Philippines**



The people in the Philippines like to celebrate Christmas for as long as possible! who doesn't ? I love Christmas. The playing of Christmas carols in shops can start in September! how about that for business !

The formal Christmas celebrations start on 16th December when many people go to the first of nine pre-dawn or early morning masses. The last mass is on Christmas day. The Christmas celebrations continue to the First Sunday in January when [Epiphany](#) or the Feast of the Three Kings is celebrated.



In the Philippines the early masses held before Christmas are called the 'Misa de Gallo' or 'Simbang Gabi' in Filipino.

Most Filipinos people are Christians with about 80% of people being Catholics. It's the only Asian country with so many Christians. For this reason, Christmas is the most important holiday in the Philippines. December is actually one of the 'cooler' months of the year in the Philippines. The Philippines only has two real seasons, wet (June to October) and dry (April and May). December is one of the months in between the wet and dry seasons a great time for thier celebrations.

In the Philippines the early masses held before Christmas are called the 'Misa de Gallo' or 'Simbang Gabi' in Filipino.

The Christmas customs in the Philippines are a mixture of western USA and UK and native Filipino traditions. So people in the Philippines have Santa Claus or 'Santa Klaus', Christmas trees, Christmas cards and Christmas carols traditions that came from western countries.

They also have their own Christmas traditions such as the 'parol' which is a bamboo pole or frame with a lighted star lantern on it. It's traditionally made from bamboo strips and colored Japanese paper or cellophane paper and represents the star that guided the Wise Men. It is the most popular Christmas decoration in the Philippines.

## Philippines Christmas Parol



Chronicle / John Storey



Christmas Eve is very important in the Philippines. Many people stay awake all night into Christmas day, WOW Party! During Christmas Eve evening, Christians go to church to hear the last 'simbang gabi' or the Christmas Eve mass. This is followed by a midnight feast, called Noche Buena.

The Noche Buena is a big, open house, celebration with family, friends and neighbors dropping in to wish everyone a Merry Christmas! Most households would have several dishes laid out

and would normally include: lechon (roasted pig), ham, fruit salad, rice cakes (bibingka and puto bumbong are traditional Christmas foods) and other sweets, steamed rice, and many different types of drinks.



The Philippines culture has eight major languages, here's how to say Merry Christmas in some of the languages!

- In Tagalog, Happy/Merry Christmas is 'Maligayang Pasko'
- in Ilonggo it's 'Malipayon nga Pascua';
- in Sugbuhanon or Cebuano it's 'Maayong Pasko'

- in Bicolano they say 'Maugmang Pasko'
- in Pangalatok or Pangasinense they say 'Maabig ya pasko' or 'Magayagan inkianac'. [Happy/Merry Christmas in lots more languages.](#)

In 2013 the Philippines was hit by Typhoon Haiyan and thousands of people were made homeless, so lots of people can't celebrate Christmas like they used to. Many charities like Compassion are working in the Philippines to help people. Find out [more about the Philippines on the Compassion website.](#)

Lets make a difference in their lives by making a contribution that can help a family to have a merry Christmas

## **African: Kwanzaa**







First celebrated in the United States in 1966, Kwanzaa was created for those of African descent around the world to reconnect with their common heritage. The name is derived from traditional harvest celebrations in Africa called *matunda ya kwanza*, literally “first fruits,” which were seven days of gathering, reverence, commemoration, recommitment, and celebration. Beginning on December 26 and lasting for seven days, modern Kwanzaa celebrations esteem one of the seven core



principles of African American unity, the *Nguzo Saba*, on each night. Karamu, a lavish feast of traditional foods from African cultures around the world, takes place near the end of the holiday.

## **Different Ethnicity Santa Claus**







Hoteiosho, Japan

Japan's holiday gift-giver is a fat Buddhist monk with eyes in the back of his head. Some say he travels with a red-nosed reindeer and some say he works alone, but he doesn't arrive on Christmas in either hybrid Christian-Buddhist tale. Christmas in Japan is spent with family doing charity work. But on New Year's Eve, the real action begins: the house is cleaned and decorated, then family members throw beans for good luck and await their gifts from the benevolent monk.

**Native American – Hopi  
(Soyal, Soyala, Sol-ya-lang-eu)**









From <http://www.brownielocks.com/nativeamerican.html>

The date of this observation is on December 22. It is celebrated by the Hopi Indians. Although a black Plumed Snake is the basic symbol of this ceremony. But it is not based on snake worship. (Just like their Snake Dance Ceremony isn't either.) It is a ceremony related to the sun as it relates to the winter solstice. It is one of the Hopi's most sacred ceremonies and is also called the "Prayer-Offering Ceremony" because it is a time for saying prayers for the New Year and for wishing each other prosperity and health.

## CHRISTMAS FACTS

1 Each year, 30-35 million real Christmas trees are sold in the United States alone. There are 21,000 Christmas tree growers in the United States, and trees usually grow for about 15 years before they are sold.

2 Today, in the Greek and Russian orthodox churches, Christmas is celebrated 13 days after the 25th, which is also referred to as the Epiphany or Three Kings Day. This is the day it is believed that the three wise men finally found Jesus in the manger.

3 In the Middle Ages, Christmas celebrations were rowdy and raucous—a lot like today's Mardi Gras parties.

4 From 1659 to 1681, the celebration of Christmas was outlawed in Boston, and law-breakers were fined five shillings.

5 Christmas was declared a federal holiday in the United States on June 26, 1870.

6 The first eggnog made in the United States was consumed in Captain John Smith's 1607 Jamestown settlement.

7 Poinsettia plants are named after Joel R. Poinsett, an

American minister to Mexico, who brought the red-and- green plant from Mexico to America in 1828.

8 The Salvation Army has been sending Santa Claus-clad donation collectors into the streets since the 1890s.

9 Rudolph, “the most famous reindeer of all,” was the product of Robert L. May’s imagination in 1939. The copywriter wrote a poem about the reindeer to help lure customers into the Montgomery Ward department store.

10 Construction workers started the Rockefeller Center Christmas tree tradition in 1931.

## **Holiday Recipes**

### **Lentil and Mushroom Shepherd’s Pie**



## Ingredients

- 8 large or 10 medium potatoes (Yukon gold works well)
- 2 tablespoons Earth Balance or other vegan buttery spread
- 1/2 cup unsweetened rice milk or other nondairy milk

- Salt to taste
- 2 tablespoons olive oil
- 1 large onion, finely chopped
- 2 cloves garlic, minced
- 6 ounces cremini or baby bella mushrooms, sliced
- Two 15-ounce cans lentils, lightly drained
- 2 tablespoons dry red wine, optional
- 1 to 2 tablespoon reduced-sodium soy sauce or Bragg's liquid aminos
- 2 to 3 teaspoons all-purpose seasoning blend (such as Spike or Mrs. Dash)
- 1/2 teaspoon dried thyme
- 3 tablespoons cornstarch or arrowroot
- 8 to 10 ounces baby spinach or arugula leaves
- Freshly ground pepper to taste
- 1 cup fresh bread crumbs

## Directions

Peel and dice the potatoes. Place in a large saucepan with enough water to cover. Bring to a simmer, then cover and simmer until tender, about 20 minutes. Drain and transfer to a small mixing bowl.

Stir the Earth Balance into the potatoes until melted, then add the rice milk and mash until fluffy. Season with salt, cover, and set aside until needed.

Preheat the oven to 400° F.

While the potatoes are cooking, heat the oil in a medium skillet. Add the onion and sauté over medium heat until translucent. Add the garlic and mushrooms and continue to sauté until the onion is golden.

Add the lentils and their liquid and bring to a gentle simmer. Stir in the optional wine, soy sauce, seasoning blend, thyme, and pepper. Cook gently for 5 minutes. Combine the cornstarch with just enough water to dissolve in a small container. Stir into the lentil mixture.

Add the spinach, a little at a time, cooking just until it's all wilted down. Remove from the heat; taste to adjust seasonings to your liking.

