

# The connection of Breath to beauty and wellness

## Breathing



Hello and welcome to **week 219** , thank you for all your support and feedback, we are very grateful for your visits to the blog from all of us at Isabel's Beauty Blog. In this post we are sharing information on Breathing, We often get asked why do you have posts about health concerns, nutrition and spiritual matters, it is very a simple answer actually, for us

it is a connection of body, mind and spirit that we all share and there is not doubt in our minds about it. I grew up with that knowledge and in the history of the planet these facts are well documented, with that said, it is commonsense if you think about that if you are not happy it definitely shows in our overall looks, even when we are extreme beauties, the unhappy attitude won't really take us far when we have imbalances either internally or externally, there is something about that that is not so beautiful won't you agree? So breathing is one of those facts that is imperative to address. In Chinese Medicine the lungs rule skin!! so there is a great reason to keep the respiratory system in top shape. Posture plays a great roll on breathing and incorrect posture is not very beautiful, so as you can see the overall balance is what keeps our external and internal beauty in shape. Enjoy the post and remember to share with family and friends, we wish you health, happiness and ideal wealth.

## What Controls Your Breathing?

According

to: <http://www.nhlbi.nih.gov/health/health-topics/topics/hlw/controls>

At the base of your brain is a respiratory control center that controls your breathing. This center sends ongoing signals down your spine and to the muscles involved in breathing.

These signals ensure your breathing muscles contract (tighten) and relax regularly. This function allows your breathing to

happen automatically, without you being aware of it, is pretty amazing don't you think aside from all the work that the body does with us running around all day!.

To a limited degree, you can change your breathing rate, such as by breathing faster or holding your breath. Your emotions also can change your breathing. For example, being scared or angry can affect your breathing pattern, thinking, crying, excited etc,.

Your breathing will change depending on how active you are and the condition of the air around you. For example, you need to breathe more often when you do physical activity. In contrast, your body needs to restrict how much air you breathe, if the air contains irritants or toxins to protect us from it.

To adjust your breathing and changing needs, your body has many sensors in your brain, blood vessels, muscles, and lungs.

Sensors in the brain and in two major blood vessels (the carotid (ka-ROT-id) artery and the aorta) major blood vessels, detect carbon dioxide or oxygen levels in your blood and change your breathing rate as needed, it is just amazing what the body does and we are not even aware of its work.

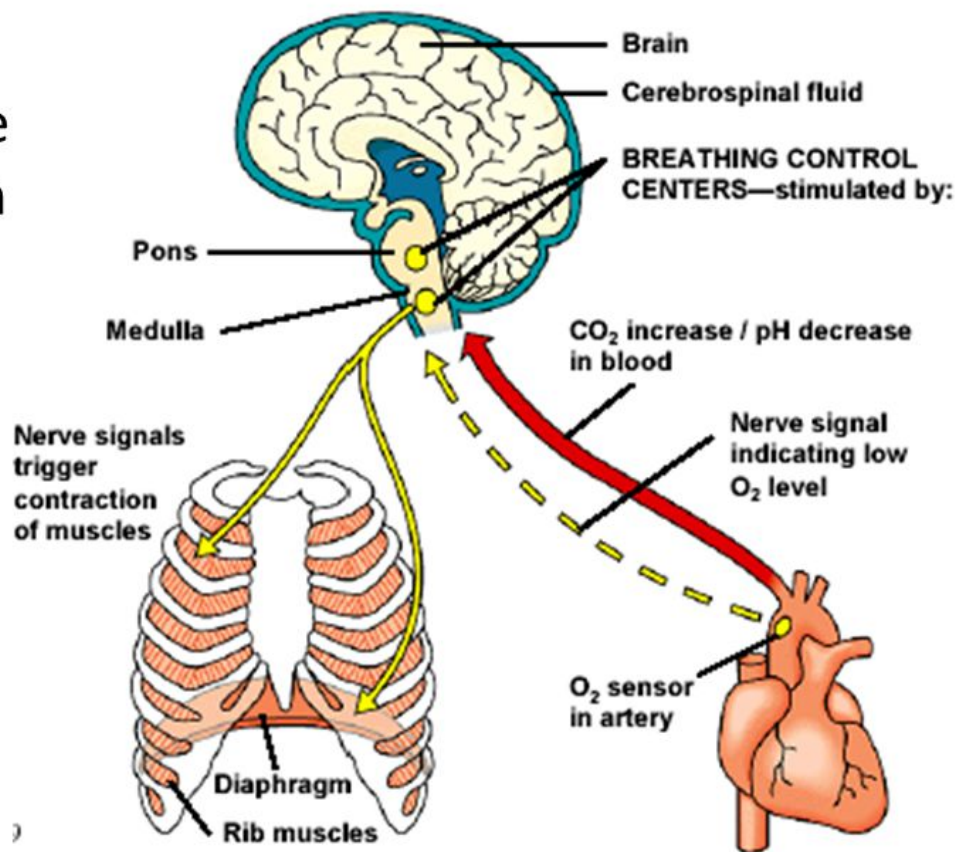
Sensors in the airways detect lung irritants. The sensors can trigger sneezing or coughing. In people who have asthma, the sensors may cause the muscles around the airways in the lungs to contract and tighten. This makes the airways smaller.

Sensors in the alveoli (air sacs) can detect fluid buildup in the lung tissues. These sensors are thought to trigger rapid, shallow breathing.

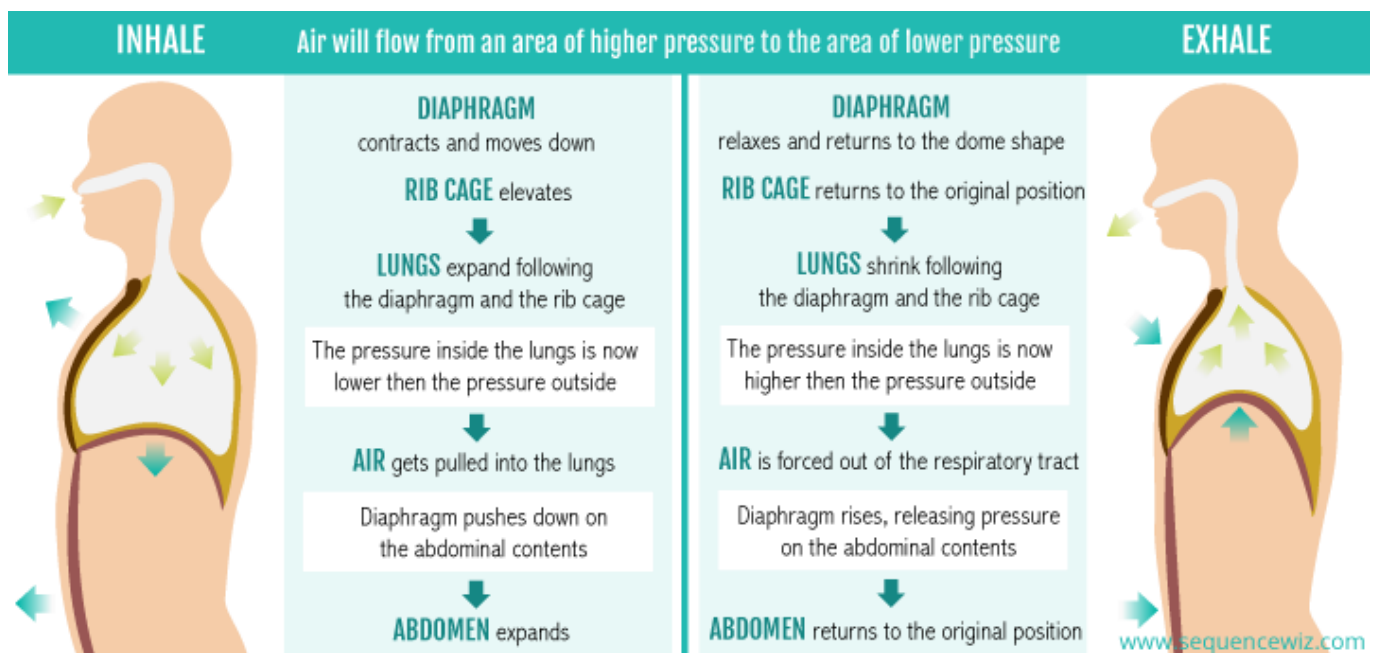
Sensors in your joints and muscles detect movement of your arms or legs. These sensors may play a role in increasing your breathing rate when you're physically active.



Control center  
in the brain  
regulate  
breathing



# What Happens When You Breathe?

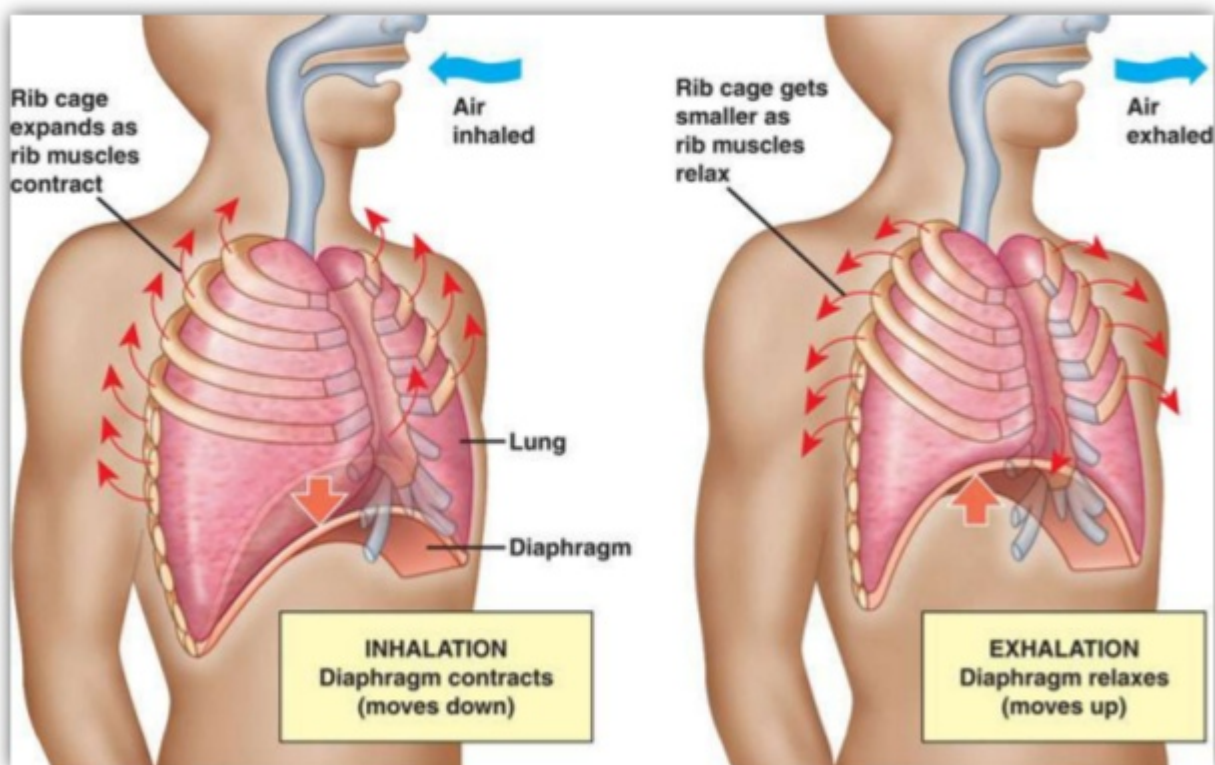


## Breathing In (Inhalation)

When you breathe in, or inhale, your diaphragm contracts (tightens) and moves downward. This increases the space in your chest cavity, into which your lungs expand. The intercostal muscles between your ribs also help enlarge the chest cavity to contain your different amounts of air inhaled. They contract to pull your rib cage both upward and outward when you inhale.

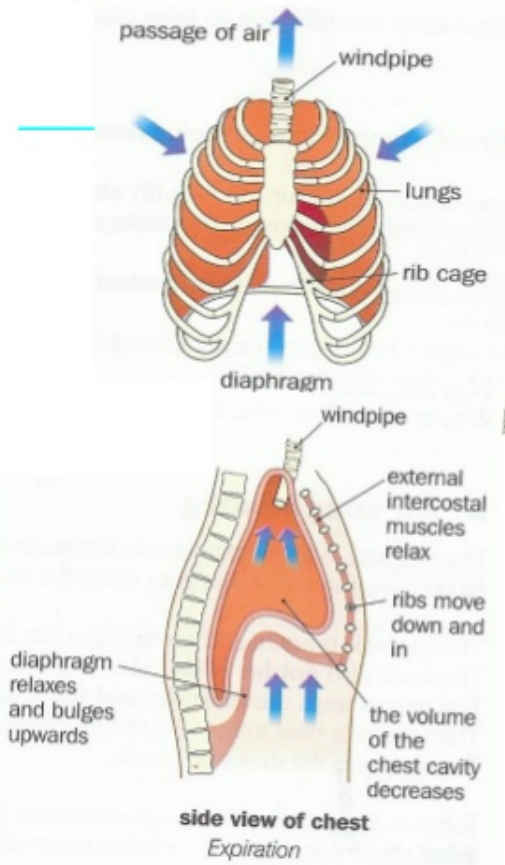
As your lungs expand, air is sucked in through your nose or mouth. The air travels down your windpipe and into your lungs. After passing through your bronchial tubes, the air finally reaches and enters the alveoli (air sacs).

### Mechanism of Breathing



*dr. aarif*

## The mechanism of Expiration (exhalation)



- Describe the mechanisms involved in expiration
- The diaphragm and **external** intercostal muscles relax. The **internal** intercostal muscles contract. So the rib cage moves downwards and inwards. The diameter and length of the thorax decreases.
- Overall, the volume of the thorax decreases which results in an increase in pressure in the lungs compared to atmospheric pressure.
- Air leaves the lungs – which deflate.
- The elastic fibres between the alveoli recoil and the alveoli return to their natural shape.

Through the very thin walls of the alveoli, oxygen from the air passes to the surrounding capillaries (blood vessels). A red blood cell protein called hemoglobin (HEE-muh-glow-bin) helps move oxygen from the air sacs to the blood.

At the same time, carbon dioxide moves from the capillaries into the air sacs. The gas has traveled in the bloodstream from the right side of the heart through the pulmonary artery.

Oxygen-rich blood from the lungs is carried through a network of capillaries to the pulmonary vein. This vein delivers the oxygen-rich blood to the left side of the heart. The left side of the heart pumps the blood to the rest of the body. There, the oxygen in the blood moves from blood vessels into surrounding tissues.

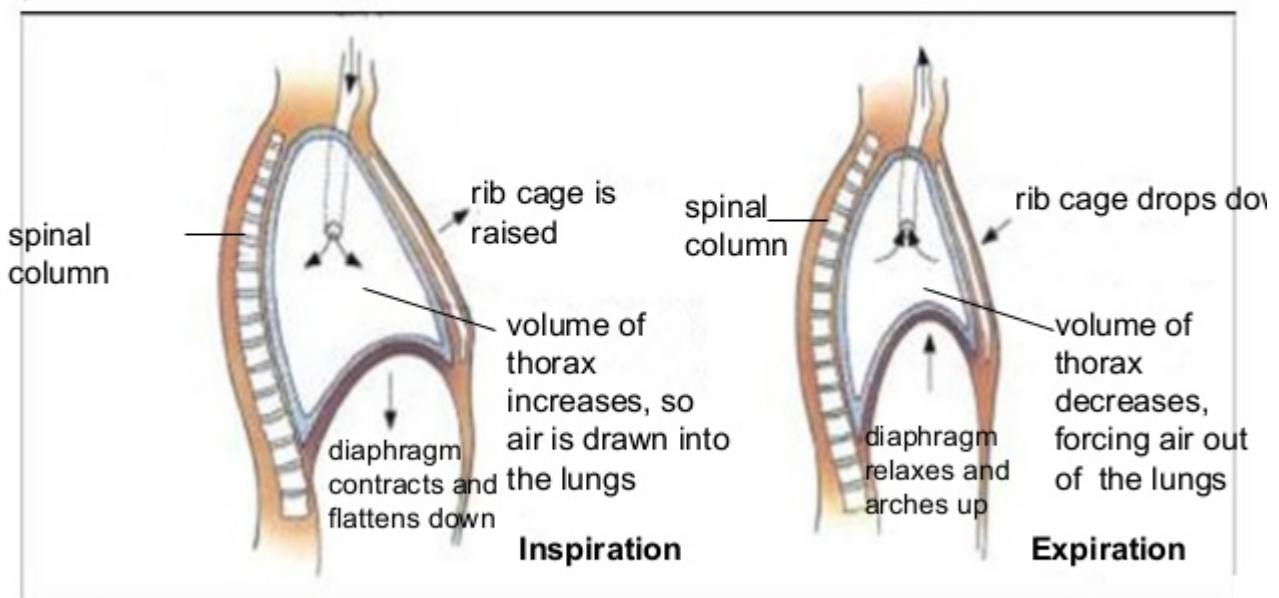




# The Mechanics of Breathing

air in

air out



Side view of movements in the thorax during inspiration and expiration

## Breathing Out (Exhalation)

When you breathe out, or exhale, your diaphragm relaxes and moves upward into the chest cavity. The intercostal muscles between the ribs also relax to reduce the space in the chest



cavity.

As the space in the chest cavity gets smaller, air rich in carbon dioxide is forced out of your lungs and windpipe, and then out of your nose or mouth.

Breathing out requires no effort from your body unless you have a lung disease or are doing physical activity. When you're physically active, your abdominal muscles contract and push your diaphragm against your lungs even more than usual. This rapidly pushes air out of your lungs.

## **BREATHING BEGINS IN THE NOSE**



When you own your breath, nobody can steal your peace.

Breathing is one of the basic human functions and yet it's the most powerful force that keeps us alive. When we focus on breath, we are at the source of our life.

**Breathing is at the source of all powers in human beings**

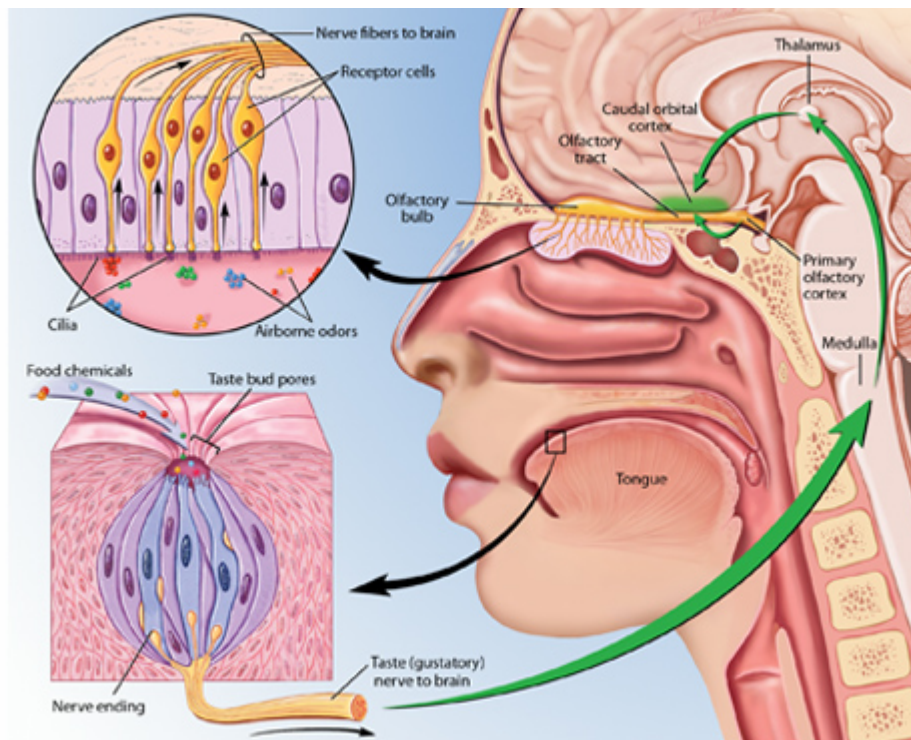
Breathing connects our mind with the body. It helps us being in the rhythm of life. When our breathing isn't rhythmic, we fall apart.

According

to: [http://www.drstandley.com/bodysystems\\_respiratory.shtml](http://www.drstandley.com/bodysystems_respiratory.shtml)

About 18 – 20 times a minute, you breathe in, keep in mind that this is an average count. When a doctor wants to know how are you breathing he or she puts his or her hand on your shoulder or back and looks at the clock, they are keeping track of how many times you breathe within one minute. This is how one of your vital signs is measured, called “respiration.”

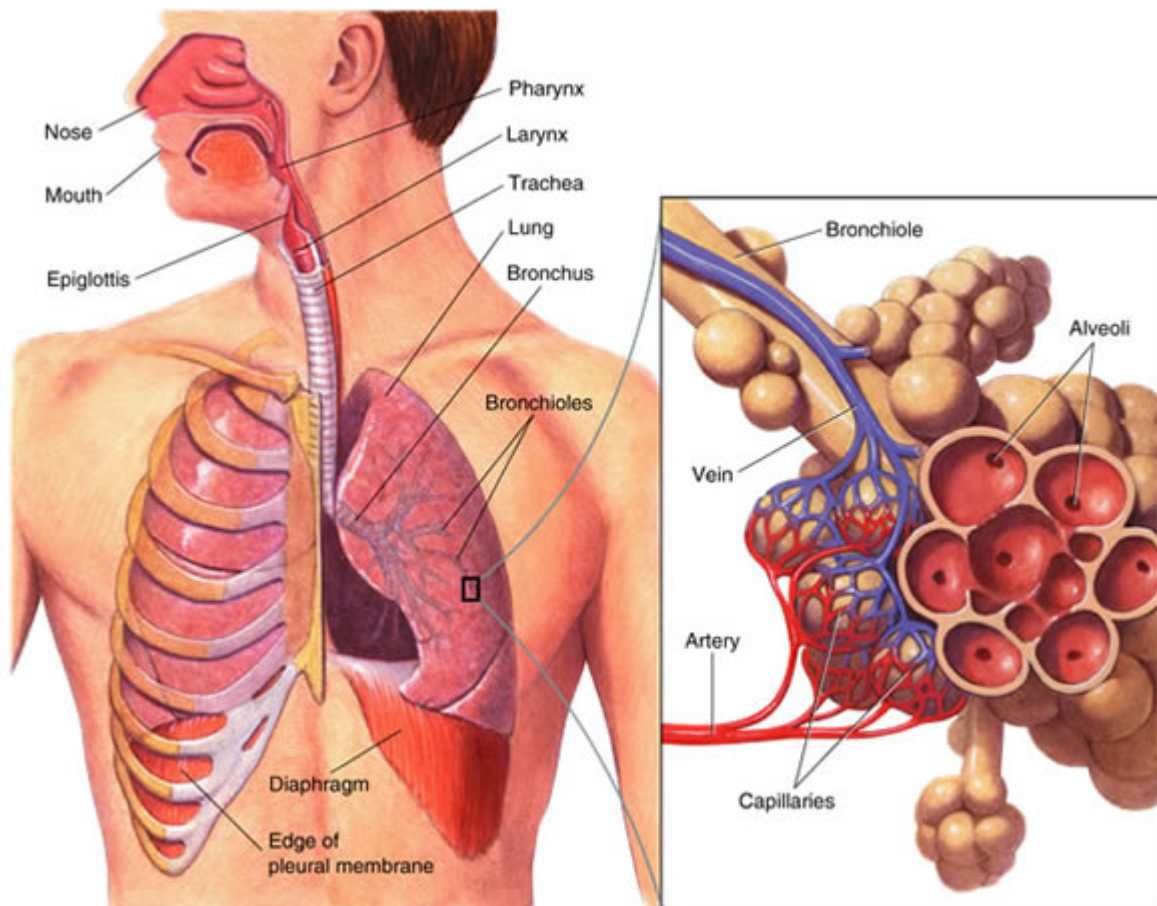
When you breathe, you inhale air and pass it through your nasal passages where the air is filtered, heated, moistened and enters the back of the throat. The esophagus (food tube) is located at the back of the throat and the trachea (windpipe) for air is located at the front of the throat. When you eat, a tiny flap called the “epiglottis” closes down to cover the windpipe so food won’t go down the wrong pipe. Here it is important to remember that breathing is meant to be done through the nose not the mouth for very specific biological reasons!.