Lightly oil a 2-quart (preferably round) casserole dish, or two deep-dish pie plates. Scatter the breadcrumbs evenly over the bottom. Pour in the lentil mixture, then spread the potatoes evenly over the top. If using two pie plates, divide each mixture evenly between them.

Bake for 30 to 35 minutes, or until the potatoes begin to turn golden and slightly crusty. Let stand for 5 to 10 minutes, then cut into wedges to serve.

8 or more servings

Read [more](http://www.vegkitchen.com/recipes/lentil-and-mushroom-shepherd-pie/#KfpLlFEREyltxKZj.99) at <http://www.vegkitchen.com/recipes/lentil-and-mushroom-shepherd-pie/#KfpLlFEREyltxKZj.99>

**Organic farmer Beverley Thurber shares her snappy-tasting ginger cookies.**



## Ingredients

1. 4 1/2 cups flour
2. 4 teaspoons ground ginger
3. 2 teaspoons baking soda
4. 1 1/2 teaspoons ground cinnamon

5. 1 teaspoon ground cloves
6. 1/4 teaspoon salt
7. 1 1/2 cups shortening, at room temperature
8. 2 cups sugar or the sweetener of your choice
9. 2 Organic Valley Large Brown Eggs
10. 1/2 cup molasses
11. large, decorative sugar crystals or additional regular sugar

## Directions

1. Heat oven to 350 degrees. Line two heavy baking sheets with parchment paper.
2. Use a whisk to combine flour, ginger, baking soda, cinnamon, cloves and salt in a medium bowl.
3. Place shortening in a large bowl. Cream the shortening with electric beaters at medium speed for 1-2 minutes. Continue beating as you slowly and gradually add the sugar, scraping down the sides of the bowl occasionally. After all the sugar is added, keep beating for other minutes or two.
4. Add eggs and molasses; beat well.
5. Reduce speed to low and beat in the flour mixture until just combined. Use a spatula to stir and "smooth out" the cookie dough.
6. Use a 2-inch-wide ice-cream scoop to make scoops of dough. You can scoop them directly onto the baking pans or roll the scoops into smooth balls first. Place them two inches apart on the baking pans. Sprinkle each mound with sugar crystals or regular sugar.
7. Bake until light brown and puffed, about 15-17 minutes.
8. Cool cookies in the pan on wire racks.

<http://www.organicvalley.coop/recipes/show/ginger-molasses-coo>

[kies/](#)

## GLAZED VEGAN POPPY SEED GRAPEFRUIT CAKE





## **Ingredients**

1 tablespoon apple cider vinegar

1 cup soy milk

1 cup vegan margarine

2 cups f organic sugar or a sweetener of your choice

3 egg replacer for 3 eggs

3 cups whole wheat flour

1/2 teaspoon baking soda

1/2 teaspoon salt

1 1/2 tablespoons grapefruit zest

2 tablespoons poppy seeds

1/4 cup fresh grapefruit juice

1 1/2 cups of organic confectioner's sugar if you choose to

### **Directions**

Preheat oven to 325 degrees. Oil a 10-inch bundt pan.

Add apple cider vinegar to soy milk. Set aside.

In a large bowl, beat the margarine and sugar or sweetner of your choice until fluffy. Beat in egg replacer.

In another bowl, combine the flour, baking soda and salt. Gradually add the flour mixture to the margarine mixture, alternating with the soy milk mixture. Stir until smooth. Fold in the grapefruit zest, poppy seeds and grapefruit juice. Do not over mix.

Pour the batter into the prepared pan. Bake 60 to 70 minutes, or until a toothpick inserted into the cake comes out clean.

Cool cake in pan 10 minutes then (carefully!) remove to a wire rack and cool completely.

Combine confectioner's sugar and grapefruit juice and mix

until smooth. When cake has completely cooled, drizzle with glaze.

## **Egg Nog Puffed Crepes**



Kissed with nutmeg and cream, these delicious German Pancakes are delightfully easy to prepare.

**Serves 6.**

1/2 stick butter

6 eggs

1 cup flour

1 cup eggnog

1/2 teaspoons salt

1/2 cup pure maple syrup

1/2 teaspoon ground nutmeg

1/2 cup fresh raspberries or berry jam

Preheat oven to 350 degrees. Place butter in a 9×13 baking dish, and put the dish in the preheating oven.

In a blender, combine eggs, flour, eggnog, and salt. Blend for 2-3 minutes, until light and frothy. Open the oven door, quickly remove the pan with butter (so long as the butter is completely melted and starting to sizzle). Pour egg batter into

**Great Gift Ideas**



## California Signature Wine Gift Basket

A trio of famous California wines, name brand sweets, and delicious gourmet foods in a structured bronze chiller.



## Spirit of the Season Cookie Tower

Fresh baked cookies in all the favorite flavors, stacked in a festive tower to send your happiest holiday wishes!





# Honey Spa Treatment

Luxurious bee-themed spa products, as seen in InStyle and Vogue.

Give the gift of pure relaxation with this exquisite collection filled with upscale honey-themed products so luxurious that they rival the offerings in the most exclusive spas.

## **Gift Includes:**

- Golden Bee Lavender Filled Eye Pillow (Microwavable).
- Bee Shaped Luxury Bath Beads.
- Beeswax Candle.
- Spa Care Accessories: Body Massager, Hair Brush, Nail Brush, Pumice Stone, and Bath Sponge.
- Royal Jelly Soap, and more



# Capresso Electric Water Kettle

✘ Our convenient and affordable Capresso Electric Water Kettle boils water extremely quickly for tea, coffee, hot chocolate or instant soup. Made of durable, heat-resistant German SCHOTT glass, this fast boiling kettle has a large capacity and an automatic shutoff feature. It's perfect for home as well as on trips to anywhere with an outlet.

✘

## **Mighty Leaf Tea**

### Master Tea Pouch Sampler

✘

Drink in the moment with a selection of our signature artisan-crafted whole leaf tea pouches. The Master Tea Pouch Sampler is great as a stand alone gift or as a refill for the [Mighty Leaf Presentation Tea Book](#). This assortment of 108 Tea Pouches includes the following blends and number of pouches:

What's Inside:

**Black Tea** – Organic Darjeeling Estate (10), Organic Earl Grey (10), Orange Dulce (10)

**Green & White Tea** – Green Tea Tropical (9), Organic Spring Jasmine (10), Organic Hojicha Green Tea (10), White Orchard (10)

**Herbal Infusions** – Organic African Nectar (10), Organic Detox Infusion (10), Chamomile Citrus (9), Organic Mint Mélange (10)



# Fondue for Two with Chicken Soup for the Soul® Food and Love

✘ A special gift for the sweetest of people in your life

- Chicken Soup for the Soul® has been featured on well-known television shows like Oprah and The Today Show, and is a recognizable brand worldwide.
- The fondue set includes porcelain ramekins, fondue forks, and chocolate mix.
- Items in this gift come packaged in a beautiful custom-made red gift box.

✘

**From Ted Baker of London**

**ROCKALL Over ear headphones**

Combining Ted's eye for detail and ear for precision, these stylish over-ear headphones offer truly immersive hi-fi sound quality, a smart foldable construction, textured tangle-resistant cable and tailored, deluxe materials for the perfect fit.

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## **The Ultimate Guide on How to Naturally Get Rid Of Acne from Ruth Marxen**

**Answer to the Facebook Holiday quiz:**

**Question: What's the name of the period leading up to Christmas?**

**Answer: Advent**

Happy Holidays to you, family and friends, thank you for all your support and encouragement. We are reaching the end of year 2015 and we are thankful for this amazing experience. Our intention is to bring you the reader what we conceive to be authority information.

On week 200 we are introducing Ruth Marxen, she is sharing an outstanding post on ACNE. This is a subject that I received questions about for years, and she is presenting one of the most comprehensive researches we have ever experienced, from studies to solutions and the reasons of the Acne syndrome. We love to take you on this journey so you can share it with people you know that have this challenge. It is a huge problem not only for teenagers but for adults as well.

Thank you once again from all of us at Isabel's Beauty Blog.

**Ruth Marxen**



Hi. I'm Ruth, from Co-Shea Therapy and I have worked in the health and wellness industry for over 25 years. I initially trained as a beauty therapist, a massage therapist, an Amomatherapist and more recently, as an Art Therapist.

I started my personal journey into holistic health at an early age. I have always had an interest in maintaining and preserving my health and I see it like a bank balance for my future. Endeavoring to walk my talk has helped ignite my passion to develop my own style of holistic



face and body therapy and to also create a unique skin care product range that is hand crafted with natural and organic raw ingredients. I also offer creative workshops that are educational, fun, practical and inspiring.

Travel/ working experiences have been priceless, enhancing and expanding my personal understanding of the greater world we all live in. I realised from an early age that offering my time and services were of great benefit, not only to the different organisations I volunteered for but also for my own self growth. Working as a volunteer in NGO's for disadvantaged children, physically and mentally handicapped individuals and in other community organisations has helped deepen my level of empathy for the plight of those less fortunate than myself. Offering my products and services for fund raising events has also helped assist me in the building of the community spirit around me which is vital for my existence.

Like us all, I have had my challenges in life. During these times I have found my creative outlet to be a source of great inspiration and self development for me. Connecting to my creative feminine voice has stimulated the birth of the subconscious part of me through my intuition and my heart energy. It gives me leverage to know and speak my divine truth. Just as important is the male part of myself. By honoring and connecting both the male and female energy within me, I see this almost as creating a sacred marriage which allows me to have a better relationship with myself and my world around me.

If I were to give advice to myself as the younger business woman I would encourage her to develop a strong, supportive community of like minded people around her, to delve into her creativity on a regular basis, to feed herself holistically with nourishing foods, to be kind and gentle with herself and to know that to fail is the opportunity to learn. Nobody really has an overnight business success story as it's often a mix of trial and error that gets us to a point of success. By

believing in yourself and be prepared to constantly evolve into the person you are today, you manifest the life you were born to live.

Visit <http://www.cosheatherapy.com> her site:

**Understanding the role of the skin and acne.**



Pimples, cysts and blackheads are caused by having either blocked and infected hair follicles or sebaceous glands on the skin which can turn red, infected and inflamed. The sebaceous glands are situated on the face, neck, shoulders and back. Hair follicles are all over our body which means that inflammation can be present on the face as well as other parts of the body like the arms and legs. Inflammation is caused by a variety of things such as using the wrong skin care

products, not cleansing the skin, having over active bacterial activity on the surface of the skin, not eating correctly, not getting enough sleep or exercise, genetic makeup, hormonal imbalances or having lots stress and anxiety in life. There is often many reasons why the pores become inflamed and it is often very individual, differing from one person to the next.

[Help Your Skin Function – Stop Impairing It!](#)

[Hormonal acne](#)

[Acne and Menopause](#)

[Root causes of Acne inflammation and what you can do to prevent skin inflammation](#)

**Simple Basics: The internals. What foods are best to avoid acne breakouts?**



As they say, what you put in, comes out one way or another. The skin is the largest organ of the body; it lives and breathes and forms the outside structure of the body. Eating healthy, nutritious food and drinking plenty of fresh, filtered water is the first step in helping to clear the skin from the inside out. Most of the modern day foods eaten today are acid forming in the body. If you want to see changes in the **PH** (refers to the acid/alkaline balance) of your body your diet should ideally consist of 80% alkaline forming foods and 20% acid forming foods during the initial healing phase. To maintain the health of the body, it is recommended to have a diet of 60% acid and 40% alkaline foods and drinks.

[Read more about PH diets to give you beautiful skin in this article .](#)

## [The role of PH foods in Acne](#)

What foods to include and what to avoid?

- Eat nutritious wholefoods that include fruit, vegetable, ancient grains, nuts, proteins, goods fats and easy to digest carbohydrates.
- Try and avoid takeaways, convenience foods and foods high in salt, sugars and preservatives as they only aggravate the acne.
- Limit consumption of acid forming foods. These foods include meat, dairy, butter, canned and processed foods, alcohol, tea and coffee.
- Eliminate gluten grains, sugars (particularly fructose), cereals, potatoes, corn, rice, pasta, from your daily diet.
- Don't eat what your Grandparents would not have recognised as food and always read the labels.
- Drink lemon or cider vinegar in warm water first thing in the morning to help clear the digestive tract.

**Supplement, supplement,  
supplement..**



Your diet is good, you drink loads of fresh, purified water, you exercise and sleep well yet your skin still is congested with the acne virus. Supplement may be the thing missing from your daily diet. Minerals for vital, healthy skin include such things like Selenium, Magnesium, Zinc, Calcium and Silica. Skin health vitamins include A, C and E. The B vitamins are essentials for the nervous system and stress management. Most of us living in the modern world suffer from adrenal fatigue (linked to the nervous system) and often it goes undetected for ages. Essential fatty acids like Fish/Cod Liver/Borage/Flaxseed oils are fantastic for the skin, the joints and the organs of the body. Ideally these vitamins and

minerals should be in the foods we eat but as our soils are becoming more and more nutrient dead, so are the fruit and vegetables we consume.

[The very best Supplements for Acne.](#)

[Acne prevention vitamins and natural solutions to Acne](#)

[Supplements to help balance the Hormones](#) and reduce acne

[Root causes of Acne inflammation and what you can do to prevent skin inflammation](#)

**The Externals: Skin care rituals, routines and professional advice to help naturally get rid of Acne.**





Daily routines and tips to help naturally get rid of Acne.

Lots of simple things in the kitchen cupboard are great for cleaning and re-balancing the oil production or hair follicle inflammation in the skin. Oatmeal, fresh fruits, cider vinegar, yoghurt and honey are some of the mainstays for treating you skin.

Making up masks with fruits like Papaya and lemon juice contain natural AHA's that gently exfoliate the skin and rebalance the PH of the skin. The fleshy Papaya skin rubbed on the skin of the face/neck works well as an AHA exfoliant. Alternatively, making up a mask of 1 tbsp. each of lemon juice and oil and applying it to the skin for approximately 10 minutes also has a smoothing exfoliating effect on the skin. Beware of the tingling effect you may experience on you skin using this mask.

Oats are naturally cleansing and softening for the skin and can be ground firstly and then mixed with Greek yoghurt to make a soothing mask for the skin. Greek yoghurt has lactic acid in it and pro-biotics which also help calm the skin.

Honey is a great skin refiner and if you can source Manuka Honey then it is even better for its anti-oxidant and healing effects. Simply add the honey to the oat/yoghurt mask for its beneficial effects or apply honey to the face and then rub a half lemon over the face which produces the tingle sensation.

Essential Oils such as Tee Tree, Clove, Lavender, Rosemary and Geranium are great for rebalancing the skin and acting as an antiseptic. One or two drops can be used in the above masks but beware, the Clove oil is a skin irritant and it's best to use this in the steam water, rather than applying it directly to the skin.

Steaming is a fantastic way to deep clean the skin. Simply fill the hand basin or a bowl with boiling water, add 1-2 drops of your chosen essential oils or herbs to the water and then lean over the steam with a towel over your head for approximately 5-10 minutes. Take some deep breaths and let the hot water do its effects. The steam is also great for decongesting the respiratory tract. Try doing this daily and then twice/three times weekly using one of the above masks on your skin.

Get your quota of sunshine everyday. Small amounts of sun allow the body metabolises vitamin D, another vitamin for skin health and the sun is a natural anti-depressant, making us feel good.