## WHAT ARE THOSE TINY AIR SACS FOR?

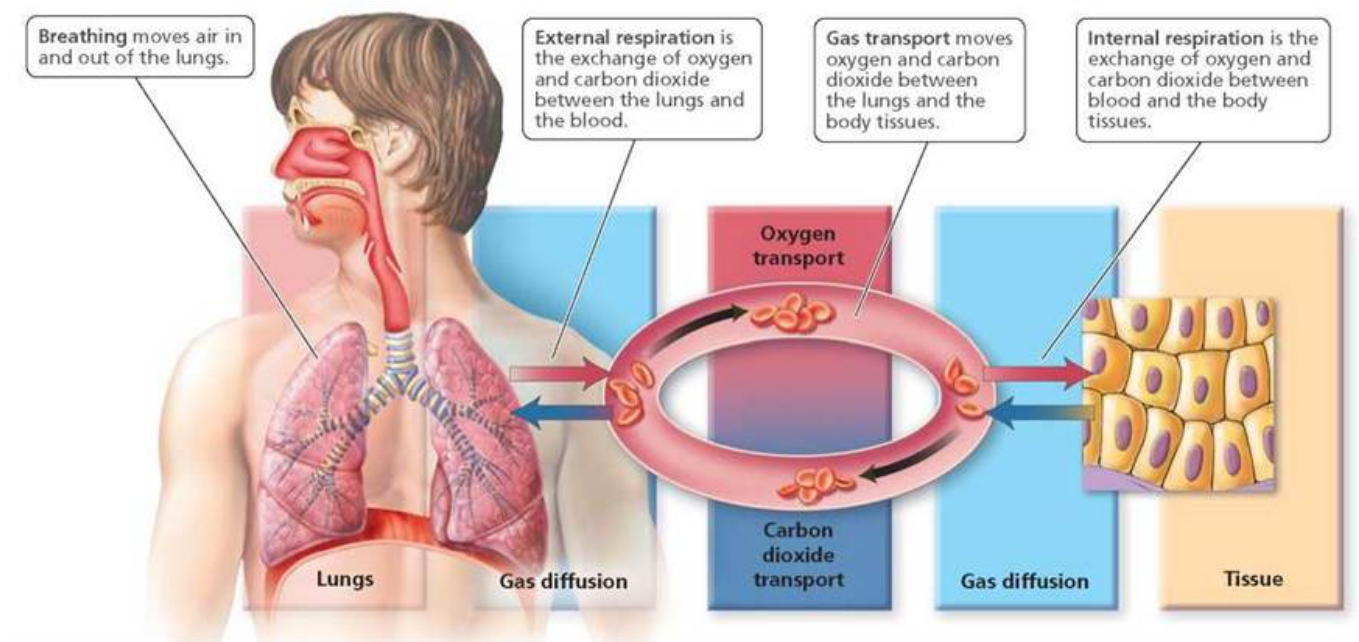
Air flows down through the windpipe, past the vocal cords (voice box), to where the lowest ribs meet the center of your chest. This is where your windpipe divides into two tubes which lead to each of the two lungs that fill most of your ribcage. Each lung feels just like a sponge. Inside each of

your sponge-like lungs, there are tubes called bronchi which branch into even smaller tubes just like the branches of a tree. At the end of these tubes are millions of itty bitty bubbles or sacs called alveoli. If you were to spread out flat all of the air sacs in the lungs of an adult, the tissue would cover an area about the third of the size of a tennis court.



# HOW DOES THE OXYGEN/WASTE EXCHANGE WORK?

This phenomenal exchange works with the assistance of the red blood cells in your bloodstream. Your red blood cells are like box cars on a railroad track. They will show up at the sacs at just the right time, ready to trade in old carbon dioxide that your body's cells have made for some new oxygen you just breathed in. During this process, the red blood cells turn from purple to a sparkling red color as they start carrying the oxygen to ALL the cells in your body.

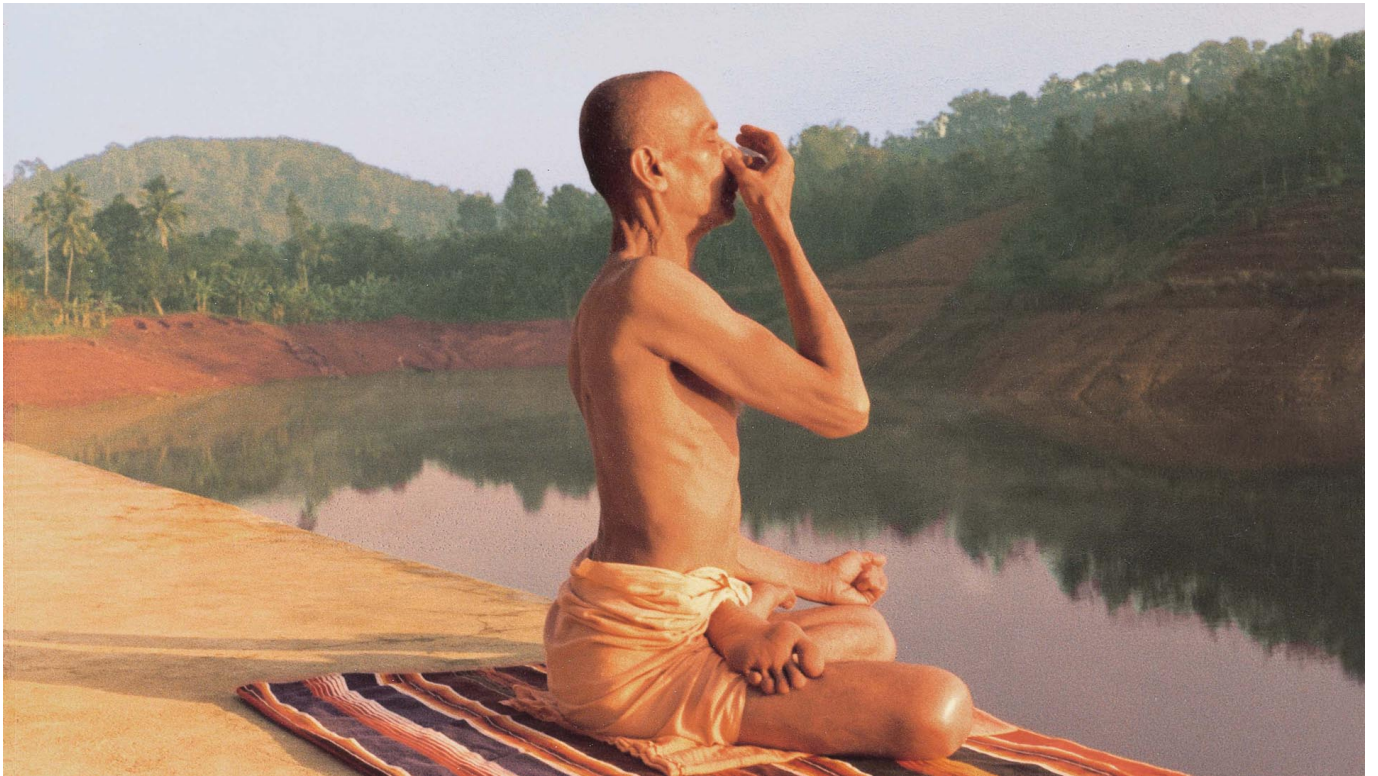


## WHAT HAPPENS TO THE CARBON DIOXIDE?

The carbon dioxide (waste) that your body made and now can't use will go through the lungs, back up your windpipe and out with every single exhale. This is a chemical exchange of breathing in and out (inhalation/exhalation). This is an automatic process that you don't even have to think about. Unless of course you smoke, then you'd be depriving ALL of your cells of oxygen.

# Pranayama





## What is Prana and Where Did Pranayamas Come From?

According

to: <http://www.artofliving.org/us-en/yoga/breathing-techniques/yoga-and-pranayama>

In the ancient Indian system of yoga they identified prana as the universal life force or energy which distinguishes the living from the dead, wow that is a checking point isn't it?, and flows through thousands of subtle energy channels they called 'nadis' and energy centers called 'chakras.'

These original yogic seers observed the power of the breath to increase one's prana and developed special breathing techniques to increase life energy, maintain health and create a calm, clear state of mind that is conducive for meditation.

## Where do the sources of Prana come from?

We get prana from food, rest, breath and by being in a calm, happy frame of mind.

There is more prana in fresh foods than canned ( it really relates to life force), frozen or stale foods. Similarly, vegetarian foods is said to be generally of high prana, while meat, being dead, is considered low or even negative prana, the fresher the source the more life in it, doesn't that make sense?.

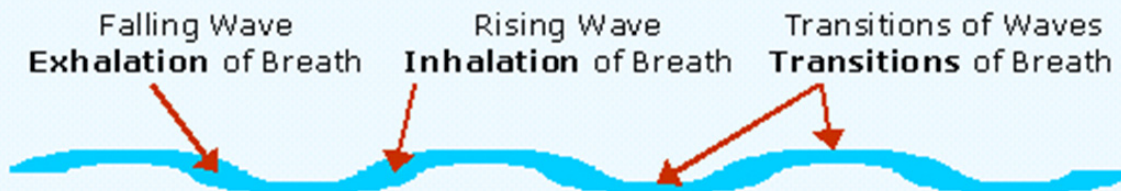
However, the most direct and immediate source of prana is breath – when our breath stops we die, pretty simple. And, as we will see in a moment, the way we breathe has a powerful effect on how we feel.



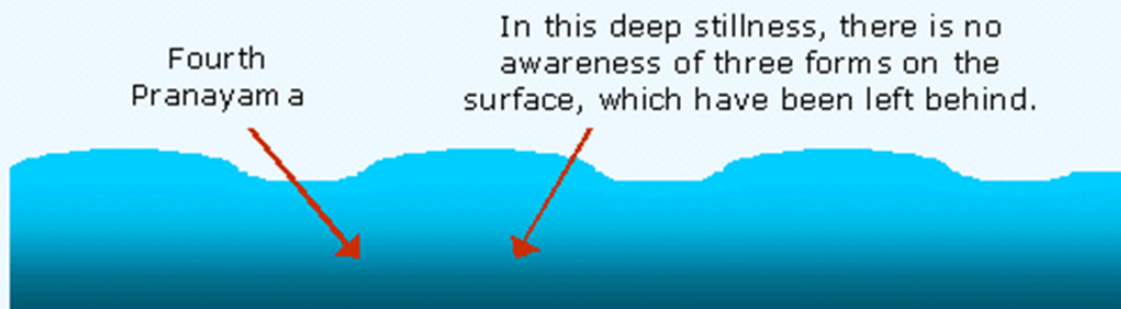


### Four Aspects of Breath

**First Three Aspects of Breath/Pranayama:** There are three aspects to breathing or pranayama practices: 1) exhalation, 2) inhalation, and 3) the two transitions between them. These three are like the waves in an ocean, which have: 1) rising of waves, 2) falling of waves, and 3) the two transitions between them.



**Fourth Pranayama:** However, there is a fourth aspect of prana, the energy behind, or subtler than the gross breath. This is like diving deep into the ocean, deeper or beyond the three forms that are on the surface. This is the goal of all breathing practices, to enter into this fourth pranayama. It sets the stage for advanced meditation.



**Yoga Sutras 2.51-2.52:** The fourth pranayama is that continuous prana which surpasses, is beyond, or behind those others that operate in the exterior and interior realms or fields. Through that pranayama the veil of karm asheya (2.12) that covers the inner illumination or light is thinned, diminishes and vanishes.

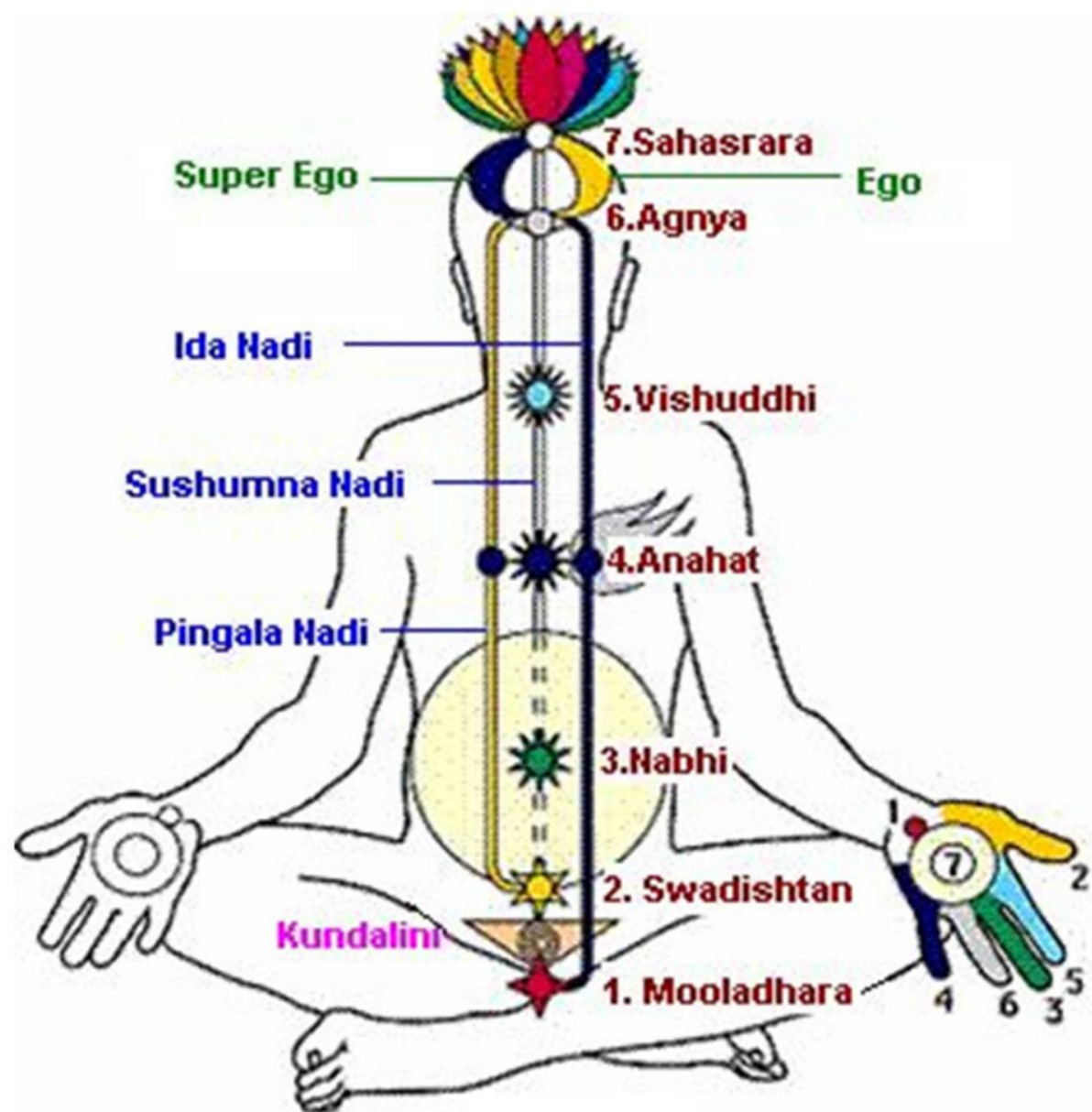
# The Effects of High and Low Prana

It was discovered thousands of years ago that the quantity and quality of prana and the way it flows through the nadis (subtle energy channels) determines one's state of mind, if you notice when we are stressed we hold our breath and breathe from the top of our chest instead of our lower lungs.

Due to lack of attention, the energy channels in the average person may be partially blocked, making the flow of prana broken and jerky. This results in increased worry, fear, uncertainty, conflict, tension and other negative emotions.

When the prana level is high and its flow is continuous, smooth and steady, then the mind is calm, positive and enthusiastic.





# Breathing for Life: The Mind-Body Healing Benefits of Pranayama

From: <http://www.chopra.com/ccl/breathing-for-life-the-mind-body-healing-benefits-of-pranayama>







## **BENEFITS OF PRANAYAM**

- ⦿ RESPIRATORY- ELASTICITY OF LUNGS, ENHANCES VITAL CAPACITY, TONED RESPITATORY MUSCLES, SLOWER RESPIRATORY MUSCLES,
- ⦿ CIRCULATORY- TONES THE HEART, DIAPHRAGM, REDUCES HEART RATE
- ⦿ DIGESTIVE SYSTEM- MASSAGES LIVER, SPLEEN, PANCREAS, STOMACH



# *Pranayama Breathing: a Quick Definition*

*Pranayam is made up of two words Prana + Ayam.*



## Prana:

is the vital force present in whole cosmos.

We have been provided Prana, the supreme source of energy by the creator.

Proper utilisation of this free source of energy can make remarkable changes to our physical and mental health, vitality and self confidence. Prana is more subtle than air and can be defined as the energy essence that is within everything in the universe.

## Ayama:

means to control or to give a rhythm or a definite flow.

In this sense Pranayama may be defined as a process and technique through which vital energy can be stimulated and increased and this brings about perfect control over the flow of Prana within the body. Pranayama locks the scattering of pranic energy, consolidates it at the centre of your body-mind complex and laser-beams it to an intense awareness of the self. In simple language Pranayam can be said to be: the right form of breathing technique to control our energy.

# The Chopra Center

by: Sheila Patel, M.D.

*“For breath is life, and if you breathe well you will live long on earth.”  
~Sanskrit proverb*

Breath is essential to life. It is the first thing we do when we are born and the last thing we do when we leave. In between that time, we take about half a billion breaths more or less every one is different. What we may not realize is that the mind, body, and breath are intimately connected and can influence each other in a very deep way. Our breathing is influenced by our thoughts, and our thoughts and physiology can be influenced by our breath. Learning to breathe consciously and with awareness can be a valuable tool in helping to restore balance in the mind and body.

Researchers have documented the benefits of a regular practice of simple, deep breathing which include:

- Reduced anxiety and depression
- Lower/stabilized blood pressure
- Increased energy levels
- Muscle relaxation
- Decreased feelings of stress and overwhelm
- Helps with sleep
- Helps maintain the structure that supports our body

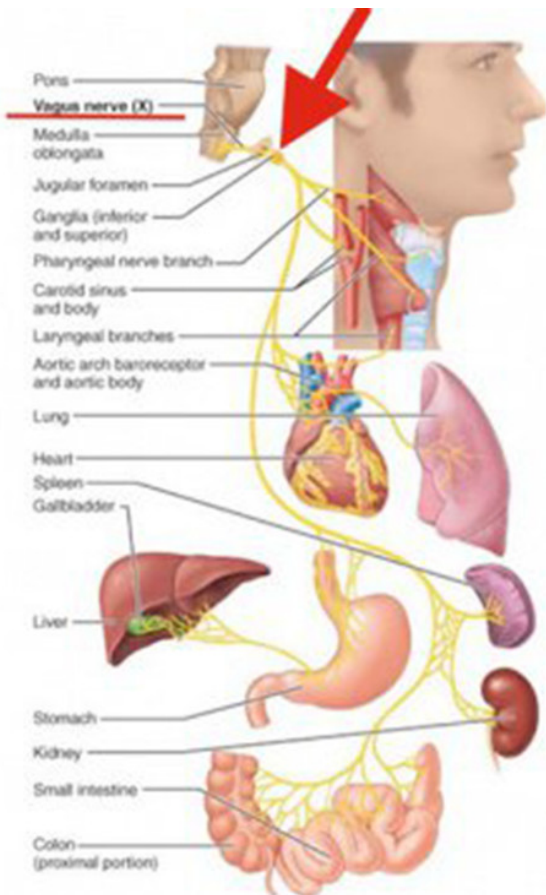
In the medical community, there is a growing appreciation for the positive impact that deep breathing can have on the

physiology, both in the mind and the body. According to the research, many of these beneficial effects can be attributed to reducing the stress response in the body, by that reducing inflammation mentally and physically. To understand how this works, let's look at the stress response in more detail.

## Pranayama as a Tool to Counter Stress

When you experience stressful thoughts, your sympathetic nervous system triggers the body's ancient fight-or-flight response, giving you a burst of energy to respond to the perceived danger. Your breathing becomes shallow and rapid, and you primarily breathe from the chest and not the lower lungs this action accelerates the heart beat influencing blood pressure, relating adrenaline now the Adrenal glands get compromised and so on. This can make you feel short of breath, which is a common symptom when you feel anxious or frustrated. At the same time, your body produces a surge of hormones such as cortisol and epinephrine (also known as adrenaline), which increase your blood pressure and pulse rate and put you in a revved up state of high alert the whole system is in alarm mode.

The Vagus nerve is a huge deal, and what activating this nerve does to the entire body system. We can activate this nerve with our breath, check the image below so you can get an idea how tremendous effect this nerve has on our wellbeing.



With deep breathing, you can reverse these symptoms instantly and create a sense of calm in your mind and body. When you breathe deeply and slowly, you activate the parasympathetic nervous system, which reverses the stress response in your body. Deep breathing stimulates the main nerve in the parasympathetic nervous system—the vagus nerve—slowing down



your heart rate, lowering your blood pressure, and calming your body and mind.