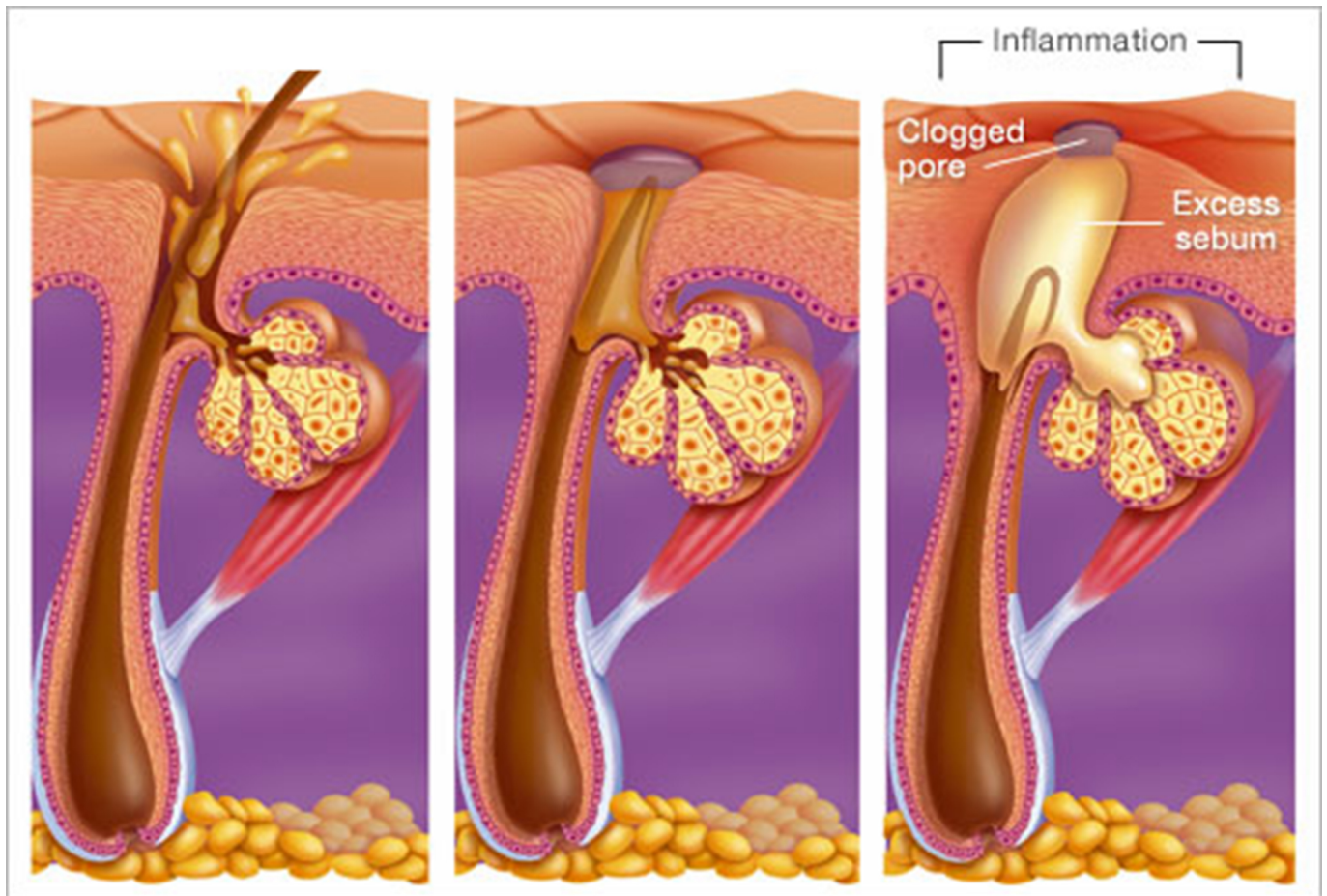
Swimming in the ocean is also fantastic as salt water is a natural cleanser for the skin.

The following websites will give you more tips:

[How to naturally get rid of acne scars and age spots](#)

[How to get rid of pimples overnight](#)

[Home remedies for Acne](#)



## Skin Care routines: How looking after your skin will avoid acne breakouts.

Developing good skin care routines at an early age is a bit like cleaning your teeth. They are both routines that initially take some time to get down pat but with perseverance, they are well worth the effort in the long run.

Avoid the downward cycle of stripping the skin of its natural oil and moisture with harsh skin care products. That shiny, tight feeling may feel good to begin with but unbalancing the natural oil production of the skin only leads to the sebaceous glands producing more oil and the skin not having enough hydration which results in a dehydrated, greasy skin. The urban myth of not using moisturiser when you have an oily skin is incorrect. The skin needs some moisture and a treatment cream, whether it be an oil free skin cream or something else is a vital protective, soothing barrier. Experiment with tester products, read the labels and keep the routine simple. Interestingly enough, natural light oils such as Coconut, Argan or Rosehip Oils are very beneficial for an Acne skin but once again it is best to experiment.

## For teenage/hormonal acne skins:

Cleanse twice daily with a gently foaming cleanser

Use an exfoliant 1-2 times per week. Don't go mad with over exfoliating the skin as it can over stimulate the sebaceous oil glands to produce excess oil. It is important though to remove the dead skin build up on the surface of the skin as they can block the pores or the hair follicles. AHA and BHA exfoliants are beneficial to help remove the glue of a dead skin cell build up on the surface of the skin.

Use a soothing treatment cream for your skin type in the morning with a natural sun protectant.

Use a treatment cream or an oil on your skin a night.

Use a facial spray regularly to keep the skin hydrated.

Steam your skin daily or every second day.

Use a mask 2-3 times per week.

Use a mineral powder make-up as it offers sun protection and is matt on the skin. The facial spray can be used over the top of the powdered mineral make up to help 'set' the make-up.

Keep persisting with the routine even if you cannot see immediate results.

For Menopausal/hormonal acne skins:

Cleanse night and morning with a gel or cream cleanser.

Use a gentle exfoliant twice weekly. AHA's and BHA's are beneficial but also be aware of the skin thinning and the sun damage that may result from the overuse of acids on the skin.

Use pro-aging serums and eye products night and morning.

Choice of a day treatment cream with natural sun deflectors.

Choice of a nourishing treatment cream at night.

Pro-aging treatment Mask 1-2/ weekly.

Use a mineral powder make-up as it offers sun protection and is matt on the skin. The facial spray can be used over the top of the powdered mineral make up to help 'set' the make-up.

Have regular pro-aging salon treatments.

Seek Advice and Treatments from the professionals

Invest in regular professional facial treatments. Your therapist will be able to recommend how often you have treatments, all dependent on the needs of your individual skin type. Microdermabrasion is not recommended on acne cysts or open pustules yet is great for cleaning up a blackhead prone skin. Laser treatments are great for acne scar removal. Many skin care houses offer specific Acne facials/products and a professional beauty therapist can assist with advice in this matter. A Holistic Dermatologist will offer a number of different treatments for Acne skin care.

[Co-Shea Therapy and Skin Care.](#)

[Professional advice from a Beauty Therapist regarding acne salon treatments.](#)

[Basic Skin Care tips <http://www.paulaschoice.com/expert-advice/skin-care-basics/>](#)

[Do Chemical Peels work for Acne sufferers?](#)

[Dermatologist advice for Menopause acne](#)

[Naturopaths and other health professionals](#)

**Internal Gut Health: How probiotics in your diet can naturally assist in preventing acne.**



More and more research is beginning to suggest the health of the micro-organisms and bacteria that live in and on us has a huge impact on the natural health of the skin. The gut bacteria is being referred to as our second brain because our immune system relies heavily on the good gut bacteria in our intestines to maintain holistic health. Feeding our bodies the wrong types of foods as mentioned in the earlier section of this blog, only heightens the bad bacteria in the gut and this can have a powerful effect on the health of the skin. How do you address this issue?

If you suffer from severe acne, you could have test done by a



nutritionist to determine if these bad gut bacteria and parasites are present in your intestines and are in turn affecting your general health and the health of your skin. The nutritionist will recommend the correct herbs or medicines for you to correct this.

Taking pro-biotics daily in the form of fermented foods and drinks can also help address the cultivation of good bacteria in the gut. Fermented drinks include things like Milk Kefir, Komboutcha and Water Kefir. Fermented foods include things like Sauerkraut, Kim Chi and Miso.