In addition, with deep breathing, you engage the abdominal muscles and diaphragm instead of the muscles in the upper chest and neck ( when we spend long periods of time in stress mode or computer work etc. and we hold the breath in the upper region of our body we can definitely attribute a stiff neck resulting from this action). This conditioning of the respiratory muscles results in improved efficiency of oxygen exchange with every breath by allowing more air exchange to occur in the lower lungs. It also reduces strain on the muscles of the neck and upper chest, allowing these muscles to relax. In short, deep breathing is more relaxing and efficient, allowing higher volumes of oxygen to reach the body's cells and tissues.

As well as reversing the physical stress response in the body, deep breathing can help calm and slow down the emotional turbulence in the mind. Breathing can have an immediate effect on diffusing emotional energy so there is less reactivity to our emotions.

## 4 Deep Breathing Techniques

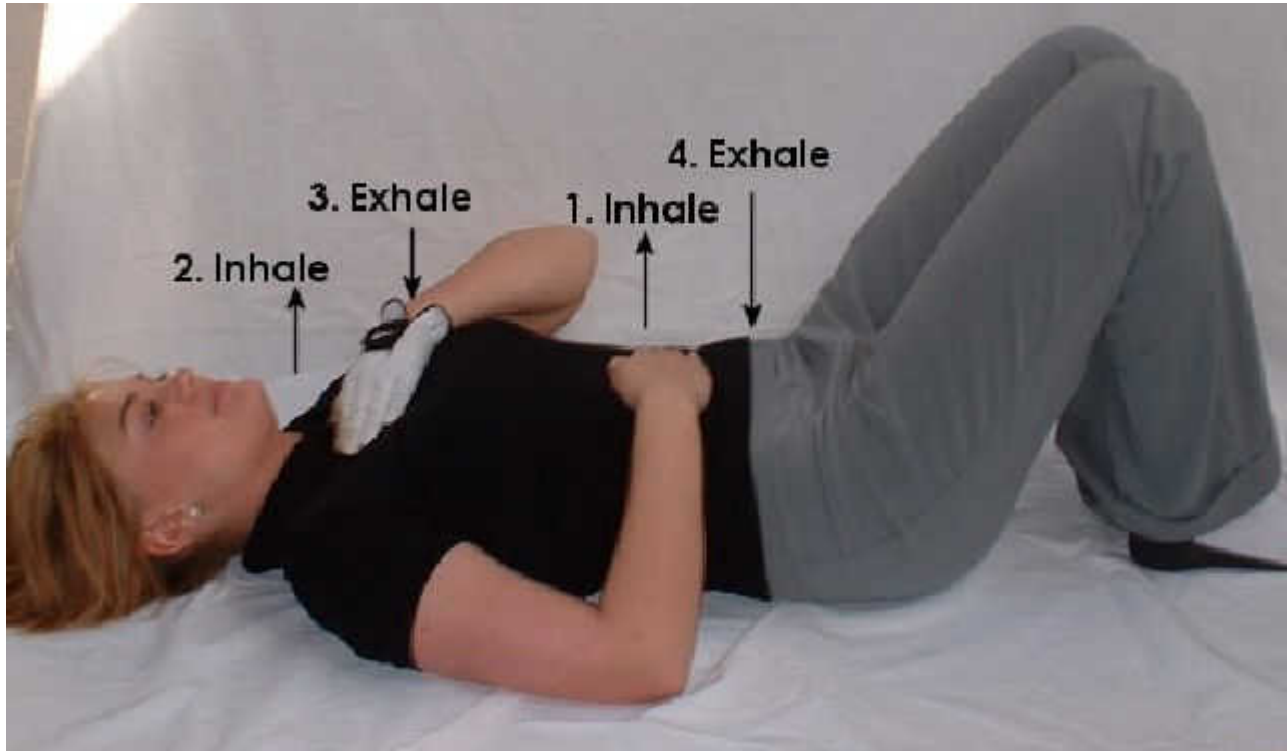
Beyond the practice of simple deep breathing, the ancient yogis described different types of rhythmic deep breathing

techniques that can have differing effects on the mind and body. In fact, many studies document the beneficial effects of yogic breathing in treating depression, anxiety, PTSD (posttraumatic stress disorder), COPD (chronic obstructive pulmonary disease), and asthma, aside from all the physiological benefits. There are also theories that support the notion that by slowing down and controlling the breath, we can improve our longevity.

The basis for all deep breathing practices originates in the science of yoga, specifically the branch of yoga known as pranayama. The word *pranayama* is derived from two Sanskrit words: *prana* (life force) and *yama* (control). By controlling the breath, you can influence every aspect of your life. You can train yourself to breathe in a way that has a positive influence on your health.

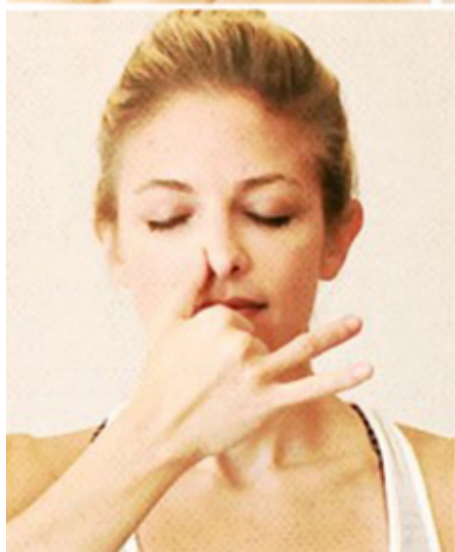
Each of the following simple yogic breathing techniques has specific effects on the mind-body physiology.

## **Complete Belly Breath**



Place one hand on your belly, slowly relax your abdominal muscles, and inhale slowly through the nose, bringing air into the bottom of your lungs. You should feel your abdomen rise. This expands the lower parts of the lungs. Continue to inhale as your rib cage expands outward, and finally, the collar bones rise. At the peak of the inhalation, pause for a moment, then exhale gently from the top of your lungs to the bottom. At the end of exhalation, contract your abdominal muscles slightly to push residual air out of the bottom of your lungs.

## **Alternate Nostril Breathing**



## PRACTICE

Close off right nostril with thumb and inhale slowly through the left

Pause at the top of the inhale

Close off left nostril with ring finger and release thumb off right

Exhale through right nostril. Inhale through right nostril

Pause at the top of the inhale

Use thumb to close off right nostril

Breathe out through left nostril

This is 1 round. Begin with 3-4 rounds and gradually increase. Another option is to try a few slow, deep breaths through only the left nostril when energy is needed, or only the right when calming is needed.

<https://youtu.be/WxEqooqgCEs?list=PL4lXvdRDLPTW3tQ8dXFoXJf-XGFdUgqWL>

When you are feeling anxious or ungrounded, practice Alternate Nostril Breathing, known as *Nadi Shodhana* in the yogic tradition. This will immediately help you feel calmer.

- Hold your right thumb over your right nostril and inhale deeply through your left nostril.
- At the peak of your inhalation, close off your left nostril with your fourth finger, lift your right thumb, and then exhale smoothly through your right nostril.
- After a full exhalation, inhale through the right nostril, closing it off with your right thumb at the peak of your inhalation, lift your fourth finger and exhale smoothly through your left nostril.
- Continue with this practice for 3 to 5 minutes, alternating your breathing through each nostril. Your breathing should be effortless, with your mind gently observing the inflow and outflow of breath.

## Ocean's Breath

When you feel angry, irritated, or frustrated, try a cooling pranayama such as Ocean's Breath, or *Ujjayi* (pronounced *oo-jai*). This will immediately soothe and settle your mind.

- Take an inhalation that is slightly deeper than normal. With your mouth closed, exhale through your nose while constricting your throat muscles. If you are doing this correctly, you should sound like waves on the ocean.
- Another way to get the hang of this practice is to try exhaling the sound "*haaaaah*" with your mouth open. Now make a similar sound with your mouth closed, feeling the outflow of air through your nasal passages.
- Once you have mastered this on the outflow, use the same method for the inflow breath, gently constricting your throat as you inhale.

# Energizing Breath

When you are feeling blue or sluggish, try Energizing Breath or *Bhastrika*. This will give you an immediate surge of energy and invigorate your mind.

- Begin by relaxing your shoulders and take a few deep, full breaths from your abdomen.
- Now start exhaling forcefully through your nose, followed by forceful, deep inhalations at the rate of one second per cycle. Your breathing is entirely from your diaphragm, keeping your head, neck, shoulders, and chest relatively still while your belly moves in and out.
- Start by doing a round of ten breaths, then breathe naturally and notice the sensations in your body. After 15 to 30 seconds, begin the next round with 20 breaths. Finally, after pausing for another 30 seconds, complete a third round of 30 breaths. Beginners are advised to take a break between rounds.

Although *Bhastrika* is a safe practice, stay tuned in to your body during the process. If you feel light-headed or very uncomfortable, stop for a few moments before resuming in a less intense manner.

*Contraindications: Do not practice Bhastrika if you are pregnant or have uncontrolled hypertension, epilepsy/seizures, panic disorder, hernia, gastric ulcer, glaucoma, or vertigo. Use caution if there is an underlying lung disease.*

A regular daily practice of deep breathing is one of the best tools for improving your health and well-being. Performing one of these breath techniques twice daily for only three to five minutes can produce long-term benefits. You can also use them any time you are feeling stressed or notice that your breathing has become constricted. By training your body with a



regular practice of deep breathing, you will begin to breathe more effectively even without concentrating on it.

*"Healing is every breath."* ~Thich Nhat Hanh

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## Three Breathing Exercises

## Andrew Weil, M.D.

from: <http://www.drweil.com/drw/u/ART00521/three-breathing-exercises.html>

*“Practicing regular, mindful breathing can be calming and energizing and can even help with stress-related health problems ranging from panic attacks to digestive disorders.”*  
Andrew Weil, M.D.

Since breathing is something we can control and regulate, it is a useful tool for achieving a relaxed and clear state of mind. I recommend three breathing exercises to help relax and reduce stress: The Stimulating Breath, The 4-7-8 Breathing Exercise (also called the Relaxing Breath), and Breath Counting. Try each of these breathing techniques and see how they affect your stress and anxiety levels.

### Exercise 1:

#### The Stimulating Breath (also called the Bellows Breath)

The Stimulating Breath is adapted from yogic breathing techniques. Its aim is to raise vital energy and increase alertness.

- Inhale and exhale rapidly through your nose, keeping your mouth closed but relaxed. Your breaths in and out should be equal in duration, but as short as possible.

This is a noisy breathing exercise.

- Try for three in-and-out breath cycles per second. This produces a quick movement of the diaphragm, suggesting a bellows. Breathe normally after each cycle.
- Do not do for more than 15 seconds on your first try. Each time you practice the Stimulating Breath, you can increase your time by five seconds or so, until you reach a full minute.

If done properly, you may feel invigorated, comparable to the heightened awareness you feel after a good workout. You should feel the effort at the back of the neck, the diaphragm, the chest and the abdomen. Try this diaphragmatic breathing exercise the next time you need an energy boost and feel yourself reaching for a cup of coffee.

[Watch a video of Dr. Weil demonstrating the Stimulating Breath.](#)

## **Exercise 2: The 4-7-8 (or Relaxing Breath) Exercise**

This breathing exercise is utterly simple, takes almost no time, requires no equipment and can be done anywhere. Although you can do the exercise in any position, sit with your back straight while learning the exercise. Place the tip of your tongue against the ridge of tissue just behind your upper front teeth, and keep it there through the entire exercise. You will be exhaling through your mouth around your tongue; try pursing your lips slightly if this seems awkward.

- Exhale completely through your mouth, making a whoosh

sound.

- Close your mouth and inhale quietly through your nose to a mental count of four.
- Hold your breath for a count of seven.
- Exhale completely through your mouth, making a whoosh sound to a count of eight.
- This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths.

Note that you always inhale quietly through your nose and exhale audibly through your mouth. The tip of your tongue stays in position the whole time. Exhalation takes twice as long as inhalation. The absolute time you spend on each phase is not important; the ratio of 4:7:8 is important. If you have trouble holding your breath, speed the exercise up but keep to the ratio of 4:7:8 for the three phases. With practice you can slow it all down and get used to inhaling and exhaling more and more deeply.

This exercise is a natural tranquilizer for the nervous system. Unlike tranquilizing drugs, which are often effective when you first take them but then lose their power over time, this exercise is subtle when you first try it but gains in power with repetition and practice. Do it at least twice a day. You cannot do it too frequently. Do not do more than four breaths at one time for the first month of practice. Later, if you wish, you can extend it to eight breaths. If you feel a little lightheaded when you first breathe this way, do not be concerned; it will pass.

Once you develop this technique by practicing it every day, it will be a very useful tool that you will always have with you. Use it whenever anything upsetting happens – before you react. Use it whenever you are aware of internal tension. Use it to help you fall asleep. This exercise cannot be recommended too highly. Everyone can benefit from it.

### Exercise 3: Breath Counting

If you want to get a feel for this challenging work, try your hand at breath counting, a deceptively simple technique much used in Zen practice.

Sit in a comfortable position with the spine straight and head inclined slightly forward. Gently close your eyes and take a few deep breaths. Then let the breath come naturally without trying to influence it. Ideally it will be quiet and slow, but depth and rhythm may vary.

- To begin the exercise, count “one” to yourself as you exhale.
- The next time you exhale, count “two,” and so on up to “five.”
- Then begin a new cycle, counting “one” on the next exhalation.

Never count higher than “five,” and count only when you exhale. You will know your attention has wandered when you find yourself up to “eight,” “12,” even “19.”

Try to do 10 minutes of this form of meditation.

[Watch a video of Dr. Weil demonstrating Breath Counting.](#)

# THE SCIENTIFIC BENEFITS OF BREATHING

## For Greater Health & Happiness

**Counting** is the single most important part that we do every day.

However, we do not pay much attention to breathing about 20 breaths unconsciously.

We actually know this. It's just not commonly known. In fact, we know the "how" to do it, but we don't know the "why" to do it. People are anxious to do it, but not to know why.

We cannot go even 10 minutes without breathing.

There is a 100% score to the health benefits of breathing. It's a powerful way to control the mind.

Scientific research is showing that breathing may be the most powerful tool to control the mind and a more powerful tool than any other.

### HOW THE BREATH HELPS YOU CONTROL YOUR MIND

Whether in school, at work or at home, we have been taught to deal with stress, anxiety, fear, worry or pain.

We can try to "talk ourselves" out of these states but we are not successful as we are not in control of our mind.

Research shows that the breath, when done right, is the most powerful tool to control the mind.

One study showed that different emotions are linked to different patterns of breathing. Controlling the breath can change our emotional state, which is a secret to controlling and gaining control over our emotions. We can change the way we feel.

### RESEARCH SHOWS THAT BREATHING PRACTICES ARE POWERFUL

Decrease anxiety and depression

Increase happiness and optimism

Improve sleep

Strengthen our ability to regulate emotions

Improve brain function

Reduce anxiety, stress & depression

**Why? The breath is linked to our autonomic nervous system. Daily breathing practices activate the parasympathetic nervous system, which is associated with resting and digesting i.e. a more peaceful mind and body.**

Research shows that breathing practices also benefit the body:

Decrease stress & improve the quality of sleep

Strengthen our ability to regulate emotions

Reduce pain and improve the quality of sleep

### TRY THIS SIMPLE BREATHING PRACTICE AT HOME

Alternate Nostril Pranayama: a gentle breathing exercise to calm and focus the mind.

1. Place your left hand on your forehead, palm facing the ceiling.
2. Place the index and middle fingers of the right hand on the center of the forehead.
3. Place the thumb of your right hand on the right nostril, and your ring and little fingers on the left nostril.
4. Take a deep breath with your mouth open, and then close with your right finger.
5. After every breath, inhale slowly. Be calm, steady and steady.

Repeat the cycle for 5 minutes, and notice the effects on your mind and body.

Can be done anytime, anywhere for a quick stress relief or recharge session.

### SOME PLACES YOU CAN LEARN TO BREATHE BETTER

General Population

Individuals

For Teens & Schools

Individuals

For Kids

Individuals

For Professionals

Individuals





## Prana Roxanne Printed Legging

- Dare to be different in this prAna® Roxanne Printed Legging.
- Fitted legging is snug to the body and form fitting.



- Stretch fabrication extends, expands and contracts to move with you allowing for ultimate flexibility during any sport, activity or movement.
- Quick-drying properties make sure moisture doesn't linger for too long.



## Prana Satori Legging

- Just when you thought all leggings were the same, prAna® comes up with the Satori Legging.
- Stretchy and soft fabric blend for added comfort.
- Wicks moisture away to keep you dry.
- Attached skirt for a feminine touch.



## Prana Isadora Pant

Let your free spirited side show when you adorn these boho chic Isadora Pants, Relaxed fit pant offers a mid rise with a full leg.



## Onzie Twilight Long Leggings

Assume child's pose in style! Slim fit. Nature-inspired print from waist to cuff. Wide elastic waistband lends a cool and comfortable fit. Triangular-shaped gusset creates a wider range of motion.

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# How is Alon Skincare Different?



Hello everyone on week 218, we are bringing you a post on a company that we support and can honestly endorse. Their products are made with integrity and with much research. In a world of high media and marketing it is really a challenge to find a true effective product that does what the media says it does. I have worked with thousands of products in my career of over 45 years and I must say that Alon products do what they say they do. We at Isabel's Beauty Blog test hundreds of products not only on ourselves, but we also share with many people of all ages and ethnicity to find out how they react to

them. With Alon we always have a positive so far, no negatives. My husband had a long time scalp condition that cleared up by the second bottle of the product. After a long time of trial and error with many other organic products from the inside, out we are very happy about it, with that said we highly recommend you to give them a try, Use coupon code: **ISABEL1** for **30% off** on your order, that is up to \$57.00 dollars off your purchase! This is a great deal. What the products do for you is invaluable, the bottles usually last a month so if you break it down in price it is not even a cup of coffee, which I am sure it does not have the same benefits in healing for your body and skin. It is an amazing deal.

Thank you once again for all your amazing support, likes and shares. We spend many hours researching to make a difference in your selections and knowledge. Thank you from all of us Isabel's Beauty Blog.

**Alon**

ALÓN IDENTITY™

Skincare shouldn't be one size fits all!

What is YOUR personal formula?



## Company Story

Developed by a leading plastic surgeon for his wife when existing products and hi-technology treatments only made her hyperpigmentation problems worse, Alón Labs' formulas are the result of his surprising findings as he dug into the cutting edge science of skincare research.

Alón Labs, LLC, in its truest form is a science company and we recognized early on, after years of skincare research, that the time was ripe to create top-of-the-line, highly sophisticated products that could usher in a new era of user benefit.

## How is Alón different?

Alón Labs' serums are designed to preserve the natural defenses of the skin. Surprisingly, many common products contain key ingredients (e.g., hydroquinone, retinol, organic acids) that aggravate redness and strip the skin of its own ability to protect itself.

Plants have adapted to millions of years of intense environmental exposure, and utilize mechanisms for defense and repair that guide the Alón Labs philosophy.

Alón serums are unique in using potent, unaltered and safe natural molecules that bathe the skin in soothing protection and repair.

## 10 Reasons not to use hydroquinone

According

to: <https://wholewomannetwork.org/2013/01/03/for-all-women-of-african-descent-10-reasons-why-hydroquinone-is-bad-for-your->



## skin/

1. **It is harmful to your health!** Although many European and American researchers argue that hydroquinone has NOT been directly linked to Cancer in humans only to mice. However, Hydroquinone clearly has a proven serious side-effect on humans as it causes **pigmentation of the eye and permanent corneal damage** ( [\*Journal of the European Academy of Dermatology and Venearology\*, 2006](#) ). This only occurs when the eye is directly exposed to hydroquinone (So if you are still bent on using hydroquinone based products, avoid direct contact with the eyes).
2. **It causes Ochronosis:** For lighter-skinned women of colour (Indians, Chinese, Filipinos etc), dermatologists often recommend the use of hydroquinone in 3 to 4 months cycles and then alternated with less harmful lightening products. However, in darker skinned women (particularly of African descent), continued use of hydroquinone has been associated with ochronosis, which is a skin disorder characterized by progressive **sooty darkening** of the skin.
3. It whitens skin by killing your skin's pigment cells. It also degenerates collagen and elastin fibres in the skin (Note: Collagen should be strengthened in order to have a youthful, smooth and glowing skin!)
4. **Using Hydroquinone is counter-productive.** It defeats the purpose which you want it to achieve. You want glowing, radiant, healthy and brighter skin. The long-term use only leads to these horrible signs and effects: unseemly dark knuckles and ankles, unsightly purplish varicose veins, a patch-work of colours on once beautiful skin. Have a rethink!
5. **It can cause irritation and contact dermatitis** and increases the risk of other types of skin irritation and/or severe itching.

6. **Even if you succeed in bleaching the skin whiter with hydroquinone products, it often has an unhealthy, pasty look.** Also, once you stop using it, your skin re-darkens. And since using it long-term is unhealthy, it's basically a catch-22 situation!

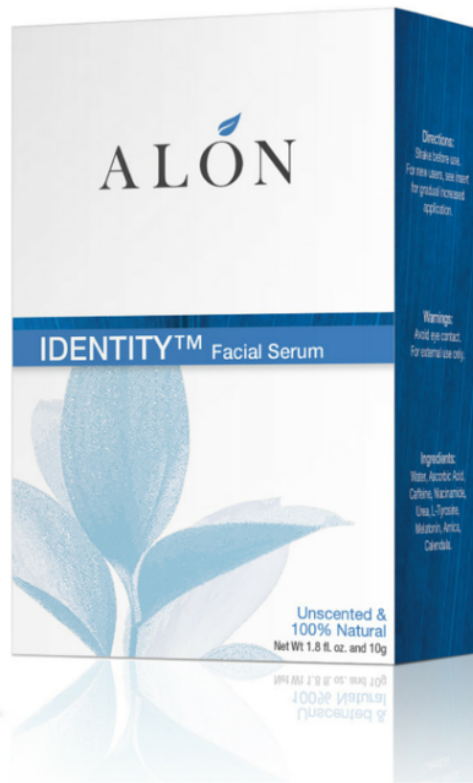
7. **If you live in the tropical region, the combination of hydroquinone and the sun is a bad one.** Increased risk of ochronosis have been linked to excess sun exposure while using hydroquinone. As such, dermatologists often recommend to always use hydroquinone *with* a sunscreen. (Note: In the hot African climate, sometimes, even sunscreens do not offer enough protection for the skin!)