[Clear Skin starts with a Healthy Gut](#)

[How altered gut function affects the skin](#)

**How exercise can help with Acne.**



Exercise not only makes you feel better, it also boosts the circulation, removes toxins from the body system through sweating and improves the condition of the skin. The key to exercise is to find something that you enjoy doing and make a regular commitment to do it. Maybe it's a team sport, or it could be yoga, gym work, exercising in nature or dancing.

There is a close correlation between the state of the mind, hormones, dealing with daily stress levels and the health of the skin. Acne symptoms often have a vicious cycle within the

body. If we are unhappy with the way we look because of the acne we often have low self-esteem which may lead to negative self-talk, depression, bad emotional eating habits and an imbalance in the hormones which leads to more skin breakouts. Exercise is something that lifts the mood, tones the body and generally makes us look and feel better if done regularly.

We are designed to be creatures on the move but because of our modern day lifestyle we sit way too much which is unhealthy for our holistic health. By getting out and doing, we are doing our whole body a favour. Having a sauna after exercise is also great for removing toxins from the body and improving the health of the skin.

I'm going to play Devil's Advocate now. For every plus side in life, there is also a negative. Exercise is fantastic for removing toxins from the body, helping to make you feel good, promoting the circulation and helping to regulate body weight. For those suffering from acne the type of exercise you choose to do can have [adverse reactions on your skin](#). My advise is to choose your exercise carefully and weigh-up all the positives of regularly exercising because they can often out weigh the negatives.

[Exercise for clear skin](#)

[Exercise tips for the condition of the skin](#)

[Benifits of exercise on an acne skin](#)

**Happiness Pursuits: How doing things that bring us joy can improve the health of the skin.**



Happiness means something different to all of us. To me happiness pursuits are like rays of light in my life that help keep me buoyant. The acknowledgment that daily stress causes many health issues in our lives is not a new one yet linking chronic acne to individual stress levels is investigative research that is helping acne sufferers understand why they suffer from acne. In the past, antibiotics for the skin or anti-depressants for the mind were prescribed to balance the acne condition in the skin. There is now a growing interest to investigate the root cause of the stress which causes acne and to act on that rather than offering the blanket solution. Hormones, stress and emotions are so interlinked. Finding self-esteem in practicing things like mindfulness, positive self-love talk and learning to be more

content and peaceful in life are some of the pursuits of happiness that help rid the skin naturally of acne.

[Could your thoughts be preventing you from healing your acne?](#)

[How Happiness Equals Gorgeous Skin and Prevents Acne](#)

[Cultivate Gratitude for Health](#)

**Sleep: How a good night's sleep improves the skin and helps naturally get rid of acne.**



It's not an old wife's tale, beauty sleep is something that is real and necessary if you want to have healthy, glowing skin. Lack of sleep leads to a rise in cortisol in the body which can lead to adrenal fatigue and other hormonal imbalances in the body. As you know, the health of the skin is so inter-related with hormones and the emotions. It's suggested that more sebum is produced in the sebaceous glands when we don't have enough sleep.

Detaching yourself from your mobile or other wifi devices at least an hour before you go to bed helps wind the body down for sleep. Ideally not having your mobile device by the

bedside also helps the body relax as the wi-fi band is not interfering with the body's energy.

[Can Sleep Deprivation Lead to Acne?](#)

[Sleep. The Silent Healer](#)

[Acne and Sleep](#)

[Wifi Influences on Sleep Patterns](#)



## [Revive Acne Light Therapy Handheld System](#)

Revive Acne Light Therapy™ Handheld System. Deliver non-UV light spectrum that targets and destroys bacteria residing



within skin. Support the reduction of Acne flare ups and other bacteria related skin ailments.



## Eminence Organics Clear Skin Probiotic Cleanser

Clear Skin Probiotic Cleanser from Eminence Organics brings balance to even the most difficult skin types. With potent cleansers and natural botanicals that remove the causes of acne, breakouts, and blemishes, this cream gel clarifies the skin for a clear, gorgeous complexion.



## Eminence Organics Clear Skin Starter Set

Eminence Organic's Clear Skin Starter Set is a one month supply of everything you need to clear up your skin and get rid of that nagging acne. With unique formulations that target and neutralize acne causes, you'll experience less breakouts and blemishes while getting a gorgeous complexion.



## Ilike Organic Skin Care Sulphuric Whipped Moisturizer

Ilike Organic Skin Care Sulphuric Whipped Moisturizer absorbs excess oil and prevents clogged pores to promote long-term clear skin and reduce the frequency of breakouts.

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**VitaJuwel, the only Water  
system of it's kind in the  
world**



## SANUS PER AQUAM – HEALTH THROUGH WATER!

65% of the human body is water. Nothing impacts our wellbeing more than the quality of the water we drink. Water is the elixir of life! Why is drinking sufficient healthy and vital water so important?

Because water ...

- ... assists in weight loss.
- ... strengthens your immune system.
- ... can slow down the aging process.
- ... impacts all of your body's functions.
- ... noticeably increases your quality of life!

With that being said we would like to take you on a journey of the scientific facts and gifts of an essential and vital fluid WATER, combined with Crystals creates a powerful result so we will start and take you in a magical journey with facts and information that will change the course of your life that I have experienced my self first hand. Lets start with why Water and the discovery that Dr Emoto has proven in the Lab to be a tangible reality.

**Lets introduce Dr Emoto:**









## VitaJuwel & Dr. Masaru Emoto

Water is the essence of life! There's no other substance on earth that has a greater influence on our wellbeing than water. If you begin to engage yourself with the mysteries of water, you'll very soon come across one name: Dr. Masaru Emoto! No present-day scientist has studied the true nature of water more intensely than the recently passed away and greatly missed Japanese researcher and author of the New York Times bestseller "The Hidden Messages in Water". With his winning character and his deep knowledge, Dr. Emoto moved millions of people all over the world to cherish our most precious resource in a more sensible way.

Masaru Emoto (日本 江本 浩一 *Emoto Masaru*, July 22, 1943 – October 17, 2014) was a Japanese author, researcher and entrepreneur, who claimed that human consciousness has an effect on the molecular structure of water. Since 1999, Emoto published several volumes of a work entitled *Messages from Water*, which contain photographs of ice crystals and their accompanying experiments.

Emoto was born in Yokohama, Japan, and graduated from Yokohama Municipal University after taking courses in International Relations. In the mid-1990s, he began studying water in more detail.

Emoto was President Emeritus of the International Water For Life Foundation, a non-profit organization based in Oklahoma City in the United States. Emoto became a Doctor of Alternative Medicine at the Open International University for Alternative Medicine in India in 1992. Subsequently he was introduced to the concept of micro cluster water in the US and Magnetic Resonance Analysis technology. The quest thus began to discover the mystery of water. At length, he realized that it was in the frozen crystal form, that water showed us its true nature.

He has gained worldwide acclaim through his groundbreaking research and discovery, that water is deeply connected to our individual and collective consciousness.

He is the author of the best-selling books *Messages from Water*, *The Hidden Messages in Water*, *The True Power of Water and Love Thyself*. He has now also authored two children's books, *The Secret of Water for the children of the world*, and *The Message from Water children's version*. He is a long-time advocate for peace in relation to water. He is currently the head of I.H.M.General Research Institute and President Emeritus of the International Water for Life Foundation, a Not-for-Profit Organization.

We all learn valuable life lessons at our own pace, but there is one basic truth we all learn early. Positive, compassionate words comfort and heal; negative words and insults hurt. Until recently, we knew this only because we could feel it. Now we can actually see it. Thanks to the experimental work of Dr. Masaru Emoto, we can look to water, and its frozen crystals, to confirm the healing power of beautiful music, positive thinking, uplifting speech, and prayer.

By exposing water to a particular word or piece of music, freezing it, and photographing the ice crystals formed, Dr. Emoto has shown that from beautiful words and music, come beautiful crystals, and from mean-spirited, negative words, come malformed and misshapen crystals. What is the significance? It becomes clear when we remember that the adult human body is approximately 70% water and infant bodies are about 90% water. We can be hurt emotionally and, as the water can be changed, for the worse physically by negativity. However, we are always closer to beauty when surrounded by positive thoughts, words, intentions and ultimately those vibrations.

Dr. Emoto's theories can be explored further by reading his

books mentioned above. These books have been translated into more than thirty-five languages. Dr. Masaru Emoto's stunning water-crystal photographs have enchanted millions of people in his many books.

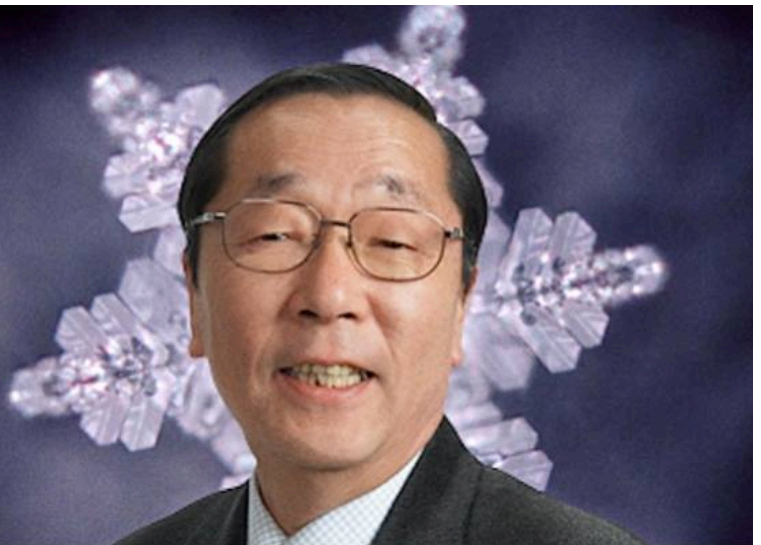
In 2003 the United Nations proclaimed the years 2005-2015 as its International Water for Life Decade, which urges citizens of the world to take individual responsibility to learn all about water. In a time wrought with environmental catastrophes and natural disasters, *The Secret of Water* and his not-for-profit book, *The Message from Water children's version*, show the necessity of protecting water, and offer messages of hope and empowerment. Help us shift consciousness through our thoughts, through our words, and prayers, and through our commitment to respect each other with love and gratitude. May our understanding of water, and help bring peace to all humankind.

*'What you really know  
is Possible in your Hearts  
is Possible.'*

*What we Imagine in our  
Minds becomes our World.*

*That's just One of the  
many things I've learned  
about Water.'*

*Masuru Emoto*



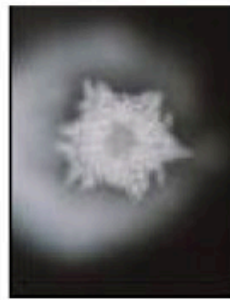
**Here we wish to share some of the pictures of his research.**

**Water affected by Words**





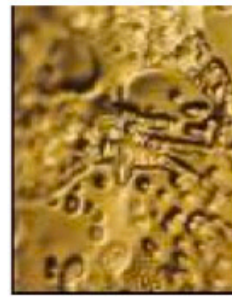
the word Angel



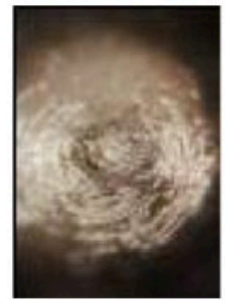
the word Peace



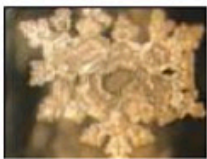
the word Spirit



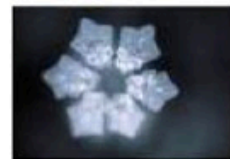
the words You  
disgust me



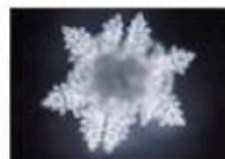
the words You fool



Air on a G string  
by Bach



Imagine  
by John Lennon



Amazing Grace



Photo of Dolphins

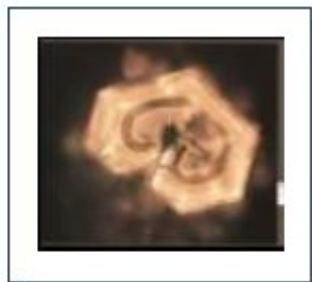


Photo of Lotus

## Water Affected by Music



**A Heavy Metal Song**



**A Korean Folk Song,  
Ariran**



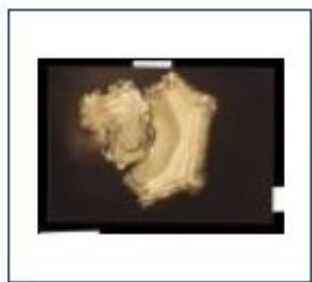
**Air on a G String, Bach**



**Amazing Grace**



**Farewell Song, Chopin**



**Heartbreak Hotel,  
Elvis Presley**



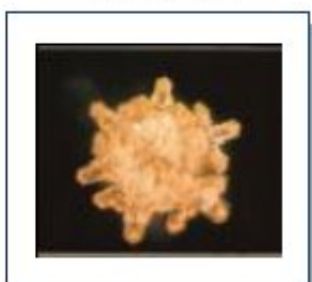
**Imagine, John Lennon**



**Moldau, Smetana**



**Symphony No. 40,  
Mozart**



**Tibetan Sutra**



**Yesterday, The Beatles**



**Pastorale, Beethoven**

He laid the foundation of numerous insights of modern water research. Dr. Emoto's research revealed that water not only has a memory but it could be improved by external influences such as gems in VitaJuwel. He fundamentally changed the way we think about the water we drink and roused our passion to improve the quality of drinking water.



Crystal images by the Hado Life laboratory, which was co-founded by Dr. Emoto, showed that water treated with VitaJuwel gem vials regains its original, natural energy and thus is comparable to fresh spring water. Dr. Emoto was deeply moved by these breathtaking results and the practical implementation of his insights on the ability of water to carry positive information. Dr. Emoto's vision was to focus people's interest worldwide in enjoying and treasuring fresh and vital water. In 2012, HadoLife and VitaJuwel sealed a lasting partnership to join forces and work towards that goal. They created in close cooperation a set of 3 exclusive gem vials.

„Water shows its true nature only to people whose spirit is as open as a child's.“

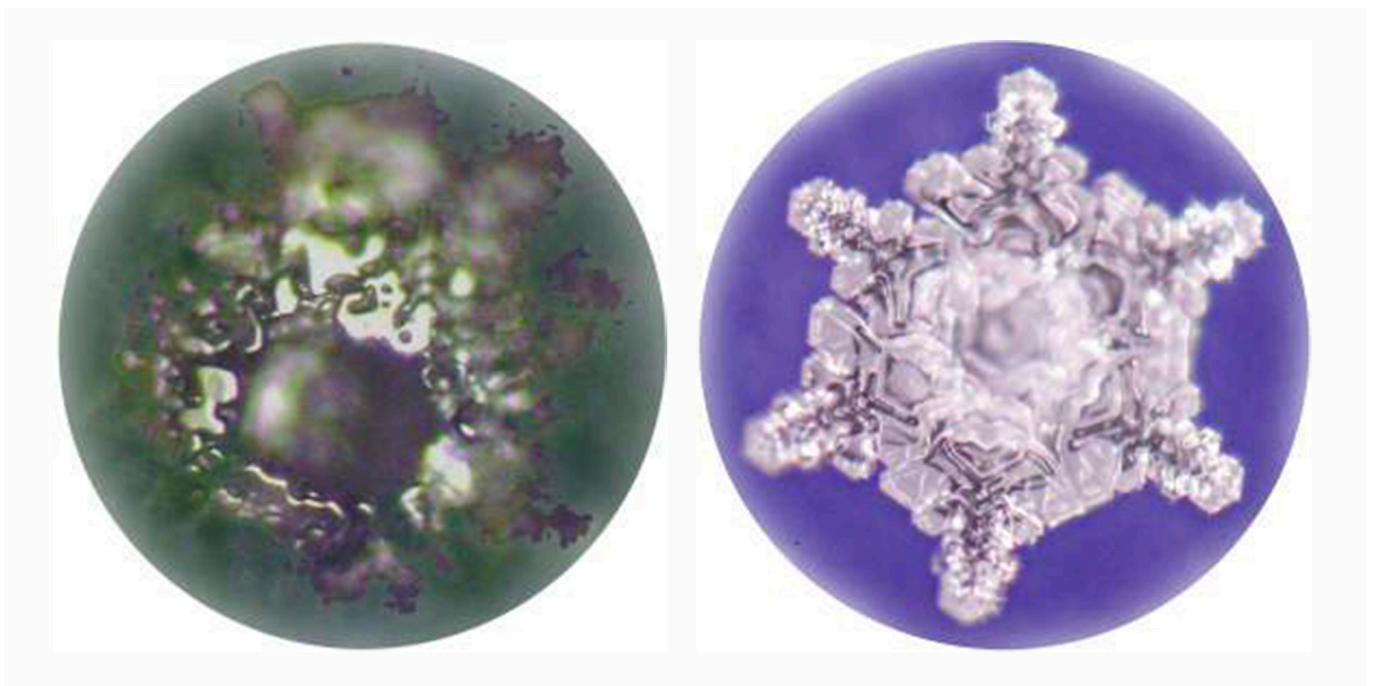
Dr. Masaru Emoto (July 22, 1943 – October 17, 2014)