8. **Most products with hydroquinone have an awful smell** and cause intense body heat and sweating. Users often try to mask the odour by profuse use of perfumes which seems to make it even worse. There is off-the-shelf hydroquinone-based product(s) that's so potent that users have to constantly stay in air-conditioned rooms!

9. **It thins out the outer layer of the skin (the epidermis),** which is dangerous especially during or post- surgical procedures, as it may take the skin a longer time to heal from cuts, wounds and/or stitches.

10. **It ages your skin** and as you get older the effects become even more pronounced. It is not a pretty sight to see someone whose skin has been damaged by prolonged years of hydroquinone use! Age gracefully and not with disgrace. Love your skin today so that it keeps well and not fall apart tomorrow.

# IDENTITY Personalized Skincare Line



**IDENTITY™: You're unique.**

**Shouldn't your skincare line  
be?**

Wouldn't you like to offer your clients true personalized skincare with the [Alón IDENTITY](#) custom-made skin serums individually formulated to meet the unique needs of each of your clients, we are individuals with personal needs it only makes sense, I myself love the concept to have a customer product created for me, I don't feel like I am an average formula fitter.

Offered at a discounted price when purchased through a partnered esthetician (**\$139 vs \$149**).

\*To register as a partnered esthetician, please go to [www.alonlabs.com/pages/register](http://www.alonlabs.com/pages/register) "

Once registered, you will have access to our exclusive site for estheticians and the tools to create personalized formulas for your clientele, how exciting is that!!.

Each month, your client will receive her personalized custom facial serum. Working with you, he or she can make adjustments over time and stay on top of the changes that will occur when using the products no other line does that customized to your

own personal changes like weather, stress, lack of sleep diet and more all of these factors alter the quality of our skin.

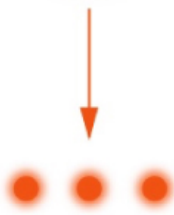
You'll see very quickly that we believe in high-touch service and partnering, and we are passionate about advancing the field of skin health. My experience with Alon products has an amazing record from high quality well put together formulas that work radar quickly at lest on me and family to a very prompt and professional costumer service.

Ingredients	Impact
Ascorbic Acid	Vitamin C is a strong an-oxidant, pigment smoother, and promoter of Tissue growth.
Caffeine	Very strong anti-oxidant and promoter of cell injury repair.
Niacinamide	Vitamin B3 (niacin) component that helps correct genetic injury to DNA and smooth pigment
Urea	Maintains skin moisture and helps with penetraon of other skin molecules
L-Tyrosine	Precursor to melanin (skin pigment) for healthy color
Melatonin	Very strong an,-oxidant that also signals healthy !ssue growth and color

PLANTS DON'T USE IRRITATING CREAMS TO REPAIR SUN DAMAGE. SO WHY DO YOU?

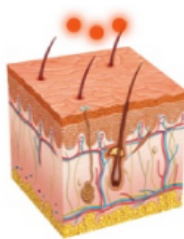


UV radiation  
releases free  
radicals



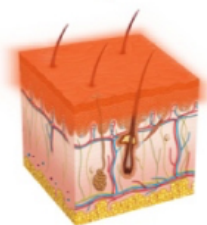
Alón Labs  
Serum

The free radicals  
lead to chronic  
inflammation and  
DNA damage



Alón Labs  
Serum

Chronic  
inflammation  
leads to red and  
itchy scalp



One of the fascinating observations in nature is that plants are exposed to massive amounts of sunlight over the course of decades, or even centuries showing no damage or “aging.” We, on the other hand, are destined to pay dearly for every sun burn or unprotected exposure to sunlight with uneven pigment, dry skin, wrinkles, and even sun related skin cancers. Why?

It turns out that plants have far more effective molecules for preventing penetration of unwanted wavelengths of sunlight. They are also better at revving up mechanisms that repair injury from the rays that do penetrate. What plants don't do, however, is use glycolic acids, other peels, retinols, or a host of molecules popular in human skin care that would thin their outer layers, irritate the deeper layers, and allow more damaging rays to penetrate. So why do we?

Until recently, we humans had little choice in how to atone for the sun damage we endured other than to use creams or treatments that:

Strip away the outer layers of skin (glycolic acid, other peels, microdermabrasion, etc.) in hopes of allowing the deeper layers to “heal” with a more vibrant new surface, or create irritation and inflammation (retinols, isotretinoin, azelaic acid, etc.), in the name of “healing,” or shut down our own sun defense systems that would otherwise create protective melanin pigment (hydroquinone, kojic acid, etc.).

If that doesn't sound so wise to you, it doesn't to us either. It's no wonder that while we're trying to treat our damaged skin with conventional methods, we actually become more sensitive to the sun and the outdoors becomes the enemy. Now I don't mean to sound trite, but how come those uneducated plants are so much smarter than we are? Well, at least until now.

With all that said, let's take a look at the ingredients that



make these products and why they are so well put together. In this tour you will be amazed how the ingredients function and how incredibly smart is to place them together. I have studied and been a great fun of all of the components that Alon is sharing with us here, enjoy and give the products a try we love them and they work fast. Of course we are all different and our systems react at their own speed, I can assure you they work.

Here we go with the ingredients :

## Ingredients



**Ascorbic Acid**

Vitamin C is a strong an-oxidant, pigment smoother, and promoter of -tissue growth.

Ascorbic acid (AA), commonly known as vitamin C, plays an important role in the human body

Vitamin C or Ascorbic Acid is the most widely used of all the common used vitamins. It was discovered in 1928 most people had an idea of its existence earlier in 1747. – Lime cured scurvy in British sailors with oranges and lemons.

Nobel Linus Pauling an American chemist held the theory that most of our health challenges are some how related by its deficiency, with that being said lets take a look at its impact.

Vitamin C ( Ascorbic Acid) is necessary for the production of Collagen, hormones and neurotransmitters. It is necessary for the synthesis of collagen, a protein that has many connective functions in the body. Among the substances and structures that contain collagen are bone, cartilage and the surrounding material, as well as carrier substances and materials of union muscle, skin and other tissues for healthy teeth, gums and blood vessels and much more; improves iron absorption and resistance to infection.

Among the substances and structures that contain collagen are bone, cartilage and the surrounding material, as well as carrier substances and materials of union muscle, skin and other tissues.

As an antioxidant reacts with histamine and peroxide for reducing inflammatory symptoms. it aids with bruising, wound healing, vitamin C is a powerful antioxidant due to the fact that promotes the elimination of free radicals caused either from the body's natural oxidation or those oxidants coming from aboard.

Ascorbic acid neutralizes oxygen when it comes into contact

with it.

## Caffeine



**What is Caffeine?**

- It is proven that a cup of hot coffee can help uplift your senses and refresh you. This quality of coffee can be attributed to the presence of caffeine, which is a central nervous stimulant.

- Caffeine is basically a bitter white crystalline alkaloid. It is a stimulant drug that is found in varying amounts in the seeds, leaves and fruits of some plants.

- It is widely consumed in the form of infusions extracted from seeds of the coffee plant and leaves of the tea bush.

- Other sources include edibles containing products derived from the kola nut.

- Caffeine is most commonly consumed in the form of tea, coffee, soft drinks and energy drinks.

Very strong anti-oxidant and promoter of cell injury repair.

Caffeine's popularity in products related to cellulite is due to its distant relationship to aminophylline (a pharmaceutical once thought to reduce cellulite), which is a modified form of theophylline, and caffeine contains theophylline.

Did you know that coffee has surprising benefits for the skin?

The caffeine in the coffee is known to have good skin benefits such as reducing redness and inflammation, according to a 1981 Seoul National University study, notes [Live Strong](#). In another study from the University of Tennessee in 1978, adding caffeine to anti-inflammatory creams increased its effectiveness as a skin caring agent.

Caffeine, when applied topically to the skin, constricts the blood vessels under the skin and help reduce swelling and depuff eyes. It is recommended to use eye cream that has caffeine as an active ingredient, notes [Huffington Post](#).



The University of Washington in Seattle recently conducted [a study](#) in which they exposed healthy skin cells and UV damaged skin cells to caffeine. The caffeine caused the damaged cells to die while not hurting the healthy cells. This study was published in the *Journal of Investigative Dermatology*. This study didn't allude to the fact that topically applied caffeine would work any better than ingested caffeine though.

### **Coffee can be used to Exfoliate the Skin**

Repurpose coffee grounds by using it as an exfoliator. Rubbing the grounds

on your skin will remove dead skin cells and leave you with smoother skin.

### **Coffee Tightens the Skin**

Caffeine is a known diuretic and can help cellulite when applied topically.

### **Coffee can help Brighten the Skin**

The dark grinds of coffee beans can be used to brighten up dull skin.

### **Coffee Shines Hair**

For people who have dark hair. You can have shiny hair by using coffee as treatment. This simple hair mask is cheap, simple, and leaves your hair smelling great like coffee.

### **Coffee Enhances Hair Color**

For girls who want to enhance their dark hair without using any harsh dye chemicals, coffee is an effective color enhancer. The key is to use strong brewed coffee and letting it sit for a few minutes.

According to Alon  
labs <http://www.alonlabs.com/blog/2015/5/30/more-reasons-to-love-coffee>

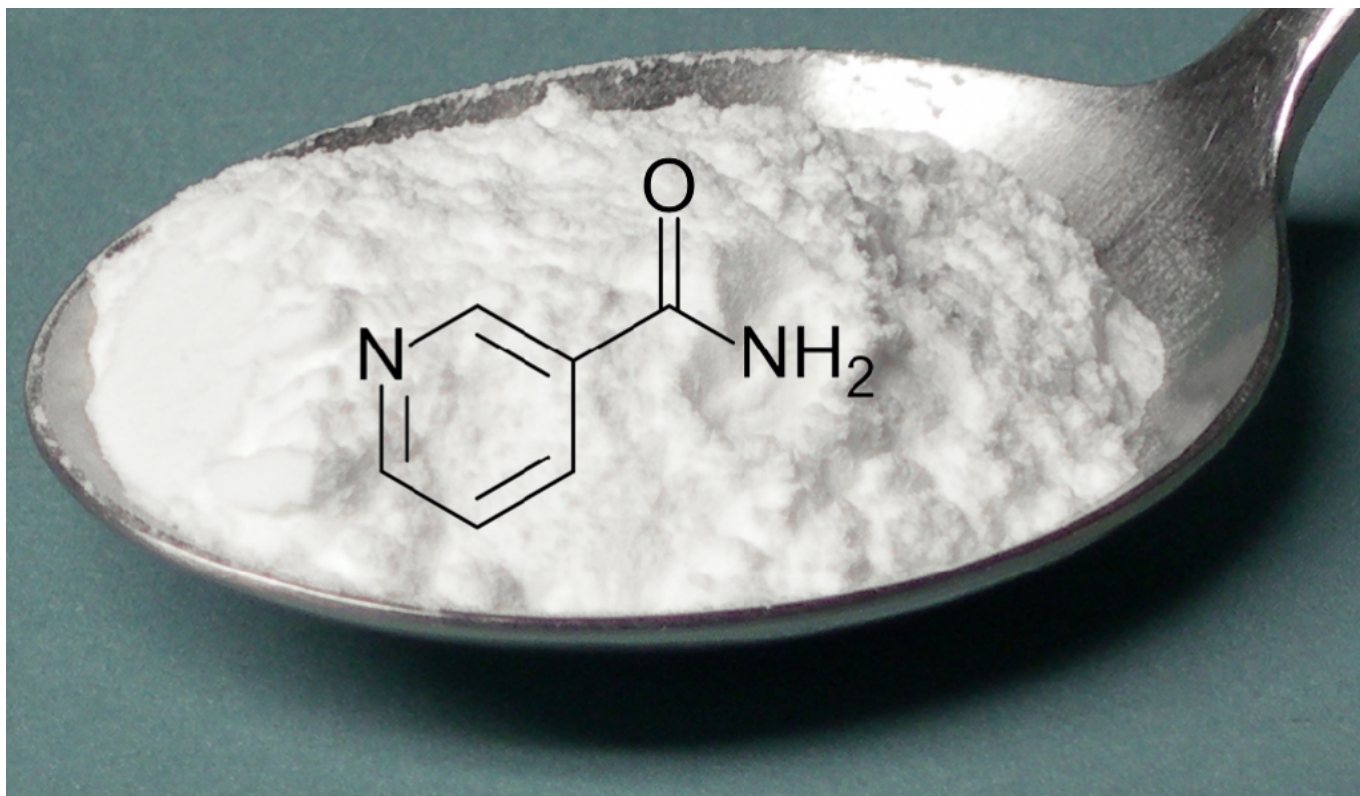
1) Caffeine is one of the strongest natural anti-oxidants. It helps tip the balance in favor of anti-oxidation and suppresses free-radicals that cause cellular damage to the skin from sun-induced inflammation (Hadi, 2003).

2) Caffeine limits sun damage during UV exposure. It inhibits UVB-induced formation of thymine dimers (molecular markers of genetic injury) and sunburn lesions in the skin (Nghiem et al, 2013).

3) Caffeine suppresses skin tumor formation. Caffeine has been shown to reduce the risk of certain types of skin cancer such as basal cell carcinoma and melanoma (Yale School of Public Health, 2014; Han 2012), and may cause early tumor cells to undergo programmed death (apoptosis) rather than going on to form skin cancer (Weinong, 2011).

<https://youtu.be/0DsHJfdyld4>

**Niacinamide**



Also known as vitamin B3 and nicotinic acid, niacinamide is a potent cell-communicating ingredient that offers multiple benefits for aging skin. Vitamin B3, in its niacinamide (nicotinamide) form, has often been a vastly under-appreciated supplement. The most widely recognized form of B3, niacin – also known as nicotinic acid, nicotinate, and pyridone-3-carboxylic acid – has almost achieved acceptance by traditional medicine for its dramatic role in reducing cholesterol and improving the overall lipid profile. Until recently, the value of niacinamide was not so well recognized.

Although niacinamide shares some characteristics of niacin, it has unique nutritional and pharmacological properties of its



own. The niacinamide form of B3 is literally required in hundreds of enzymatic reactions in the human body. Vitamin B3, in its niacinamide (nicotinamide) form, has often been a vastly under-appreciated supplement. The most widely recognized form of B3, niacin – also known as nicotinic acid, nicotinate, and pyridone-3-carboxylic acid – has almost achieved acceptance by traditional medicine for its dramatic role in reducing cholesterol and improving the overall lipid profile. Until recently, the value of niacinamide was not so well recognized.

Assuming skin is being protected from sun exposure, niacinamide can improve skin's elasticity, dramatically enhance its barrier function, help erase discolorations, and revive skin's healthy tone and texture.

Topically applied niacinamide has been shown to increase ceramide and free fatty acid levels in skin, prevent skin from losing water content, and stimulate microcirculation in the dermis. It also has a growing reputation for being able to treat an uneven skin tone and to mitigate acne and the red marks it leaves behind (known as post-inflammatory hyperpigmentation). Niacinamide, an excellent ingredient for those struggling with wrinkles and breakouts, is stable in the presence of heat and light.

**Niacinamide** is a powerhouse ingredient. It can help firm and reduce signs of aging, reduce hyperpigmentation, and prevent moisture loss.

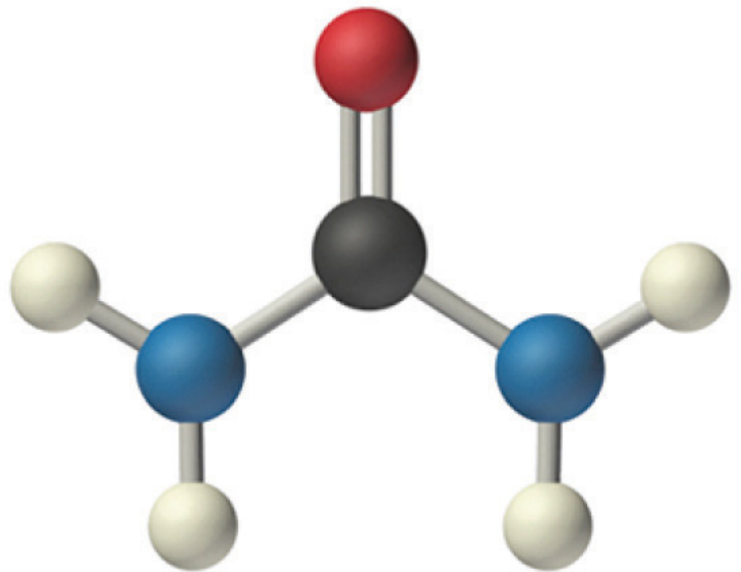
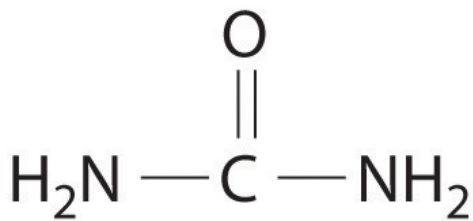
Niacin is found in all cells where it plays an important role in cellular energy production. It's present in greatest amounts in tissues that are more metabolically active like the brain, heart, liver and skeletal muscle. The body can only make small quantities of this vitamin, so it must come from food or specific supplement sources.

Nicotinamide has anti-inflammatory actions. These may be of

benefit to patients with inflammatory skin conditions. These conditions include acne vulgaris, and the compound can suppress antigen-induced, lymphocytic transformation and inhibit 3',5'-cyclic-AMP phosphodiesterase. Nicotinamide has demonstrated the ability to block the inflammatory actions of iodides known to precipitate or exacerbate inflammatory acne.

Niacinamide is a component of two related coenzymes—nicotinamide adenine dinucleotide (NAD) and nicotinamide adenine dinucleotide phosphate (NADP). The principle function of these enzymes is to facilitate oxidation and reducing reactions in the form of dehydrogenases.

## Urea



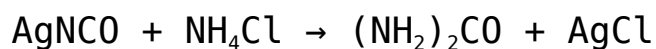
Urea

Urea serves an important role in the metabolism of nitrogen-containing compounds by animals, and is the main nitrogen-containing substance in the urine of mammals. It is colorless, odorless solid, highly soluble in water, and practically non-toxic ( $\text{LD}_{50}$  is 15 g/kg for rats). Dissolved in water, it is neither acidic nor alkaline. The body uses it in many processes, most notably nitrogen excretion.

Friedrich Wöhler's discovery in 1828 that urea can be produced from inorganic starting materials was an important conceptual milestone in chemistry. It showed for the first time that a substance previously known only as a byproduct of life could be synthesized in the laboratory without biological starting materials, contradicting the widely held doctrine of vitalism.

Urea was first discovered in urine in 1727 by the Dutch scientist Herman Boerhaave, though this discovery is often attributed to the French chemist Hilaire Rouelle.

In 1828, the German chemist Friedrich Wöhler obtained urea artificially by treating silver cyanate with ammonium chloride.



## Physiology

Amino acids from ingested food that are not used for the synthesis of proteins and other biological substances – or produced from catabolism of muscle protein – are oxidized by the body, yielding urea and carbon dioxide, as an alternative source of energy. The oxidation pathway starts with the removal of the amino group by a transaminase; the amino group is then fed into the urea cycle. The first step in the conversion of amino acids from protein into metabolic waste in the liver is removal of the alpha-amino nitrogen, which results in ammonia. Because ammonia is toxic, it is excreted immediately by fish, converted into uric acid by birds, and converted into urea by mammals.

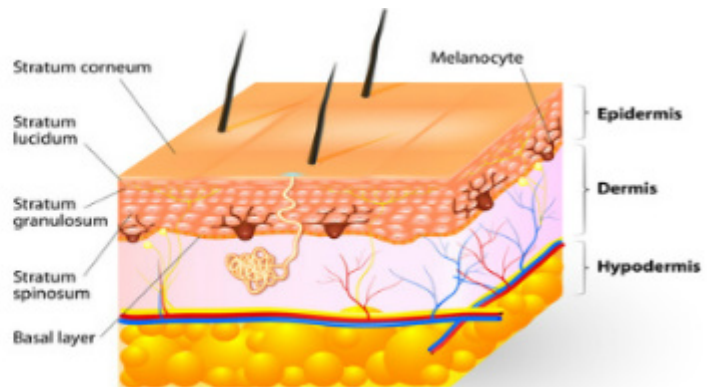
Ammonia ( $\text{NH}_3$ ) is a common byproduct of the metabolism of nitrogenous compounds. Ammonia is smaller, more volatile and more mobile than urea. If allowed to accumulate, ammonia would raise the pH in cells to toxic levels. Therefore, many organisms convert ammonia to urea, even though this synthesis has a net energy cost. Being practically neutral and highly soluble in water, urea is a safe vehicle for the body to transport and excrete excess nitrogen.

Urea is synthesized in the body of many organisms as part of the urea cycle, either from the oxidation of amino acids or from ammonia. In this cycle, amino groups donated by ammonia and L-aspartate are converted to urea, while L-ornithine, citrulline, L-argininosuccinate, and L-arginine act as intermediates. Urea production occurs in the liver and is regulated by N-acetylglutamate. Urea is then dissolved into the blood (in the reference range of 2.5 to 6.7 mmol/liter) and further transported and excreted by the kidney as a component of urine. In addition, a small amount of urea is excreted (along with sodium chloride and water) in sweat.

Urea can in principle serve as a hydrogen source for subsequent power generation in fuel cells.

Urea-containing creams are used as topical dermatological products to promote rehydration of the skin. Urea 40% is indicated for psoriasis, xerosis, onychomycosis, ichthyosis, eczema, keratosis, keratoderma, corns, and calluses. If covered by an occlusive dressing, 40% urea preparations may also be used for nonsurgical debridement of nails. Urea 40% "dissolves the intercellular matrix" of the nail plate. Only diseased or dystrophic nails are removed, as there is no effect on healthy portions of the nail. This drug is also used as an earwax removal aid.

## Urea for Skin Uses



There are two types of Urea used in the skin care industry.

This article looks at Hydroxyethyl Urea, which is a humectant, Diazolidinyl Urea is a preservative

So lets take a closer look at the benefits and qualities of Urea:

Urea is a very interesting humectant

It is a natural component of our skin's tissues and makes up to around 7% of our natural moisturising factor.

Lets start with its role within the stratum corneum (the outer layer of skin), is basically to maintain a healthy moisture balance, keeping the skin soft and supple.

It is extremely hydrating and moisturizing

## Hygroscopic

Urea is known as substance that readily absorbs water, it also has a really high water content, which helps to reduce the amount of water we lose through the skin.

On the molecular level, Urea modifies the structure of amino chains and polypeptides within the skin, which is important for helping to keep moisturizing the delicate tissue.

Large amounts of research has found, a direct correlation between water content and the amino acid content of our skin, basically the more dehydrated and dry the skin is, the lower its share of dissolved amino acids.

## Improves Barrier Function

One of the many benefits Urea's, is that it helps to accelerate the skin's cellular renewal process.

The really great thing about this, is that it strengthens the barrier function of the skin, helping to keep it healthy and pliable.

## Natural Exfoliant

Urea works in synergy with other components, that create the molecular structure of the skin, such as Lactic Acid.

When, these two ingredients are combined they actively work to remove dead skin cells and substances from the horny layer, improving cellular turnover in the epidermis.

This helps to dramatically improve the water binding ability of the skin.

## **Mild Anaesthetic**

Urea has another interesting profile, it can create a local anesthetic effect within the skin, helping to curtail cycles of itching, irritation, and flare-ups. It may also be used in helping remove dead tissue to speed wound healing because it can improve the capacity of the epidermal barrier to regenerate.

This is really useful in helping to reduce cycles of inflammation and flare-ups, making it my product of choice for sensitive skin conditions.

## **Wound healing**

It is also told that Urea can help to speed up the wound healing process, by encouraging cellular renewal.

## **Penetration**

Many studies have found, one of Urea's key roles, is to increase the skin permeability of certain skin care ingredients, basically working as a vehicle for other performance ingredients, encouraging them to penetrate the epidermis easily.

## **Natural Moisturizer**

Very often a dry skin is due to a reduction of Urea in the skin's delicate tissues, which can lead to tightness and flakiness.

Because of Urea's natural moisturising factor, it can offer instant relief to dry skin.



I personally have seen some really great results from Urea on clients who suffer from extremely dry, cracked skin, especially on the hands and feet.

**Hydroxyethyl Urea** is our hero ingredient in our daily moisture relief range, that has been specifically formulated with a dry skin in mind.

Urea is most often referred to as carbamide, the primary organic solid of urine, this is waste that has been produced by the body after it metabolises protein. Thankfully, the urea used in the cosmetic industry is from synthetic sources and not animal derived, It is formed from ammonia and carbon dioxide, and can be produced in either a solid or liquid form. Hydroxyethyl and Diazolidinyl Urea, Often people get confused by these, but they are in fact two completely different ingredients. Diazolidinyl Urea is an antimicrobial preservative used in the skin care industry, It is used to protect personal care products from bacteria, yeast and mould. Diazolidinyl urea gets a lot of bad press as a preservative, due to the fact that it's a proven formaldehyde releaser. Hydrovance, inci name Hydroxyethyl Urea is a potent humectant and considered safe as a cosmetic ingredient. Synthetic urea often finds its way into topical dermatological products to rehydrate the skin. Lab-manufactured urea can be helpful in treating scaly skin, corns, calluses, and ingrown nails.

According to a New Zealand study in 2007, urea works best for treating ichthyosis and hyperkeratotic conditions (Australian Journal of Dermatology, Vol 11, June 28 2007). In this experiment, 58 patients suffering from a range of dermatoses were treated with 10% urea in a non-greasy base. Those with atopic dermatitis reported only fair results, the participants

with hyperkeratotic conditions saw excellent results.

In addition to their keratolytic properties, urea and lactic acid are also effective humectants, which means that they bind water below the surface of the epidermis, right down to the stratum corneum. Urea is highly hygroscopic, or water-loving, and modifies the structure of amino chains and polypeptides in skin. This is significant for skin moisturizing since there is a direct correlation between water content and amino acid content in skin (the drier skin is, the lower its share of dissolved amino acids).

Urea cream is indicated for debridement and promotion of normal healing of skin areas with hyperkeratosis, particularly where healing is inhibited by local skin infection, skin necrosis, fibrinous or itching debris or eschar. Specific conditions with hyperkeratosis where urea cream is useful include:

- Dry skin and rough skin
- Dermatitis
- Psoriasis
- Ichthyosis
- Eczema
- Keratosis
- Keratoderma
- Corns
- Calluses
- Damaged, ingrown and devitalized nails

## Tyrosine



According to :<https://en.wikipedia.org/wiki/Tyrosine>

**Tyrosine** (abbreviated as **Tyr** or **Y**) or **4-hydroxyphenylalanine**, is one of the 22 amino acids that are used by cells to synthesize proteins. It is a non-essential amino acid with a polar side group. Its codons are UAC and UAU. The word “tyrosine” is from the Greek *tyros*, meaning *cheese*, as it was first discovered in 1846 by German chemist Justus von Liebig in the protein casein from cheese. It is called **tyrosyl** when referred to as a functional group or side chain.

It's officially called L-tyrosine because amino acids tend to be “left-handed” (hence the ‘L’), rather than “right-handed” – indicating the way the side chain on amino acids is positioned.

Tyrosine as an amino acid, it's primarily used to build proteins. It's also a precursor to some of the most vital neurotransmitters in our body as well as the primary input for [thyroid hormones like Thyroxin](#).

Tyrosine is a precursor to melanin (skin pigment) for healthy color

# Functions

Aside from being a proteinogenic amino acid, tyrosine has a special role by virtue of the phenol functionality. It occurs in proteins that are part of signal transduction processes. It functions as a receiver of phosphate groups that are transferred by way of protein kinases (so-called receptor tyrosine kinases). Phosphorylation of the hydroxyl group changes the activity of the target protein.

A tyrosine residue also plays an important role in photosynthesis. In chloroplasts (photosystem II), it acts as an electron donor in the reduction of oxidized chlorophyll. In this process, it loses the hydrogen atom of its phenolic OH-group. This radical is subsequently reduced in the photosystem II by the four core manganese clusters.

In plants and most microorganisms, **tyr** is produced via prephenate, an intermediate on the shikimate pathway. Prephenate is oxidatively decarboxylated with retention of the hydroxyl group to give *p*-hydroxyphenylpyruvate, which is transaminated using glutamate as the nitrogen source to give tyrosine and  $\alpha$ -ketoglutarate.

Mammals synthesize tyrosine from the essential amino acid phenylalanine (**phe**), which is derived from food. The conversion of **phe** to **tyr** is catalyzed by the enzyme phenylalanine hydroxylase, a monooxygenase. This enzyme catalyzes the reaction causing the addition of a hydroxyl group to the end of the 6-carbon aromatic ring of phenylalanine, such that it becomes tyrosine.

## From: Optimind

Bottom line L-tyrosine basically prevents you from burning out. It's the precursor of several essential catecholamine neurotransmitters for smooth brain functioning. These type of neurotransmitters are needed for mental alertness, activity, anxiety, blood pressure, and the secretion of some hormones. That's why this amino acid is vital to maintaining a healthy mood.

In addition, it plays an important role in the production of thyroid hormones T3 and T4. Low thyroid levels are associated with poor memory, fatigue, depression, and decreased libido among other consequences. Because the thyroid gland combines tyrosine and iodine to make thyroid hormones, tyros supplements may help keep your thyroid gland functioning properly. Always consult your health provider before you embark in any major supplementation journey.

## Medical use

Tyrosine is a precursor to neurotransmitters and increases plasma neurotransmitter levels (particularly dopamine and norepinephrine) but has little if any effect on mood. The effect on mood is more noticeable in humans subjected to stressful conditions (see below).

A number of studies have found tyrosine to be useful during conditions of stress, cold, fatigue, prolonged work and sleep deprivation, with reductions in stress hormone levels, reductions in stress-induced weight loss seen in animal trials, improvements in cognitive and physical performance seen in human trials; however, because tyrosine hydroxylase is the rate-limiting enzyme, effects are less significant than those of L-DOPA.

It's one of the most versatile compounds floating around this planet.

The amino acid Tyrosine with aromatic side chain. It has hydroxyl group for H bonds and shows polarity. It is non-essential amino acid, which means that it is manufactured from other amino acids in the liver; it does not have to be obtained directly through the diet. It is glucogenic and ketogenic both. It was first isolated from casein in 1849 and is abundant in insulin as well as the enzyme papain and can be synthesized from the amino acid phenylalanine in the body. Tyrosine is important to overall metabolism. It is a precursor of adrenaline and the neurotransmitters norepinephrine and dopamine, which regulate mood and stimulate metabolism and the nervous system.

**According**

**to: <https://blissreturned.wordpress.com/2012/03/19/tyrosine-it-aids-in-the-production-of-melanin-the-pigment-responsible-for-skin-and-hair-color-and-in-the-functions-of-the-adrenal-thyroid-and-pituitary-glands/>**

Tyrosine, a parent amino acid for skin, hair, and eye pigments, is involved in syndromes, known generally as oculocutaneous albinism, that are characterized by the failure to form melanin pigments, resulting in partial or complete albinism. It is also the precursor amino acid for the thyroid gland hormone thyroxin, and a disfunction in this may result

in hypothyroidism – an enlargement of the thyroid gland (goiter), severe growth failure, and retardation of central nervous system development may be present. A deficiency may also have symptoms of low blood pressure, low body temperature (including cold hands and feet) and “restless leg syndrome.” How about that, and it is a fact to look into.

Tyrosine acts as a mood elevator; a lack of adequate amounts of tyrosine leads to a deficiency of norepinephrine in the brain, which in turn can result in depression.

Helps in suppressing the appetite and reducing body fat, production of skin and hair pigment, the proper functioning of the thyroid as well as the pituitary and adrenal gland so basically it aids with an overall wellbeing.

It aids in the production of melanin (the pigment responsible for skin and hair color) and in the functions of the adrenal, thyroid, and pituitary glands. It is also involved in the metabolism of the amino acid phenylalanine.

Supplemental L-tyrosine has been used for stress reduction, and research suggests it may be helpful against chronic fatigue and narcolepsy. It has been used to help individuals suffering from anxiety, depression, low sex drive, allergies, and headaches, as well as persons undergoing withdrawal from drugs. It may also help people with Parkinson’s disease.

It gives rise to catecholamine e.g. adrenaline and noradrenalin and dopamine. They then function as neurotransmitters in our brain. These are important in maintaining the good balance of moods in person aside from many other benefits. If there deficiency occurs then this result in depression in a person. Dopamine further has another important physiological role in our body. it stimulates the myocardial activity in the heart means it performs an isotropic action. Since it is a neurotransmitter in the brain, in case of its deficiency in the basal ganglia, an extra pyramidal disease called Parkinsonism occurs. It also acts as a prolactin release inhibiting factor in the anterior pituitary gland.

## Deficiency Symptoms of Tyrosine

Symptoms of tyrosine deficiency can also include low blood pressure, low body temperature (such as cold hands and feet), and restless leg syndrome.

### Rich Food Sources of Tyrosine

Natural Food sources of tyrosine include almonds, avocados, bananas, dairy products, lima beans, pumpkin seeds, and sesame seeds.

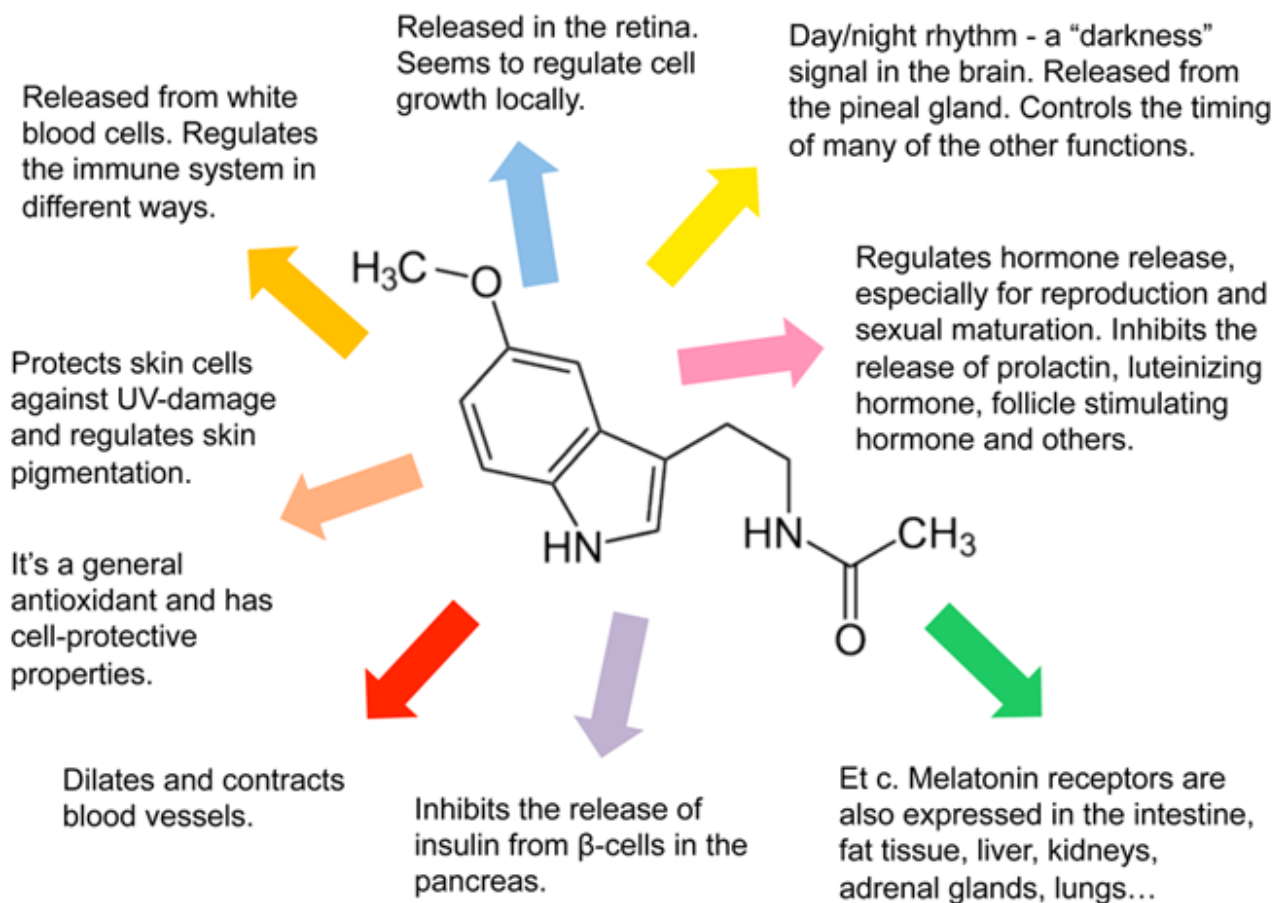
Animal sources include chicken, turkey, dairy products like yogurt, milk, cheese, and in fish.

## Melatonin









According to: <https://en.wikipedia.org/wiki/Melatonin>

**Melatonin**, chemically **N-acetyl-5-methoxytryptamine**, is a substance found in animals, plants, fungi and bacteria. In animals it is a hormone that anticipates the daily onset of

darkness; however in other organisms it may have different functions. Likewise, the synthesis of melatonin in animals differs from that in other organisms.

In animals, melatonin is involved in the entrainment (synchronization) of the circadian rhythms of physiological functions including sleep timing, blood pressure regulation, seasonal reproduction and many others. Many of melatonin's biological effects in animals are produced through activation of melatonin receptors, while others are due to its role as a pervasive and powerful antioxidant, with a particular role in the protection of nuclear and mitochondrial DNA.

The hormone can be used as a sleep aid and in the treatment of some sleep disorders. It can be taken orally in liquid form as well as capsules or tablets in immediate- or prolonged-release form. It is also available in a form to be used sublingually, and as transdermal patches.

## Discovery

Melatonin was first discovered in connection to the mechanism by which some amphibians and reptiles change the color of their skin. As early as 1917, Carey Pratt McCord and Floyd P. Allen discovered that feeding extract of the pineal glands of cows lightened tadpole skin by contracting the dark epidermal melanophores.<sup>[</sup>

In 1958, dermatology professor Aaron B. Lerner and colleagues at Yale University, in the hope that a substance from the pineal might be useful in treating skin diseases, isolated the hormone from bovine pineal gland extracts and named it *melatonin*. In the mid-70s Lynch *et al.* demonstrated that

the production of melatonin exhibits a circadian rhythm in human pineal glands.

The discovery that melatonin is an antioxidant was made in 1993. The first patent for its use as a low dose sleep aid was granted to Richard Wurtman at MIT in 1995. Around the same time, the hormone got a lot of press as a possible treatment for many illnesses. *The New England Journal of Medicine* editorialized in 2000: "With these recent careful and precise observations in blind persons, the true potential of melatonin is becoming evident, and the importance of the timing of treatment is becoming clear. "

## An amazing TIP:

It is principally blue light, around 460 to 480 nm, that suppresses melatonin, proportional to the light intensity and length of exposure. Until recent history, humans in temperate climates were exposed to few hours of (blue) daylight in the winter; their fires gave predominantly yellow light. The incandescent light bulb widely used in the twentieth century produced relatively little blue light. Kayumov *et al.* showed that light containing only wavelengths greater than 530 nm does not suppress melatonin in bright-light conditions. Wearing glasses that block blue light in the hours before bedtime may decrease melatonin loss. Use of blue-blocking goggles the last hours before bedtime has also been advised for people who need to adjust to an earlier bedtime, as melatonin promotes sleepiness.

Lets be conscious here, what happens when we watch TV almost until bedtime or we are on our phone or computer? Not so good, not so good at all, definitely all of it needs to be turned off at least an hour before bed, believe me I learned this at

least 40 years ago, and I make sure I follow it pretty close, I choose to sleep in the dark with all appliances and clocks turned off. I usually have a power search strip and I just switch it off so no EMF is in the room. It is such a small thing to do for the exchange of your health and the control on how fast we age, not to bad, right?.

In vertebrates, melatonin is produced in darkness, thus usually at night, by the pineal gland, a small endocrine gland located in the center of the brain but outside the blood-brain barrier. Light/dark information reaches the suprachiasmatic nuclei (SCN) from retinal photosensitive ganglion cells of the eyes rather than the melatonin signal (as was once postulated). Known as "the hormone of darkness", the onset of melatonin at dusk promotes activity in nocturnal (night active) animals and sleep in diurnal ones including humans.

Many animals use the variation in duration of melatonin production each day as a seasonal clock. In animals including humans the profile of melatonin synthesis and secretion is affected by the variable duration of night in summer as compared to winter. The change in duration of secretion thus serves as a biological signal for the organization of daylength-dependent (photoperiodic) seasonal functions such as reproduction, behavior, coat growth and camouflage coloring in seasonal animals. In seasonal breeders that do not have long gestation periods and that mate during longer daylight hours, the melatonin signal controls the seasonal variation in their sexual physiology, and similar physiological effects can be induced by exogenous melatonin in animals including mynah birds and hamsters. Melatonin can suppress libido by inhibiting secretion of luteinizing hormone (LH) and follicle-stimulating hormone (FSH) from the anterior pituitary gland, especially in mammals that have a breeding season when daylight hours are long. The reproduction of long-day breeders is repressed by melatonin and the reproduction of short-day breeders is

stimulated by melatonin.

## In Plants

Melatonin is found in many plants including feverfew (*Tanacetum parthenium*), St John's wort (*Hypericum perforatum*), rice, corn, tomato, grape<sup>1</sup> and other edible fruits. The physiological roles in plants include regulation of their response to photoperiod, defense against harsh environments, and the function of an antioxidant. It also regulates plant growth by its ability to slow root formation, while promoting above-ground growth.

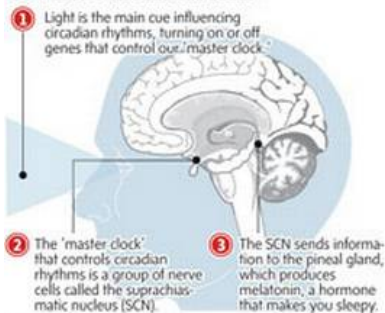
## Circadian rhythm

Having trouble sleeping? Try camping. Spending time in the great outdoors exposed to only natural light can synch your internal circadian clock, according to researchers at the University of Colorado Boulder. Physiologists studying subjects before and after a

week-long camping trip in the Rocky Mountains – during which they were exposed only to sunlight and campfire (no flashlights or electronic devices were allowed) – found that large amounts of natural light regulated the rhythms of both night owls and early birds. After the trip, all partici-

pants' biological nighttimes closely aligned with the solar day: beginning near sunset and ending at sunrise. If camping isn't your thing, the researchers suggest that exposure to sunlight in the morning and midday can nudge the body's internal clock to better regulate sleep.

### HOW LIGHT REGULATES SLEEP

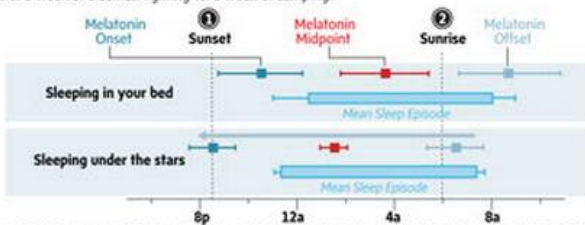


### HOW THE CIRCADIAN RHYTHM CAN BE DISRUPTED

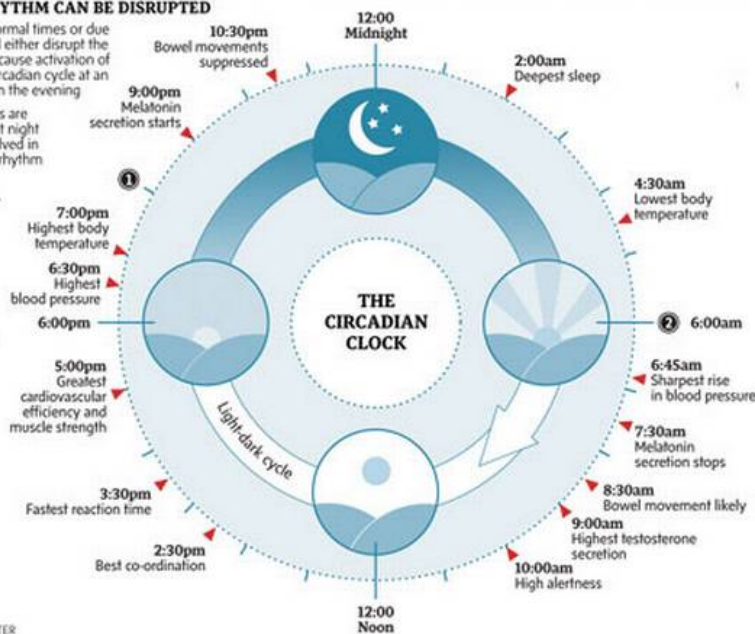
- 1. Exposure to light at abnormal times or due to change in location will either disrupt the clock's gene function or cause activation of the 'wake state' of the circadian cycle at an abnormal time, such as in the evening
- 2. Shift work where workers are exposed to visible light at night de-regulates a gene involved in controlling the circadian rhythm
- 3. Jet lag results in an imbalance of neurotransmitters and hormones
- 4. Not receiving the light in the morning
- 5. Exposure to 400-500 nm light at night

### SLEEP START AND WAKE TIMES

Timing of the average melatonin onset, midpoint and offset after a week of electrical lighting vs. a week of camping.