A part of the proceeds from the sale of these vials will be donated to Dr. Emoto's foundation "Emoto Peace Project". Enjoy gemwater totally new with EmotoCrystals

## WATER'S SECRETS

Water is not just H<sub>2</sub>O! World-famous scientist and bestselling-author Dr. Masaru Emoto discovered that vivid water features a sublime crystal silhouette. The photo to the left, taken by the HadoLife lab, which was co-founded by Dr. Emoto, shows a crystal of regular tap water.

After 7 minutes with a VitaJuwel gemstone vial, the crystal changed its shape completely (right photo), becoming harmonic and vital. VitaJuwel – gemwater has a crystal structure that is comparable to pure spring water!



## GEMWATER – MADE BY VITAJUWEL

Using gems to vitalize water is an age-old tradition, dating back to ancient Greece. Gems naturally emit a radiation that is able to inspire water, making it more lively and enjoyable. Eight years ago, VitaJuwel reinvented this method. Hygienically. Naturally. Today VitaJuwel is the world's only manufacturer of gemstone vials to enhance the vitality of drinking water in a natural way to the level of pure spring water. VitaJuwel products are designed with devotion in the German alpine foothills, tested by friends all over the world and traditionally hand-crafted by master glassblowers in Bohemia in a patented, artisanal method.

The gems don't have to come in contact with the water. VitaJuwel vials act like a natural prism for the crystals' radiant energy. This can even be tasted by sensual water lovers! Like in the natural cycle of water, with VitaJuwel gem vials the natural element stone regenerates the natural element water.

Now we are going to touch the surface on the History and properties of Crystals, I grew up loving Stones and was lucky to be introduced at a very young age to the amazing world of Crystals and YES I not only believe in their properties I have worked with them for most of my life and feel their properties every time I connect with them, so with that being said when I discover VitaJewel system and on top connected to Dr Emoto's believe I became a true fan of it. I highly recommend the beautiful products that offer the connection to the world of Water empower with Crystals. WOW! what a treat, we don't have a part in the company or financial gain, our passion for what we believe surpasses that love for the products, we use them and wish to share them with you, family and friends so we can all benefit from this amazing system with so much integrity and so well intended. Here we go, we are not going to be to extensive in the description due that this post well become enormous and most peoples attention span is not so long, any way we will place links so if you choose to learn more you can take your own journey.

According

to: [http://www.crystalage.com/crystal\\_information/crystal\\_history/](http://www.crystalage.com/crystal_information/crystal_history/)

The first historical references to the **use of crystals** come from ancient the Ancient Sumerians, who included crystals in magic formulas. The Ancient Egyptians used [lapis lazuli](#), [turquoise](#), [carnelian](#), [emerald](#) and [clear quartz](#) in their jewelry, healing rituals and invocations. They also carved

grave amulets of the same gems and place them in the Tombs with their dead. The Ancient Egyptians used stones primarily for protection and health. Chrysolite (later translated as both [topaz](#) and peridot) was used to combat night terrors and purge evil spirits. Egyptians also used crystals cosmetically. Galena (lead ore) was ground to a powder and used as the eye shadow known as kohl. [Malachite](#) was used in a similar manner. **Green stones** in general were used to signify the heart of the deceased and were included in burials. Green stones were used in a similar way at a later period in Ancient Mexico.

The Ancient Greeks believe that a number of properties to crystals and many names we use today are of Greek origin. The word 'crystal' comes from the Greek word for ice, as it was believed that clear quartz was water that had frozen so deeply that it would always remain solid. The word [amethyst](#) means 'not drunken' and was worn as an amulet to prevent both drunkenness and hangovers. [Hematite](#) comes from the word for blood, because of the red colouration produced when it oxidizes. Hematite is an iron ore and the ancient Greeks associated iron with Ares, the god of war. Greek soldiers would rub hematite over their bodies before battle, purportedly to make themselves invulnerable. Greek sailors also wore a variety of amulets to keep them safe at sea. For example, hematite as iron compound was rightly associated to the planet Mars, whereas malachite as copper ore to the planet Venus. Today we know that, for instance, Mars is the planet with highest iron content in the Solar system, so we need certainly more than superstition to correctly understand these lores and myths of the ancient peoples.

Here are some links to Crystal books and web references:

[http://www.crystalage.com/online\\_store/books\\_charts\\_953.cfm](http://www.crystalage.com/online_store/books_charts_953.cfm)

<http://www.crystalflame.com/crystal-healing-info/crystal-heali>

[ng-history/](#)

<https://quantumstones.com/ancient-cultures-used-healing-crystals-stones/>

The world of Crystals is so vast that we are going to do more in a Post of its own, we wanted to connect them with the water and provide you with information to aid the understanding of why the products are put together like this.

# Look deep into nature

and you will understand everything better.

Albert Einstein



## VitaJuwel ViA

VitaJuwel ViA is not just a simple glass bottle with gemstones. It has two openings with an exchangeable gem pod attached to the lower opening. Twist off one gem pod and attach a different one to experience the full scope of VitaJuwel gemwater. By the way: The two openings also make cleaning VitaJuwel ViA as easy as 1-2-3.

Enjoy gem water wherever and whenever you like with VitaJuwel ViA, your personal gem water bottle! Prepare your own spring fresh gemwater for on-the-go. On your way to work, while shopping in the city or at the beach – VitaJuwel ViA is your perfect companion for extraordinary trips. VitaJuwel ViA and the gem pods are available in 17 fascinating blends.

**With every sip of water you drink,  
YOU decide whether it is dull and dead  
or VITAL AND FRESH!**

## **BELIEVE IT OR NOT – IT WORKS!**

German scientists have proven that water becomes more alkaline and the oxygen content increases with VitaJuwel gem vials. The tests showed: With VitaJuwel, drinking water reaches a quality level otherwise only found in natural spring water.“

## **JEWELRY FOR YOUR WATER!**

VitaJuwel is the most hygienic and efficient method to prepare gemwater. And it's easy! Just place a VitaJuwel gem vial in your drinking water for 7-10 minutes and enjoy gemwater, the true elixir of life!

- fairly-traded, conflict-free gems
- lead-free Bohemian glass
- handcrafted in the European Union
- designed by glass artists in the German Alps
- results verified by lab analysis
- tested by doctors & naturopaths
- worldwide patented manufacturing method
- several fascinating gem blends

Lets talk a bit about the power of Crystals weather you are wanting an energy boost, need an assist in grounding, looking for a manifesting tool, or something else that you are seeking whatever your purpose there is a healing stone for you. No gemstone has a singular purpose, multiple healing

qualities are housed within a single stone. First you must find the crystal that has the Universal Life Force energy that is appropriate to your intentions. Each crystal has a crystal energy lattice, a color ray of influence, and an earth power derived from its chemical makeup.