THE GLOBE AND MAIL. 3 SOURCES: NATIONAL INSTITUTE OF GENERAL MEDICAL SCIENCES; BRAIN TREATMENT CENTER



In animals, the primary function is regulation of day-night cycles. Human infants' melatonin levels become regular in about the third month after birth, with the highest levels measured between midnight and 8:00 AM. Human melatonin production decreases as a person ages on average, They are of course the ones that are conscious of the process and take care of it before there is an issue with it. Also, as children become teenagers, the nightly schedule of melatonin release is delayed, leading to later sleeping and waking times.

## As a Antioxidant

Besides its function as synchronizer of the biological clock, melatonin is a powerful free-radical scavenger and wide-



spectrum antioxidant as discovered in 1993. In many less complex life forms, this is its only known function.

Melatonin is an antioxidant that can easily cross cell membranes and the blood-brain barrier. This antioxidant is a direct scavenger of radical oxygen and nitrogen species including  $\text{OH}\cdot$ ,  $\text{O}_2^{\cdot-}$ , and  $\text{NO}\cdot$ . Melatonin works w i 't you think?

## Immune system

While it is known that melatonin interacts with the immune system, the details of those interactions are unclear. Anti-inflammatory effect seems to be the most relevant and most documented in the literature. There have been few trials designed to judge the effectiveness of melatonin in disease treatment. Most existing data are based on small, incomplete clinical trials. Any positive immunological effect is thought to be the result of melatonin acting on high-affinity receptors (MT1 and MT2) expressed in immunocompetent cells. In preclinical studies, melatonin may enhance cytokine production, and by doing this counteract acquired immunodeficiencies. Some studies also suggest that melatonin might be useful fighting infectious disease including viral, such as HIV, and bacterial infections, and potentially in the treatment of cancer.

In rheumatoid arthritis patients, melatonin production has been found increased when compared to age-matched healthy controls.

## Acording

to: <http://articles.mercola.com/sites/articles/archive/2013/03/19/melatonin->

## [benefits.aspx](#)

- Humans as with all mammals, your biological clock resides in the suprachiasmatic nucleus of your brain (SCN), which is part of your hypothalamus. Based on signals of light and darkness, your SCN tells your pineal gland when it's time to secrete melatonin.
- Light comes in through your eyes and travels up your optic nerves to the SCN, which is exquisitely sensitive to cycles of light and darkness.
- When you turn on a light at night, you immediately send your brain misinformation about the light-dark cycle. The only thing your brain interprets light to be is day. When it believes that daytime has arrived, your biological clock instructs your pineal gland to immediately cease its production of melatonin.
- Whether you have the light on for an hour or for just a second, the effect is the same – and your melatonin pump doesn't turn back on when you flip the light back off.

## TIPS to optimize your Melatonin

### DR Marcola recommend

- Avoid watching TV or using your computer in the evening, at least an hour or so before going to bed. These devices emit blue light, which tricks your brain into thinking it's still daytime. Normally your brain starts secreting melatonin between 9 and 10 pm, and these devices emit light that may stifle that process.
- Make sure you get BRIGHT sun exposure regularly. Your

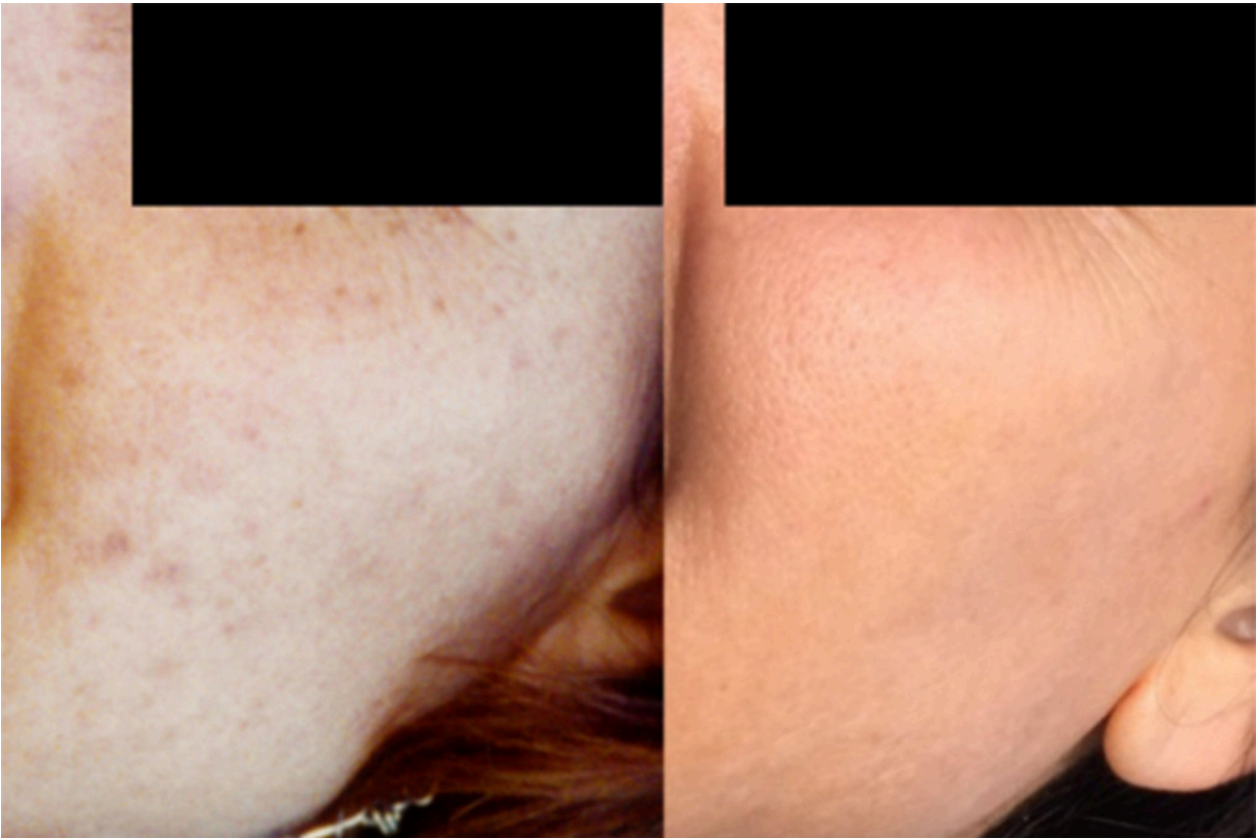
pineal gland produces melatonin roughly in approximation to the contrast of bright sun exposure in the day and complete darkness at night. If you are in darkness all day long, it can't appreciate the difference and will not optimize your melatonin production.

- Sleep in complete darkness, or as close to it as possible. Even the slightest bit of light in your bedroom can disrupt your biological clock and your pineal gland's melatonin production. Even the tiniest glow from your clock radio could be interfering with your sleep, so cover your radio up at night or get rid of it altogether. Move all electrical devices at least three feet away from your bed. You may want to cover your windows with drapes or blackout shades.
- Install a low-wattage yellow, orange or red light bulb if you need a source of light for navigation at night. Light in these bandwidths does not shut down melatonin production in the way that white and blue bandwidth light does. Salt lamps are handy for this purpose.
- Keep the temperature in your bedroom no higher than 70 degrees F. Many people keep their homes too warm (particularly their upstairs bedrooms). Studies show that the optimal room temperature for sleep is between 60 to 68 degrees.
- Take a hot bath 90 to 120 minutes before bedtime. This increases your core body temperature, and when you get out of the bath it abruptly drops, signaling your body that you are ready to sleep.
- Avoid using loud alarm clocks. Being jolted awake each morning can be very stressful. If you are regularly getting enough sleep, you might not even need an alarm. Get some sun in the morning, if possible. Your circadian system needs bright light to reset itself. Ten to 15 minutes of morning sunlight will send a strong message to your internal clock that day has arrived, making it less likely to be confused by weaker light signals during the night. More sunlight exposure is required as

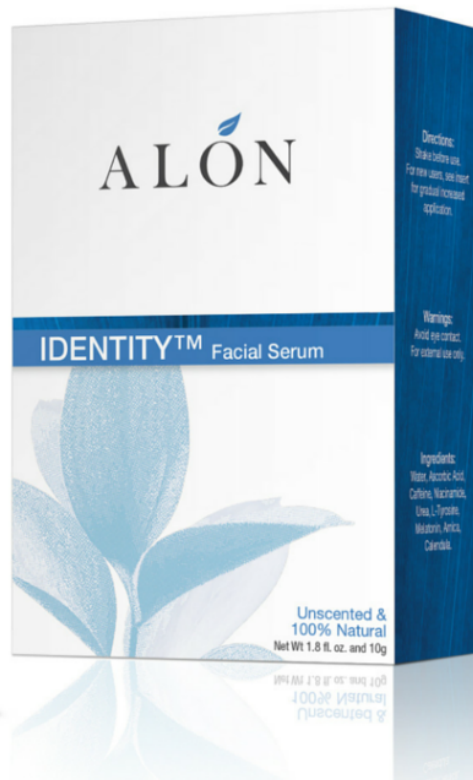
you age.( how about that for the no Sun light story)  
Be mindful of electromagnetic fields in your bedroom.  
EMFs can disrupt your pineal gland and its melatonin  
production, and may have other negative biological  
effects as well.

## **Before & Afters**

**No photoshop or photo modifications  
were performed**

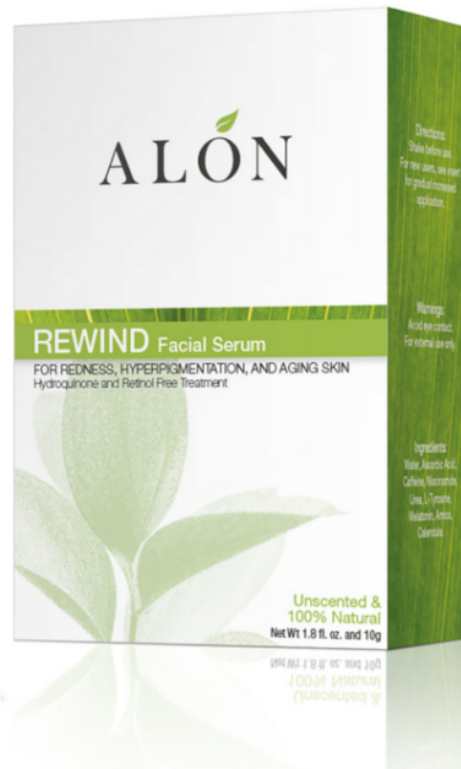








# IDENTITY Personalized Skincare Line





# REWIND Skin Rejuvenating Formula



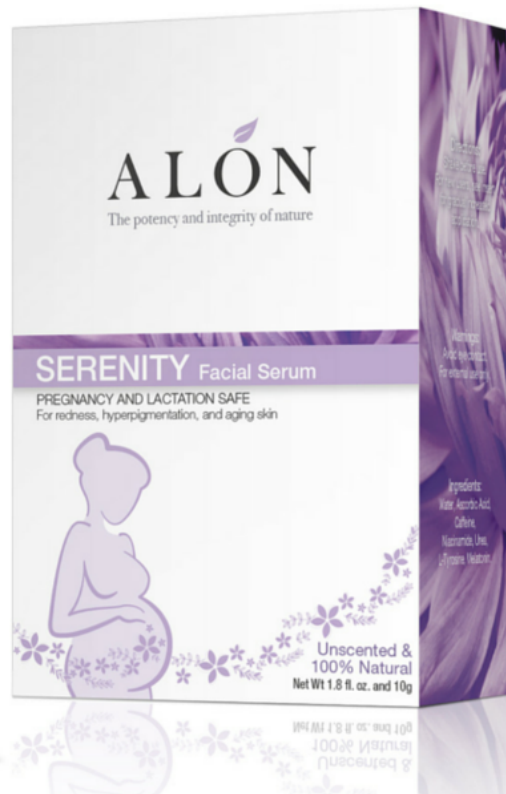
**Directions:**  
Shake before use.  
For new users, use twice  
for gradual increased  
application.

**Warnings:**  
Avoid contact with eyes.  
For external use only.

**Ingredients:**  
Water, Acetic Acid,  
Coffees, Nicotinic,  
Urea, L-Tyrosine,  
Methylcellulose,  
Cetylalcohol, Arica Montana,  
D-Alpha Tocopheryl  
Acetate (Vitamin E).

Unscented &  
100% Natural  
Net Wt 1.8 fl. oz. and 10g

# Scalp Calming Formula



Serenity Pregnancy Safe Formula

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**Bee Venom for Beauty and  
Wellness**

**Bee Venom for beauty and  
Wellness**



Hello and welcome again to our weekly post on week 217, we are sharing the amazing power of one of my favorite little beings, that is the miraculous Bee. I grew up loving bees and early on in my life I learned their value in our eco system and our own

health and beauty. I use honey, royal jelly, bee pollen, bees wax and bee propolis basically on a regular basis.

We would love for you to pass it on to family and friends these little beings are threaten by so many pesticides electronic wave current and much more without them we would not do very good they are responsible for an extensive work in our ecosystem our food etc we love what we do and we spend hours of research to provide you with authority information, please pass it on is so crucial that people know their value, thank you ahead of time for your consideration and support, from all of us at Isabel's Beauty Blog.

In England I was introduced to Bee venom a long long time ago, and I must say that it works amazingly, it plumps the skin and it feeds it. Bee venom is full of vitamins and amino acids, to mention a few qualities of this product and I personally choose it before Botox. The results for me are remarkable and full of natural benefits. Here we are sharing the Bees their qualities in food, beauty, and in our environment , please pass it on. Our intention is to educate people so the bees stand a chance, most people don't like them and kill them. I take that as ignorance, no one knows how valuable they are, who would do harm to a bee, as they do that they are harming the environment and their food source, wouldn't you think?

Ignorance is the major cause of the destruction not only personal but worldwide, our intention is to educate and make a difference one person at a time.

## **BEES AS PART OF ECOSYSTEMS**

These Pollinators strongly influence ecological relationships, ecosystem conservation and stability, the genetic variation in

the plant community, floral diversity, specialization and evolution and so much more. Bees play a very important, but little recognized role in most terrestrial ecosystems where there is green vegetation cover for at least 3 to 4 months each year. In tropical forests, savannah woodlands, mangrove, and in temperate deciduous forests, many species of plants and animals would most likely not survive if bees were missing. This is because the production of seeds, nuts, berries and fruits are highly dependent on insect pollination, and among the pollinating insects, bees are the major pollinators.

In rain forests, especially in high mountain forests where it is too cold for most bees, other pollinators like bats and birds play a greater role in plant pollination. In farmed areas, bees are the most reliable source for the pollination of many cultivated crops, and for maintaining biodiversity in 'islands' of non-cultivated areas. The main role of bees in the different ecosystems is their pollination work. Studies have showed that other animal species are connected with bees: either because they eat the brood or honey, pollen or wax, because they are parasitic to the bees, or simply because they live within the bees nest.

## THE POLLINATION WORK OF BEES

When we look at the many colourful and different flowers looks, we should not forget that they have developed these as an adaptation for the bees and other pollinators, and not to please humans, (is not all about us) is more for species survival. Bees and most flowering plants have developed a complex interdependence during millions of years. An estimated 80 percent of flowering plants are entomophilous depending more or less on insect pollination to be able to reproduce, and it is estimated that half of the pollinators of tropical

plants are bees responsible for the work.

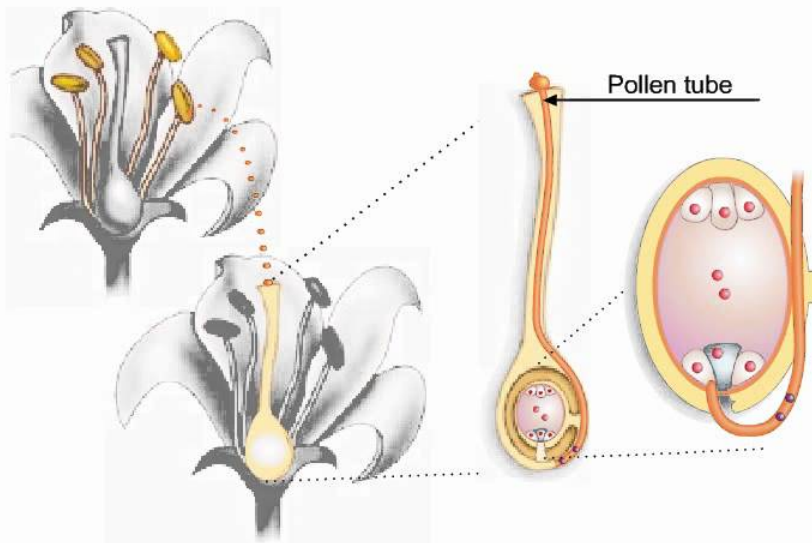
The efficiency of honeybees is due to their great amount in numbers, their physique and their behaviour of foraging on only one plant species at a time, interesting right?. The bees have to find their food in flowers. The food can be nectar or pollen. Nectar is produced to attract the bees. Pollen is also attracting the bees, but it has another function too: it is produced to ensure the next generation of plants and that is why they need to be pollinated. Bee pollinated flowers have evolved in such a way that a visiting bee has to brush against the flower's anthers bearing pollen, or there may be a special mechanism to release the anthers to spring up or down to cover the bee with pollen. When compared with other insects, bees are extremely hairy. Each hair has a branched structure that makes it highly effective at catching pollen.





While flying to the next flower, the honeybee will brush herself and move many of the pollen grains, to arrange them in the pollen baskets made of stiff hairs on her hind legs. Some of the pollen grains are so dry that they cannot be formed into a clump. To prevent the pollen falling off during flight, the bee will regurgitate some nectar and mix it with the

pollen so sticks together this gives the sweet taste when eating pollen balls collected by bees. It also makes the pollen a little darker so that it can be difficult to see from which plants it comes. Some bees do not have pollen baskets they transport the pollen in the hair on their abdomen (Osmia bees and leaf cutter bees). When the honeybee with pollen is landing in the next flower, there will be pollen enough left on the bees' body hairs to pollinate the new flower, by delivering some grains to the flower's stigma. Now pollination has taken place and the flower is happy to reproduce. To create a seed, the pollen grain has to grow a small tube inside the stigma to the ovary of the flower. Then a male gamete can actually travel through the tube, fertilize the egg cell and start development of the fertile seed. Now the fertilization has taken place in an amazing way.



The pollen tube grows down through the tissue of the style. At some point during its journey, the generative cell of the pollen grain divides by mitosis to form two sperm nuclei, or male gametes.

The pollen tube continues to grow until it reaches the ovary. It then enters an ovule through the micropyle. It ruptures one of the cells next to the egg and discharges the two sperm nuclei.

A very few plants need several successful visits from bees to ensure that all the flower's eggs are fertilized. For example, some varieties of strawberry plants need about 20 pollen grains, requiring visits by several bees, an apple flower may need five or more bee visits to receive enough pollen grains to complete fertilisation. **If the fertilization is inadequate because of lack of bees, not all seeds will develop, and the shape of the fruit will be poor and small.** Fertilization is the beginning of a new seed, which perhaps will grow and develop into a new plant. The new plant will bloom, provide

the bees with food, be pollinated, and be fertilized, and in this way, life continues for plants and bees, fantastic miracle of nature.

## Pollination



Lets start with Agriculture and how it depends greatly on the honeybee for pollination. Honeybees account for 80% of all

insect pollination that is a substantial percentage. Without such pollination, we would see a significant decrease in the yield of fruits and vegetables and our environment and less like now the industry produces man made foods!!!! very scary.

## Pollen





Bees collect 66 pounds of pollen per year, and that is per hive!!. Pollen is the male germ cells produced by all flowering plants for fertilization and plant embryo formation. Honeybees use pollen as a food. Pollen is one of the richest and most pure of the natural foods, consisting of up

to 35% protein, 10% sugars, carbohydrates, enzymes, minerals, and vitamins A (carotenes), B1 (thiamin), B2 (riboflavin), B3 (nicotinic acid), B5 (pantothenic acid), C (ascorbic acid), H (biotin), and R (rutine) full range of amino-acids, just bee pollen by it self is a full supplemental food.

## Honey





Bees use Honey for food all year round. There are many types, colors and flavors of honey, depending upon it's nectar source. The bees make honey from the nectar they collect from flowering trees and plants. Honey is a very easily digestible, pure food due to the fact that is predigested by the bees and very easily absorbed by our boys without creating havoc in our pancreas like sugar does. Honey is hydroscopic and has antibacterial qualities. Eating local honey can fend off allergies due to the process that the bee uses to transform the pollen in essence is like getting a nature made

homeopathic in your system, I always get local honey whatever I visit or bee pollen and I start with a minute amount and then I increase the dosage so I keep my self allergy free, and it works great.

## Beeswax



This is a product secreted from the bees glands, beeswax is used by the honeybee to build honey comb in their bee hive. It is used by humans in drugs, cosmetics, artists' materials, furniture polish and candles, soaps hair products and much much more.

# Propolis





Collected by honeybees from trees, the sticky resin is mixed with wax to make a sticky glue. The bees use this to seal cracks and repair their hive and at the same time to protect it from bacteria. It is used by humans as a health aid, and

as the basis for fine wood varnishes, I personally always keep some around and I use it in any wound, for me or my dogs and if I feel a sore throat I place a piece in my mouth and I chew it like chewing gum until it is all gone and I promise you it works wonders. "While it's drawing water out of the wound, which is how it might get infected, it's letting off this very minute amount of hydrogen peroxide. The amount of hydrogen peroxide that comes off honey is exactly what we need—it's so small and so minute that it actually promotes healing. Derma Sciences, a medical device company, has been marketing and selling [MEDIHONEY](#), bandages covered in honey used in hospitals around the world, amazing tip!.

## Royal Jelly







The powerful, milky substance that turns an ordinary bee into a Queen Bee, this is her food. It is made of digested pollen and honey or nectar mixed with a chemical secreted from a gland in a nursing bee's head. It commands premium prices rivaling imported caviar, and is used by some as a dietary supplement and fertility stimulant. It is loaded with all of the B vitamins, for most part beekeepers that are conscious about the life and wellbeing of bees don't like to collect Royal Jelly due to the fact that it is the food for the queen and without her is no bee hive.

For centuries Royal jelly has been used for beauty applying it on or in skin care and the results are just amazing

## Bee Venom



The “ouch” part of the honeybee if you happened to get it through a sting. Although sharp pain and some swelling and itching are natural reactions to a honeybee sting or most, a small percentage of individuals are highly allergic to bee venom. “Bee venom therapy” is widely practiced overseas and by some in the USA to address health problems such as arthritis, neuralgia, high blood pressure, high cholesterol and even MS., and now is new evidence other benefits.

# Queen Bee



There is only one queen bee per hive. The queen is the only bee with fully developed ovaries. A queen bee can live for 3-5 years. The queen mates only once with several male (drone) bees, and will remain fertile for life. She usually lays up to 2000 eggs per day wow amazing don't you think?. Fertilized

eggs become female (worker bees) and unfertilized eggs become male (drone bees). When she dies or becomes unproductive, the other bees will “make” a new queen by selecting a young larva and feeding it a diet of “royal jelly”. For queen bees, it takes 16 days from egg to emergence.

The queens are developed from [larvae](#) selected by [worker bees](#) and specially fed with Royal Jelly in order to become sexually mature. There is normally only one adult, queen that mates in a hive, in which case the bees will usually follow and fiercely protect her. However, as in the Brazilian stingless bee [Schwarziana quadripunctata](#) is an exception, a single hive may have multiple queens or even dwarf queens, ready to replace a dominant queen in a case of sudden death.

## Worker Bee





All worker bees are female, these bees are not able to reproduce. Worker bees live for 4-9 months during the winter season, but only 6 weeks during the busy summer months pretty short life, they literally work themselves to death, Hmm,

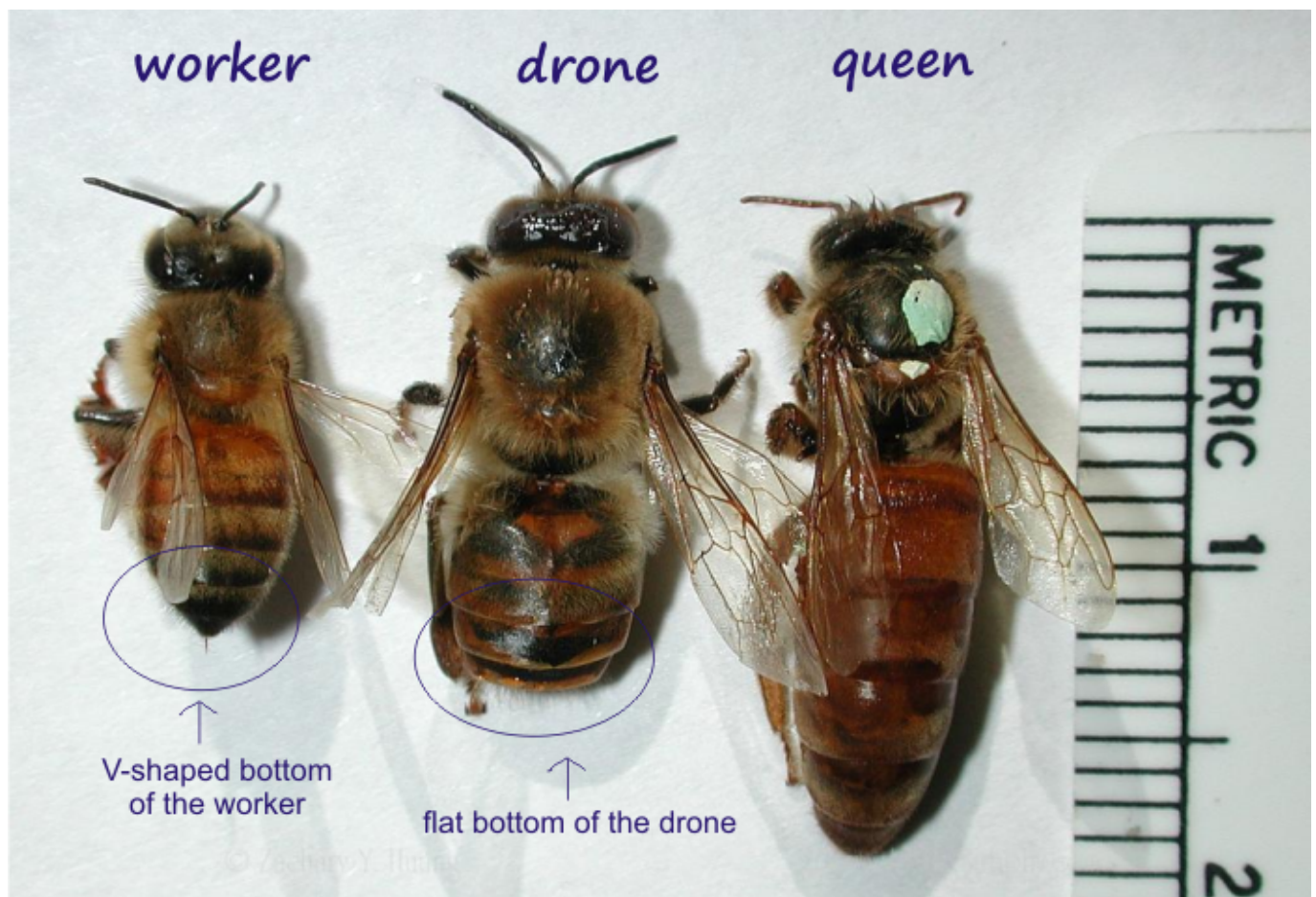
sounds like humans specially here in US, work work work. Nearly all of the bees in a hive are worker bees. A hive consists of 20,000 – 30,000 bees in the winter, and over 60,000 – 80,000 bees in the summer. The worker bees sequentially take on a series of specific chores during their lifetime: housekeeper; nursemaid; construction worker; grocer; undertaker; guard; and finally, after 21 days they become a forager collecting pollen and nectar, an incredibly organized system. For worker bees, it takes 21 days from egg to emergence. The worker bee has a barbed stinger that results in her death following stinging, therefor, she can only sting once.

## Drone Bee



These male bees are kept on standby during the summer for mating with a virgin queen. Because the drone has a barbed sex

organ, mating is followed by death of the drone and there you have it no cheating males on this one. There are only 300-3000 drone in a hive. The drone does not have a stinger. Because they are of no use in the winter, drones are expelled from the hive in the autumn.





female bee (worker)



male bee (drone)



HealthyWithHoney.com

## A bit of trivia:

- Honeybees are not native to the USA. They are European in origin, and were brought to North America by the many early settlers.
- Honeybees are not aggressive by nature, and will not sting unless protecting their hive from an intruder or are maliciously provoked.
- Honeybees represent a very highly organized society, with various bees having very specific roles during their lifetime: nurses, guards, grocers, housekeepers, construction workers, royal attendants, undertakers, foragers, pollinators etc.
- The queen bee can live for most part several years and less human intervention destroys them! like always humans and destruction. Worker bees live for 6 weeks during the busy summer, and for 4-9 month during the winter months.

- The practice of honey collection and beekeeping dates back to the stone-age, as evidenced by cave paintings.
- The honeybee hive is perennial. Although quite inactive during the winter, the honeybee survives the winter months by clustering for warmth. By self-regulating the internal temperature of the cluster, the bees maintain 93 degrees Fahrenheit in the center of the winter cluster (regardless of the outside temperature) pretty remarkable.
- An estimated 3.2 million colonies are in the U.S hopefully still.
- The average honeybee can fly at a speed of 15 miles per hour.
- A hive of bees must fly 55,000 miles to produce a pound of honey, there is a fact to appreciate.
- It would take approximately one ounce of honey to fuel a bee's flight around the earth.
- An average worker bee makes about 1/12th of a teaspoon of honey in her lifetime, I truly have gratitude for their work.
- To make honey, bees drop the collected nectar into the honeycomb and then evaporate it by fanning their wings.
- Honeybees dance to communicate the direction and distance of nectar sources.
- The fructose in honey makes it sweeter than sugar. At 21 calories a teaspoon it is one and a half times sweeter than sugar, not to mention Hence, honey vs sugar, [honey has a healthier Glycemic Index \(GI\)](#) which measures the negative impact of a given food on the [blood-glucose level](#). The lower the GI rating, the slower the absorption and infusion of sugars into the bloodstream and hence a more gradual and healthier digestion process. not to mention the nutrients in honey that sugar doesn't own.

## Honeybee venom

Honeybee venom is produced by two glands associated with the sting apparatus of worker bees. Its production increases during the first two weeks of the adult worker's life and reaches a maximum when the worker bee becomes involved in hive defense and foraging. It diminishes as the bee gets older. The queen bee's production of venom is highest on emergence, which allows her to be prepared for immediate battles with other queens.

When a bee stings, it does not normally inject all of the 0.15 to 0.3 mg of venom held in a full venom sac (Schumacher et al., 1989 and Crane 1990, respectively). Only when it stings an animal with skin as tough as ours will it lose its sting – and with it the whole sting apparatus, including the venom sac, muscles and the nerve center. These nerves and muscles however keep injecting venom for a while, or until the venom sac is empty. The loss of such a considerable portion of its body is almost always fatal to the bee.

Used in small doses however, bee venom can be of benefit in treating a large number of ailments. This therapeutic value was already known to many ancient civilizations and now is much documentation on its benefits.

Honeybee venom is a clear, odorless, watery liquid. When coming into contact with mucous membranes or eyes, it causes considerable burning and irritation. Dried venom takes on a light yellow color and some commercial preparations are brown, thought to be due to oxidation of some of the venom proteins. Venom contains a number of very volatile compounds which are easily lost during collection.

88% of venom is water. The glucose, fructose and phospholipid

contents of venom are similar to those in bee's blood (Crane, 1990). At least 18 pharmacologically active components have been described, including various enzymes, peptides and amines. Detailed information on the components is available in the Krell document noted below.

(taken from Krell, R., "Value-Added Products from Bee-Keeping," FAO Agricultural Services Bulletin #124, 1996)

## **Dried Bee venom**



Bee venom, also known as apitoxin or apis mellifera, These two proteins are one of the keys to healthy skin. Collagen gives skin its elasticity and strength, and a reduction in collagen (sparked by the natural ageing process) can lead to wrinkles and fine lines.

Meanwhile, elastin is essential for the production of elastic fibres in the body. These small groups of proteins help to give strength and flexibility to our connective tissues, providing structural support for skin, the heart, lungs and other organs.

Products made with purified bee venom can help to moisturise skin while providing anti-aging and firming effects.

In most cases, application of these creams, moisturisers, masks and cleansers will feel much like an ordinary beauty product, although it may induce some micro-swelling (light plumping) in the area as it works.

It's important to remember that if you do have a severe allergy to bee stings, it's best to seek advice from your doctor before using any products containing bee venom.

The main component in apitoxin is melittin amounting to 52 % of venom peptides.

Other components are:

- Apamin increases cortisol production in the adrenal gland. Apamin is a mild neurotoxin.
- Adolapin, contributing 2–5% of the peptides, acts as an anti-inflammatory and analgesic because it blocks cyclooxygenase.
- Phospholipase A2 amounts to 10–12% of peptides and it is the most destructive component of apitoxin. It is an enzyme which degrades the phospholipids which

cellular membranes are made of. It also causes decreased blood pressure and inhibits blood coagulation. Phospholipase A2 activates arachidonic acid which is metabolized in the cyclooxygenase-cycle to form prostaglandins. Prostaglandins regulate the body's inflammatory response.

- Hyaluronidase contributing 1–3% of peptides dilates the capillaries causing the spread of inflammation.
- Histamine contributing 0.5–2% and is involved in the allergic response.
- Dopamine and noradrenaline which contribute 1–2% increase pulse rate.
- Protease-inhibitors contribute 2% and act as anti-inflammatory agents and stop bleeding.
- Tertiapin.

According

to: <http://www.shirleys-wellness-cafe.com/NaturalFood/Bee>

Honey bee venom contains at least 18 active substances. Melittin, the most prevalent substance, is one of the most potent anti-inflammatory agents known (100 times more potent than hydrocortisol). Adolapin is another strong anti-inflammatory substance, and inhibits cyclooxygenase; it thus has analgesic activity as well. Apamin inhibits complement C3 activity, and blocks calcium-dependent potassium channels, thus enhancing nerve transmission.

Other substances, such as Compound X, Hyaluronidase, Phospholipase A2, Histamine, and Mast Cell Degranulating Protein (MSDP), are involved in the inflammatory response of venom, with the softening of tissue and the facilitation of flow of the other substances. Finally, there are measurable amounts of the neurotransmitters Dopamine, Norepinephrine and Serotonin.

# **The composition of bee venom and its properties**



## Dried bee venom composition

COMPONENT	MOL. Wt.	% (Dry Venom)
<b>PEPTIDES</b>		
Melittin	2,840	40-50
Apamin	2,036	2-3
MCD-Peptide 401	2,588	2-3
Adolapin	11,500	1.0
Protease inhibitor	9,000	< 0.8
Secarpin		0.5
Tertiapin		0.1
Melittin F		0.01
Procamine A, B		1.4
Minimine	6,000	2-3
Cardiopep		< 0.7

ENZYMES	MOL. Wt.	% (Dry Venom)
Hyaluronidase	38,000	1.5-2.0
Phospholipase A2	19,000	10-12
Glucosidase	170,000	0.6
Acid Phosphomono-esterase	55,000	1.0
Lysophospholipase	22,000	1.0
<b>ACTIVE AMINES</b>		
Histamine		
Dopamine		0.13-1.0
Norepinephrine		0.1-0.7
<b>NON-PEPTIDE COMPONENTS</b>		
Carbohydrates: Glucose & Fructose		< 2.0

Bee venom is a complex substance, the chemical composition of which are enzymes, proteins, amines (histamine, choline), volatile oils, evaporating during the drying of poison. And acids (hydrochloric, phosphoric, formic) and substances such

as hormones of the adrenal cortex.

Let us consider the properties of bee venom, which he has:

- Improves fat metabolism, which in turn regulates cholesterol metabolism, reducing its concentration in the blood;
- Enhances the action of enzymes and hormones;
- Stimulates the "adrenal glands – the pituitary gland";
- Assists in the concretionary bones as facilitating this process;
- Has anti-inflammatory effects;
- Thanks to the analgesic, antispasmodic and vasodilatory action, bee venom is often used for children to relieve pain in the abdomen;
- Contains substances which lowers the body temperature;
- Has a positive effect on the central nervous system;
- Strengthens the immune system;
- Has antiarrhythmic action and the ability to stimulate the heart;
- Restore the myelin sheath of nerve fibers, resulting in normal nerve impulse;
- Improves sexual function;
- Contributes to the removal of salts from the human body;
- Stimulates brain activity;
- Increases the elasticity of the connective tissue;
- Improves hearing, memory and vision.

Thus, bee venom is a unique substance, the positive properties

of which are not fully understood until now. However, the effect of bee venom is widely used in modern medicine for the effective treatment of almost all of the human body.

## **Health benefits of honey bee venom (apitoxin)**

Disease	Very good success	Good success	No change
Polyarthritis	77	18	15
Osteoarthrosis (orthopedic disease)	1542	352	116
Bronchial asthma	38	17	10
Hypertension	18	9	18
Multiple sclerosis	103	72	35
Post stroke paralysis	196	10	31
Polyneuritis	22	9	6
Ganglion nerve inflammation	11	4	1
Cerebellar ataxy (muscular disfunction)	12	7	2
Syringomyelia (pain of extremities, headache)	140	31	11
Inflammation of facial nerve	128	6	1
Myopathy (neuromuscular disease)	54	8	16
Trigeminal neuralgia	16	7	2
Post-traumatic inflammation of the plexus nerve	206	46	21
Arachnoid inflammation (a CNS membrane)	275	20	20

from: <http://www.diyhomeremedies.net/health-benefits-honey-bee-venom-apitoxin/>

Honey bee venom (apitoxin) has anti-inflammatory, antifungal, antibacterial, and antipyretic properties.

It is known as an effective natural remedy for rheumatism and pain relief.

Also, it is effective against insomnia, migraine, energy,

immunity, increases appetite. Generally, honey bee venom (apitoxin) is an excellent prevention against infectious diseases.

Russian scientists have discovered that honey bee venom (apitoxin) has the ability to expand blood vessels, which improves blood circulation and metabolism.

Due to irritation, at the time of bite immune system activates wherein the blood begins to circulate and stronger circulation and higher oxidation prevent bacterial growth.

Honey bee venom (apitoxin) opens capillary walls, allowing the body easily and quickly discharge of waste substances. In this way the metabolism accelerates, and body is filled with oxygen

.

Honey bee venom (apitoxin) therapy has proven to be useful in :

- arthrosis and arthritis
- inflammation of nerves (neuritis , sciatica)
- multiple sclerosis
- Parkinson's disease
- cerebral palsy
- high blood pressure
- high cholesterol
- poor circulation
- inflammation of blood vessels
- asthma and allergies
- urticaria
- psoriasis
- wounds and scars
- inflammation of the ovaries and fallopian tubes
- addiction

# Egyptian Bee Keeper



Therapies involving the honeybee have existed for thousands of years and some may be as old as human medicine itself. The ancient rock art in the caves of early hunter-gatherers depicts the honeybee as a source of natural medicine. Bee



venom therapy was practiced in ancient Egypt, Greece, and China—three Great Civilizations known for their highly developed medical systems. Hippocrates, the Greek physician known as the “Father of Medicine”, recognized the healing virtues of bee venom for treating arthritis and other joint problems he new about it . Today, growing scientific evidence suggests that various bee products promote healing by improving circulation, decreasing inflammation, and stimulating a healthy immune response.

It is important to note that Apitherapy is not only the use of the venom for healing, often called Bee Sting Therapy, but the use of all the hive products, and usually a combination of them. These products are also sometimes mixed with other ingredients, specifically different essential oils, dependent on the condition being treated.

The more modern study of apitherapy, specifically bee venom, was initiated through the efforts of Austrian physician Philip Terc in his published results “Report about a Peculiar Connection between the Bee Stings and Rheumatism” in 1888. Bodog Beck (Budapest, Hungary 1871 – NYC, 1942) followed Terc, and brought Apitherapy to the United States. More recent popularity has been credited to Charles Mraz (1905 – 1999), a beekeeper from Vermont, who knew Beck. Some of the Board Members of the American Apitherapy Society, as well as some general AAS members, have been trained by and/or treated and inspired by Mraz. The Society’s annual educational and training event, CMACC, is named for him, the Charles Mraz Apitherapy Course and Conference.

## **Do Bee Venom Beauty Treatments**



**Work?**





## 'Bee Venom' Beauty Secret of Celebrities and Royal Families Hits Story Today

freya in Wonderland



Camilla Rosemary



Kate Middleton



Victoria Beckham



Gwyneth Paltrow



Keira Knightley

In the last couple of years there has been a lot of buzz in the press and the media about bee venom products and the benefits being gained by various actresses, celebrities and royalty using them, I personally got introduced to stover forty years ago by my mother she always used royal jelly and all Bee products. But before rushing out to buy wouldn't you like to know just a bit more about what bee venom can or can't do for you?( always be cont of your tolerance to bee products and by that I mean allergies to bees ) Bee venom treatments aren't a new addition to beauty and health treatments, they have been around for centuries, but it's only recently that the benefits have become public knowledge and approved in safety for public

use.

We are always on the lookout for products that can help us to get rid of wrinkles and fine lines or to rejuvenate our skin to its original youthful glow, and this is where bee venom creams and masks seem to play a major role in restoring elasticity and radiance to your skin. So, the next question is do bee venom treatments really work and will they be suitable for you?

### **What Are Bee Venom Beauty Treatments?**

The Chinese and the Greeks used bee venom treatments for centuries but it is only recently that we have recognized their benefits as part of a daily beauty regimen. Aging unfortunately is a fact of life but that doesn't mean we can't take steps to minimize the facial wrinkles, fine lines and sagging skin. There are a range of specialized bee venom treatments, including bee venom masks and bee venom creams to provide the essential ingredients to rejuvenate and restore your skin back to it's former state.

### **How Does Bee Venom Work?**

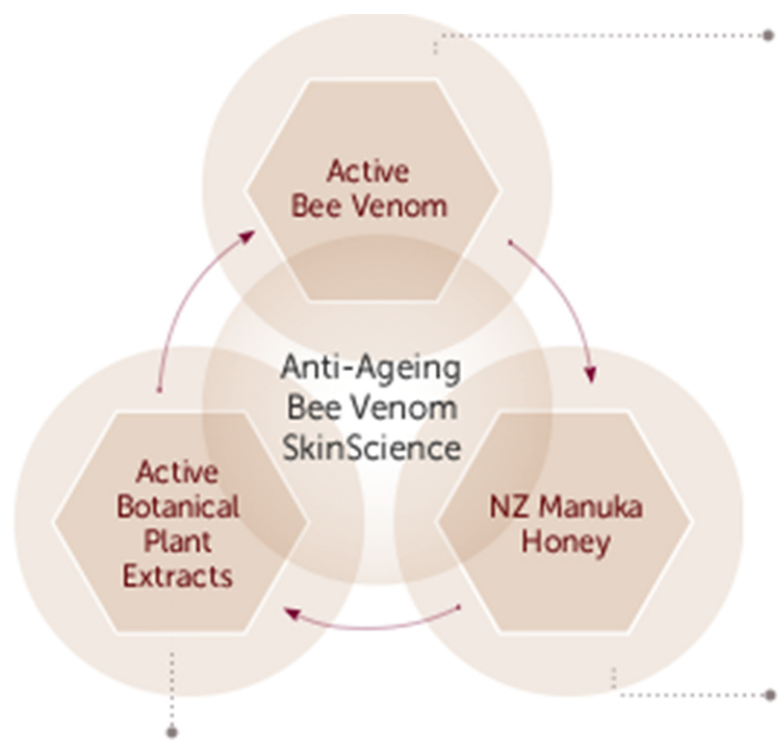
Bee venom is a clear, odorless liquid that's injected into your skin when a honeybee stings you. It consists of more than 20 known compounds, the most prominent being melittin, a protein that boasts powerful anti-inflammatory, anti-bacterial, and anti-viral properties. Most products that

contain bee venom act in a somewhat similar manner when put on your skin, though the effects can vary for different people. Basically bee venom sort of tricks your skin and its mild irritant properties make your skin believe that it is under "attack". Consequently your skin reacts by producing more elastin and collagen plus the blood circulation to the facial skin also increases. The end result is a plumper, firmer and smoother skin.