Gemstones and crystals have traditionally been used in a variety of ways to restore balance and harmony to both the physical and spiritual elements of our lives.

**Click on the links or the pictures  
to purchase any VIA bottles.**

**WELLNESS**









## rose quartz – amethyst – clear quartz

This basic, well-balanced composition was used to inspire water for hundreds of years. Experts claim that amethyst stimulates and soothes the mind and that rose quartz fosters tranquility. Having this vial in a VitaJuwel decanter on your dining table will let you experience water totally anew. Customers find gem water with this harmonic blend to taste smooth and mild. If you're unsure, with which blend to start your VitaJuwel collection, choose this one!

**BALANCE**







## Sodalite – clear quartz

“You’re not sick, you’re thirsty” states F. Batmanghelidj, M.D. in his books. Water is your body’s principal component. It flushes toxins out of vital organs and carries nutrients to your cells. Even mild dehydration can drain energy and make you tired. Experts recommend 6 to 8 glasses of water daily. Do you drink enough? Many people have lost their natural feel of thirst. Regain this feeling! Your body may thank you with unexpected positive effects.

## INNER PURITY









## Aquamarine – clear quartz

Gemwater is the true elixir of life! Your body needs well functioning cleansing processes for stable health. No other beverage than water – pure, vital, and free of harmful substances – is better to support these extensive tasks within our body. Aquamarine means “water of the sea” and this gently blue stone is said to be calming, soothing, and cleansing, just like a refreshing swim in the ocean! Not to forget its great side effect: Inner purity is also visible on the outside.





KIDS





**Red jasper – sodalite – orange calcite brown agate – aventurine quartz**

The percentage of water in our children's body is more than 70 %. Especially during phases of growth, drinking a sufficient amount of healthy water is imperative. A kid's sensation of thirst is not fully developed. It has to be regularly reminded to drink. Drinking enough fresh water enhances concentration and the ability to learn. VitaJuwel Kids with its colorful and bright tones will turn „magic water“ water into the new favorite beverage of your children.

**Emoto Crystals PASSION**







## **Carnelian – halite salt**

VitaJuwel strives to raise people's passion for vital water. The beautiful crystal image taken by the HadoLife lab, which was co-founded by Masaru Emoto, impressively resembles that passion. We blended vibrant Carnelian, "Stone of Life" in Ancient Egypt, with Halite, the "Salt of Kings". Carnelian plays a leading role in the famed crystal healing tradition of 12th-century abbess Hildegard of Bingen. Like no other stone it symbolizes the joy of living. Open yourself to his exquisite blend and absorb its radiating joy with every passionate sip of gemwater.

## **Emoto Crystals VISION**









## **Noble shungite – clear quartz**

“In order to carry a positive action we must develop here a positive vision.” – Dalai Lama. Jet black Shungite is truly a visionary stone Like diamond, it is a form of elemental carbon. It is mined in the remote Russian region of Karelia, where Czar Peter already made use of Shungite’s purifying properties. Discover water completely anew with this gem from another world and its fascinating crystal image, taken by taken by the HadoLife lab, which was co-founded by Masaru Emoto. Share our vision to make gemwater an enlightening experience for everybody.

## **FIVE ELEMENTS**







## **Amethyst – chalcedony – petrified wood rose quartz – ocean chalcedony**

Traditional chinese medicine has developed over 5,000 years and recognizes health as a harmonious balance of five elements: Wood for growth, water for reflection, earth for grounding, metal for strength and fire for passion. Every person is a unique blend of these elements. Following this ancient philosophy, we have included one kind of gem for each element in this blend to reflect each attribute. Get your life in balance. Experience this ancient wisdom.

## **CUPID'S KISS**









## Rose quartz

All you need is ... water. And when you add rose quartz, the quintessential stone of love, anything is possible! Rose quartz is used by experts to release emotional wounds and traumas, to balance emotions and bring peace and calm. This balance is said to relief stress and ease anxiety. For water lovers, this is the perfect blend. However, we won't be held responsible if you find love of self and love of life. In order for the heart to beat, it needs water.

**MOMENTUM**







## Chalcedony – moss agate – milk opal

Alternative practitioners recommend this blend to strengthen your inner flow and to gain and maintain your momentum. Discover your inner peace and harmony again. In this fast paced, complex world we often tend to forget that our mind sometimes needs to rest in order to be able to focus on what is really important. Settle down for a minute, forget everything around you and indulge yourself with a glass of gemwater to get fresh wind in your sails.





**ALLURE**





## Garnet – clear quartz

Are you looking for an exceptional present for your loved one, a wedding gift for very good friends or for a Valentine's Day surprise? Or would you like to bring a little more fire in your everyday life? Blazing, scarlet red garnet is described as a symbol for sensuality and passion. This powerful, energizing stone is perfect for lovers! Open all of your senses to the vibration of that unique VitaJuwel gemstone blend with a glass of precious gemwater.

## DIAMONDS







## **Diamond slivers – clear quartz**

Diamonds are a gemwater lover's best friend. The most precious gem on earth was believed to channel divine energy and was reserved only for kings and queens. Our customers say that no other gem water tastes as intense and apollonian as this exclusive blend. Try it once and you'll never again drink ordinary tap water. It makes a perfect gift for that special someone you treasure most in your life – it is as unique as a diamond ring. It is jewelry for your water!

**FITNESS**









## Red jasper – magnesite – clear quartz

Along with exercise and a balanced diet, nothing supports an active lifestyle better than enough fresh water. Drinking water first thing in the morning is an easy way to speed up your metabolism. Lots of people confuse thirst for hunger, so staying hydrated could help you avoid overeating. Make a start, put on your running shoes and fill a bottle with “Fitness” gemwater! Include this blend in your workout schedule and get ready for a surprise!

VITALITY







## Emerald – clear quartz

St. Hildegard declared nearly 1000 years ago: “All the green of nature is concentrated within the Emerald.” This lush crystal has been a source of fascination in many cultures and was considered a symbol of eternal life in ancient Egypt. Louis Pasteur said: “We drink 90 percent of our illnesses.” Your body needs a sufficient amount of fresh water for well functioning cleansing processes and a stable health. It’s a natural way to help you leading a better life. Become vital!







BEAUTY



## **Amethyst – aventurine quartz – rose quartz**

Beauty emerges from within. Of course, we grow older but we don't have to look old. Fresh, smooth looking skin is a sign of youth and health. Plenty of sleep, a balanced diet and sufficient fresh water are essential to maintain your skin's elasticity. This blend is perfect for those who want their inner beauty to radiate out into the world. Numerous spa owners use this blend as an essential part of their treatments. They know SPA stands for "Health through Water".

## **SUNNY MORNING**







## Orange calcite- clear quartz

Get your very special, personal ray of sunshine and shine from within! Can you remember the last time you enjoyed the beauty of a sunrise over the ocean or in the mountains? How it lifted your spirits in a very special way? How it moved you to the core? The energy of the beaming orange calcite is all about joy and stands for everything that makes you smile! Start every day – even cloudy and rainy ones – with a glass of this special blend and re-live those precious moment!

## EmotoCrystals GOLDEN MOMENTS





## rhine gold – halite salt – garnet

In Golden Moments we pause for an instant, reflect the things that truly matter and leave everyday's worries behind. Those precious moments cannot be weighed in gold. The astonishing beauty of the crystal image taken by taken by the HadoLife lab, which was cofounded by Masaru Emoto, left us deeply moved. It's crystalline silhouette reflects its unique ingredients: hand-mined gold from the river Rhine in Germany, exotic Halite Salt (the "Salt of Kings") and a piece of fiery, blazing Garnet. We'd like to excite you to enjoy more Golden Moments!