Using bee venom treatments on a regular basis can result in a huge transformation to your facial skin. You should also make sure that you include your neck area in your bee venom regime since it is equally exposed to sun and air pollutants but often overlooked. The bee venom creams can be used overnight and work on the skin even as you sleep. The bee venom masks need to be applied then left on for 15- 20 minutes before washing off with water, and you will usually feel immediate results after a bee venom mask treatment. Combined use of bee venom masks and bee venom cream will result in the cleansing, tightening, softening and nourishing of your facial skin.

## **What Else Should You Know About Bee Venom Treatments?**

Bee venom is unique in regard to beauty benefits but a small word of caution at this point – anyone who is allergic to bee products should not use bee venom treatments. They can lead to severe reactions for some people. Always test any product before you start using it on a regular basis and then begin your journey to permanently good-looking skin.



**New Zealand plant extracts** are truly unique and well known for their natural functionality in skincare.

We selectively blend these raw harvested botanical actives with the science of Apitherapy to achieve the specific functionality of each product in the range.

**Bee Venom** is THE most natural agent you can choose to trigger Collagen and Elastin. Muscles respond by tightening and lifting. Each product has a variable level of Active Bee Venom according to its functional purpose.

Venom collection DOES NOT harm the bees. Purified Bee Venom becomes non-allergenic when combined with Manuka Honey.

**Manuka Honey** is a staple in the SAViQ base blend. It naturally supports youthful elasticity by inhibiting the enzymes that break-down Collagen.

New Zealand Manuka Honey is hailed as nature's wonderfood with unique antibacterial activity. It is anti-inflammatory and proven to soothe and heal.

## So how does it work?

As skin ages, it loses its naturally-occurring collagen which results in sagging skin and fine lines and wrinkles. Sometimes referred to as nature's Botox, bee venom therapy works to reverse the effects of aging by encouraging the stimulation of natural collagen and elastin.

Applying small amounts of bee venom creams to the skin fools it into thinking it has been stung. Blood is sent to the affected area which in turn stimulates the production of collagen, which strengthens body tissue, and elastin, which helps the skin stay firm and youthful. Regular users of bee venom therapy beauty products like eye cream, venom masks, ointment and serum can notice a number of benefits including improved skin texture and firmness, the reduction of pores, fine lines and wrinkles, and reduced pigmentation and sun damage.

It's important to reiterate that you shouldn't just squeeze the venom out of a bee and dab it on your wrinkles. The difference between a bee venom cream and an actual bee sting is the dosage. Bee venom beauty products like eye cream, moisturiser, venom mask and venom ointment contain a low-dose variant of bee venom, which means a user can still enjoy the skincare benefits it provides without actually being stung.

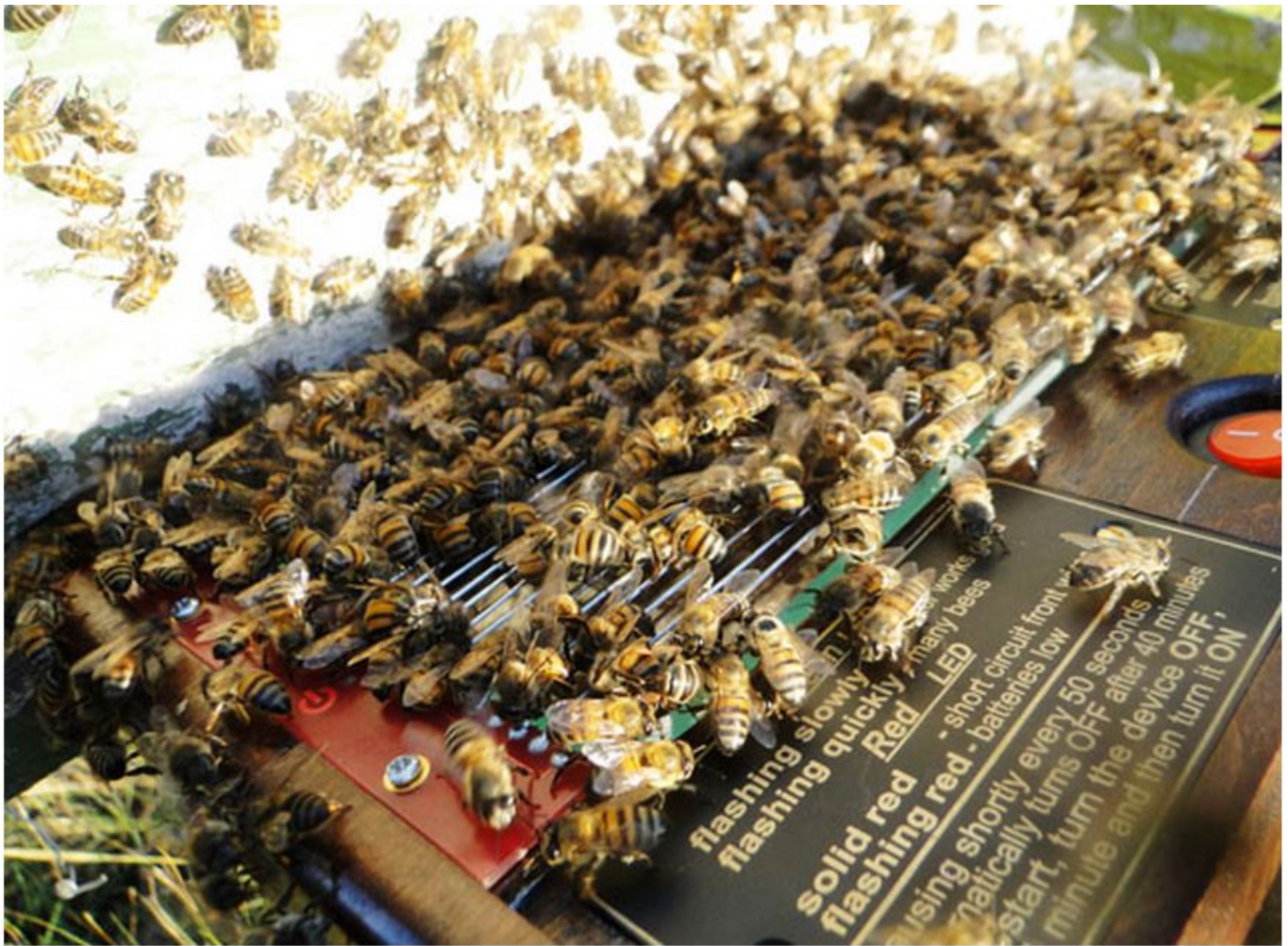
Bee venom by itself is great for an instantaneous skin lift and plump-up but if it's left on your skin for too long at one time, it can result in a similar reaction to an actual bee sting. To avoid the angry reaction while still harnessing the power of nature, bee venom is often combined with New Zealand Manuka honey. Not just famous for our organic skincare ranges, we produce New Zealand Manuka honey which is internationally-recognised for its healing and overall health benefits. It has anti-inflammatory properties which help to reduce possible redness that might be caused by the application of bee venom, while its anti-bacterial benefits assist with any possible

skin infection. Bee venom and New Zealand Manuka honey combos come in venom masks, eye creams, moisturizers and a wide range of creams and ointments.

However, one star ingredient that's been gaining a steady buzz over the past few years is the use of bee venom to promote positive effects in human skin. Its inherent properties have earned it the nickname of 'nature's botox', and even Kate Middleton reportedly used a face mask with bee venom as part of her wedding preparations.

**But is it safe for the bees?**





from:

<http://www.prevention.com/beauty/natural-beauty/bee-venom-beauty-trend-killing-bees>

When a bee stings a person, it dies because it no longer has its stinger. Collecting bee venom, on the other hand, is not harmful or stressful for the bees. A glass sheet is placed into the beehive along with a very weak electrical current running through it. When bees sit on the glass, the weak current encourages them to stick out their stingers and pump out a small amount of venom. As each bee releases its venom, it also releases pheromones which tell the other bees to sting the glass too. The venom sticks to the glass, which is then removed from the beehive and the venom collected and purified. And in case you were wondering, collecting bee venom does not contribute to colony collapse disorder, the unusually high levels of hive loss reported by beekeepers beginning in 2006. That's caused by a cocktail of diseases, parasites, poor nutrition, and environmental stressors like pesticides and limited water access, says the USDA. Frasier has noticed that the bees he stimulates for venom even yield more honey than their non-stimulated counterparts. "I don't know if [the stimulation] has anything to do with it, but we definitely haven't seen a negative impact [on the bees]."

But even if bee venom collection turns out to be a positive for bees, know that us humans can definitely get too much of a good thing. "We've heard of people using bee venom two or three times a day, and that's not something we recommend. It's a matter of your personal preference and tolerance level, but using bee venom two or three times a week is more than enough to achieve the desired effects," says Frasier.

**The venom is harvested from bees without causing them any harm.**

from: <http://www.manukadoctor.com/purified-bee-venom>

That means you can rest assured no bees were harmed in the making of your beauty product and you can look forward to seeing the results of this wonder ingredient on your skin.

Purified Bee Venom (PBV™) is an industry first from Manuka Doctor. Because venom can contain contaminants from handling and collection, we established a process to ensure only the purest of ingredients go into our products and on your skin.

Each batch of PBV™ is tested for its composition and recorded for quality control and tracking purposes. If it doesn't meet our strict specifications for purity and toxicity testing, it is immediately rejected.

Our highly trained beekeepers undergo regular learning for quality controlled bee venom collection. Research has proven that the quality of our bee venom is of a clinical patient treatment standard. In Korea, where extensive testing of bee venom has taken place, leading researcher Dr Sang Mi Han concluded that there is no guarantee that other bee venom sources would give the same results as Purified Bee Venom.

However, one star ingredient that's been gaining a steady buzz over the past few years is the use of bee venom to promote positive effects in human skin. Its inherent properties have earned it the nickname of 'nature's botox', and even Kate Middleton reportedly used a face mask with bee venom as part of her wedding preparations.

## Here are some very interesting facts

The honey bee has been around for millions of years.

Honey bees, scientifically also known as *Apis mellifera*, are

environmentally friendly and are vital as pollinators. It is the only insect that produces food eaten by man. Bee Venom has evolved beyond a physical defence against predators, to be a colony protector.

Honey is the only food that includes all the substances necessary to sustain life, including enzymes, vitamins, minerals, and water; and it's the only food that contains "pinocembrin", an antioxidant associated with improved brain functioning.

Honey bees have 170 odorant receptors, compared with only 62 in fruit flies and 79 in mosquitoes. Their exceptional olfactory abilities include kin recognition signals, social communication within the hive, and odor recognition for finding food. Their sense of smell was so precise that it could differentiate hundreds of different floral varieties and tell whether a flower carried pollen or nectar from metres away.

The honey bee's wings stroke incredibly fast, about 200 beats per second, thus making their famous, distinctive buzz. A honey bee can fly for up to six miles, and as fast as 15 miles per hour.

The average worker bee produces about 1/12th teaspoon of honey in her lifetime.

A hive of bees will fly 90,000 miles, the equivalent of three orbits around the earth to collect 1 kg of honey.

It takes one ounce of honey to fuel a bee's flight around the world.

A honey bee visits 50 to 100 flowers during a collection trip. The bee's brain is oval in shape and only about the size of a sesame seed, yet it has remarkable capacity to learn and remember things and is able to make complex calculations on distance travelled and foraging efficiency.

A colony of bees consists of 20,000-60,000 honeybees and one queen. Worker honey bees are female, live for about 6 weeks and do all the work.

The queen bee can live up to 5 years and is the only bee that lays eggs. She is the busiest in the summer months, when the

hive needs to be at its maximum strength, and lays up to 2500 eggs per day.

Larger than the worker bees, the male honey bees (also called drones), have no stinger and do no work at all. All they do is mating.

Each honey bee colony has a unique odour for members' identification.

During winter, honey bees feed on the honey they collected during the warmer months. They form a tight cluster in their hive to keep the queen and themselves warm.

BEE

 **Bio Cellulose Bee Venom**  
**+ Royal Jelly Miracle Mask**

The Ultimate Anti-Ageing Treatment! 30ml 1 FL. OZ.

*Helps skin to reduce the appearance of fine lines and wrinkles.*



## Timeless Truth Bio Cellulose Bee Venom Royal Jelly Miracle Mask

Timeless Truth's Bio Cellulose Masks help you target your skin's specific needs. Try the Apple Stem Cell, HA Moisturizing, TT Collagen, Snow Lotus, and EGF Anti Aging Masks.. All masks come in a pack of 5.





[Manuka Doctor Skincare Apirevive Rub Ease](#)



## Balm

This balm helps relieve stressed out muscles and aching joints. Its purified bee venom has great anti-inflammatory properties making it the perfect partner to glucosamine for relieving aches and pains.



## Abeeco Pure New Zealand Bee Venom Mask

- Rare New Zealand Bee Venom extract works to naturally lift and firm the skin, eliminating the need for cosmetic injections or fillers
- The Abeeco Bee Venom Mask formulation combines a proprietary blend of magical New Zealand Bee Venom, soothing Manuka Honey as well as natural essential oils and nutrients to promote plump and youthful skin
- Can be used as a mask or cream. The effects of the Abeeco Bee Venom Mask are cumulative, the longer you use it the more obvious the results will be



## Heaven Black Label Hydrating & Firming Mask

- Hydrating & Firming Mask Very good for dry skin Hydrates the skin. Suitable for sensitive skin Ingredients like

Bee Venom Mask unlike that does not contain this Bee Venom with Honey Mask and leave it on your face. Add oxygen to the skin. Good blood circulation Keeps skin soft and flexible, allowing wrinkles or age lines are fading somewhat accelerate the renewal of skin cells. 50 ml. Ingredients Rose (Rose) helps build collagen and elastin and more. Keeps skin soft and smooth Lavender (Lavender) Anti-bacterial treatment for skin anti-aging. Tea Tree (Tea Tree) to help combat bacteria. The skin food Tea Tree acts as a natural preservative. Shea Butter (Shea Butter) is oil from Shea is extracted from natural gas. Smooth skin Marshmallow (marshmallows) to help combat inflammation and repair skin that has been abused. Beta-Carotene (beta-carotene).

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**Do you know about African Black Soap and its many uses?**

**Nature's Form New African Black Soap**



Hello everyone, we wish to thank you for tremendous support from all of us at Isabel's Beauty Blog. We have so much gratitude by such a huge support from the followers. It helps us keep going and getting feed back from people all over the world is such a heartfelt experience for us, thank you.

Here in week 216 we are sharing a product that not only supports the economy for a community in a country where there is a lot of need for this, at the same time this is a product harvested, and made with community effort and that is something that I grew up with and know very well. Up in the Peruvian Andes where I grew up, we coexisted by community and team collaboration, and I really miss that. For me, making or doing anything as a team completes the whole, and this product has that from its many physical qualities to the many people and energy involved, very rich if you ask me. These people believe in their product and are many generations involved in the evolution of it. The company that we are sharing here is **Natures Form** we wish for you to give them a try and enjoy, pass it on to family and friends.

## [naturesform.net](http://naturesform.net)

**Nature's form** is proud to introduce its first soap product, straight from Ghana, Africa! This totally natural, hand-made soap, brought to the US market from Ghana, Africa. This is the absolutely real thing. Based on an age-old recipe and having stood the test of time, with many claims of healing and renewing skin challenges making the skin glow as a result of its exfoliating properties we are proud of our find.

The soap is made by first drying the skins of the Plantain fruit to precise texture usually in the hot African sun. The skins are then roasted in a clay oven to achieve a particular color, texture and fragrance. Naturally, all Black soaps contain Cam Wood, which scientifically is known as *Baphia nitida*. If you are Nigerian 'Osun' might ring a bell because that is what it is called in Yoruba language. Cam wood is a skin dye that treats skin issues, like ring worms, among others; and gives Black Soap its characteristic black color. The longer they are dried the darker the color of the soap. Next, this base is carefully mixed with palm oil and palm kernel oil. Generous amounts of Ivory Shea Butter are

then mixed in also at this time in the process. The soap is then hardened by being put into molds and left in the African sun to harden. Then it is packaged into air-tight bags in Africa to preserve its centuries old cleansing and medicinal power( Shea Butter is a natural sunscreen aside from many other qualities).

- Handmade, organic, all natural ingredients with Shea Butter
- Authentic age-old recipe from west Africa
- 3-pack in a slick plastic case for easy and secure storage of unused bars
- Safe and beneficial for all skin types
- Improves Skin Tone
- Fades Skin Discolorations
- Reduces Inflammation and Skin Irritations
- It's an Effective Exfoliant

## History of African Black Soap





HOW AFRICAN  
BLACK SOAP  
IS MADE

[www.innercirclepost.com](http://www.innercirclepost.com)

According to: <http://naturesform.net/history.html>

African Black Soap is very familiar to many people of African descent for its skin care benefits. It has been known to soothe skin irritations and skin complications from simple rashes to contact dermatitis and psoriasis, as well as fading skin discolorations and evening out skin tone, among many qualities.

The Nigerians and Ghanaians society have used black soap for centuries for bathing and for reducing body odor, and as well for shampooing the hair, not only they use it to cleanse, but also to alleviate scalp itchiness and irritation, and other scalp conditions.

It is used to relieve oily skin and certain skin conditions, such as acne and eczema. Now a days is many combinations with black soap that makes it suitable for all types of skin. Women used black soap for skin care during and after pregnancy to keep from getting dry skin, stretch marks and other skin conditions caused by hormonal changes.

The same women who make black soap choose to use only black soap on their babies, as its purity makes it gentle and non-drying for babies' sensitive skin. In fact, black soap is generally the only soap used in most Western African countries.

## Origins of "The Black Soap"





Featured on [nigerianwedding.org](http://nigerianwedding.org)

## Yoruba women

African black soap or **Ose dudu** originated with the Yoruba people in Nigeria and the Yoruba communities in Benin and

Togo. The Yoruba words ose (“soap”) and dudu (“black”) literally translates to “the black soap.” It is also called anago samina in Ghana. (Anago is the name of a Yoruba sub-group in what is now Republic of Benin). Samina means, “soap” in the Twi dialect of the Akan language.

Another name for the soap, Alata samina, is now used throughout Ghana. Alata means “spicy” in Yoruba. According to an article on the [Shea Radiance](#) site, it is believed that Yoruba traders, specifically women traders, who sold tomatoes and peppers, introduced black soap to Ghana.

These women were called “Alatas” (pepper traders) and alata samina was a term coined by the Ghanaians that meant “the pepper traders soap.”

Yoruba women had an important and unique role in agriculture in pre-colonial Yorubaland. They were responsible for processing raw farm produce into finished goods for trading. This included harvesting produce from trees and they also tended to the gardens where vegetables and fruits, such as peppers, were grown. They were also responsible for selling the produce, including black soap.

## **Different kinds of Black Soap Recipes**



Traditional black soap was typically a mixture of water and the ashes of plantain skins, cocoa pod powder and palm oil. Other recipe blends can include the ashes of palm leaves, or shea tree bark, and a combination of palm oil, coconut oil, shea butter or tropical honey.

Village women in western Africa are still handcrafting black soap. According to Africa Imports there are more than 100 varieties of African black soaps. Recipes have been passed down in families from mother to daughter. Ingredients can differ by region and each batch can be unique. Age-old formulations and production methods make a big difference in the final outcome of the soap.

## **How black soap is made**





African Black Soap is made by drying Plantain skins to precise texture in the hot African sun. The skins are then roasted in

a clay oven. This base is mixed with palm oil and palm kernel oil to result in the finished product. This “play-dough” like soap is then packaged into air-tight bags in Africa to preserve its centuries old cleansing and medicinal power. When ready, this is mixed with generous amounts of Ivory Shea Butter. The soap is then hardened by being put into molds and left for days in the African sun to harden.

## How To Use Black Soap:

According to: <http://blackdoctor.org/449133/qa-what-are-the-benefits-of-black-soap/2/>

To prevent dryness, wash and rinse skin with cool water to help skin retain more moisture and use a lightweight, non-comedogenic (none clogging for the pores) moisturizer after use, soap used on a regular basis without proper moisturizing can dehydrate certain skin.

Because raw black soap contains high concentrations of fats, waxes and fat-soluble vitamins, but no lye, beware of high concentrations of chocolate and/or caffeine that some companies use to produce their product. Also be cautious of high concentrations of latex from the plantains, palm oil and/or coconut oil that still are included in certain recipes.

African black soap is great for oily and acne prone skin. It's efficient for deep pore cleansing because of its natural exfoliating qualities. For some oily skin types it seems to keep the skin hydrated without increasing oil.

In bar form, black soap is softer than most soap and may look

like food to a child or pet, so be careful to store it properly, preferably in a cool dark cabinet away from their reach. It's also typically a shade of brown, instead of black. It has a high glycerin content and absorbs water easily, so it should be stored in a plastic bag or dry area away from the tub and shower so it doesn't deteriorate quickly .

Because black soap formulations vary, users may have different results such as overdrying or tingling. If you experience any unpleasant effects, use soap less often or less soap at each cleansing. Fortunately this is not the case of Nature's Form black soap. A marble-sized ball is plenty to wash the face.

When using raw bar soap, work it up in your hands to make sure there are no whole particles of tree bark or pods in the bar that can scratch or tear skin. Apply the lather to your face with fingertips and gently rub it in.

To avoid or reduce any unpleasant effects, do not leave the soap on your face for a long period of time.

Black soap is suited for any skin ethnicity, can be used daily and is excellent for washing away makeup. If you are caffeine-sensitive, you might test the soap on the inside of your arm because it's derived from cacao pods, which contain caffeine and can be absorbed through the skin. Also, if you are extremely latex-sensitive, shea butter contains small amounts of naturally occurring latex.

When exposed to air, black soap can develop a thin, white film. This is not mold, and the soap may still be used.

# African Black Soap For Acne



According

to: <http://simonedigital.com/how-to-use-black-soap-to-get-clear-acne-oil-free-skin/>

When you first pick up the soap, you'll notice that it's firm but not hard like traditional most soaps and if you drop it, it will easily crumble into large chunks. when you wash with it, black soap goes to work by penetrating the skin to remove



impurities. it may not always remove existing acne, instead it helps to prevent excessive oil production and bacterial growth which help to create acne in the first place. because of this, when you use black soap you may experience “purging” where it seems like your skin is getting worse, not to worry it is just clearing the skin from inside out.

## **DON'T OVER EXFOLIATE please CHECK YOUR USAGE**

Though many black soaps have a lower pH between 7 and 8 in comparison to traditional soap (our skin is around 4 to 5), using black soap is like getting a mini peel with each use. because of this, many people cannot use this soap everyday. The best usage is two to three times a week. Don't scrub harshly with it, using authentic fair trade soap, and pay close attention using it around our nose, mouth and eyes, these are sensitive areas where the skin is thinner and more delicate. just a little pressure is all you need to have smooth skin, that is like getting a microdermabrasion.

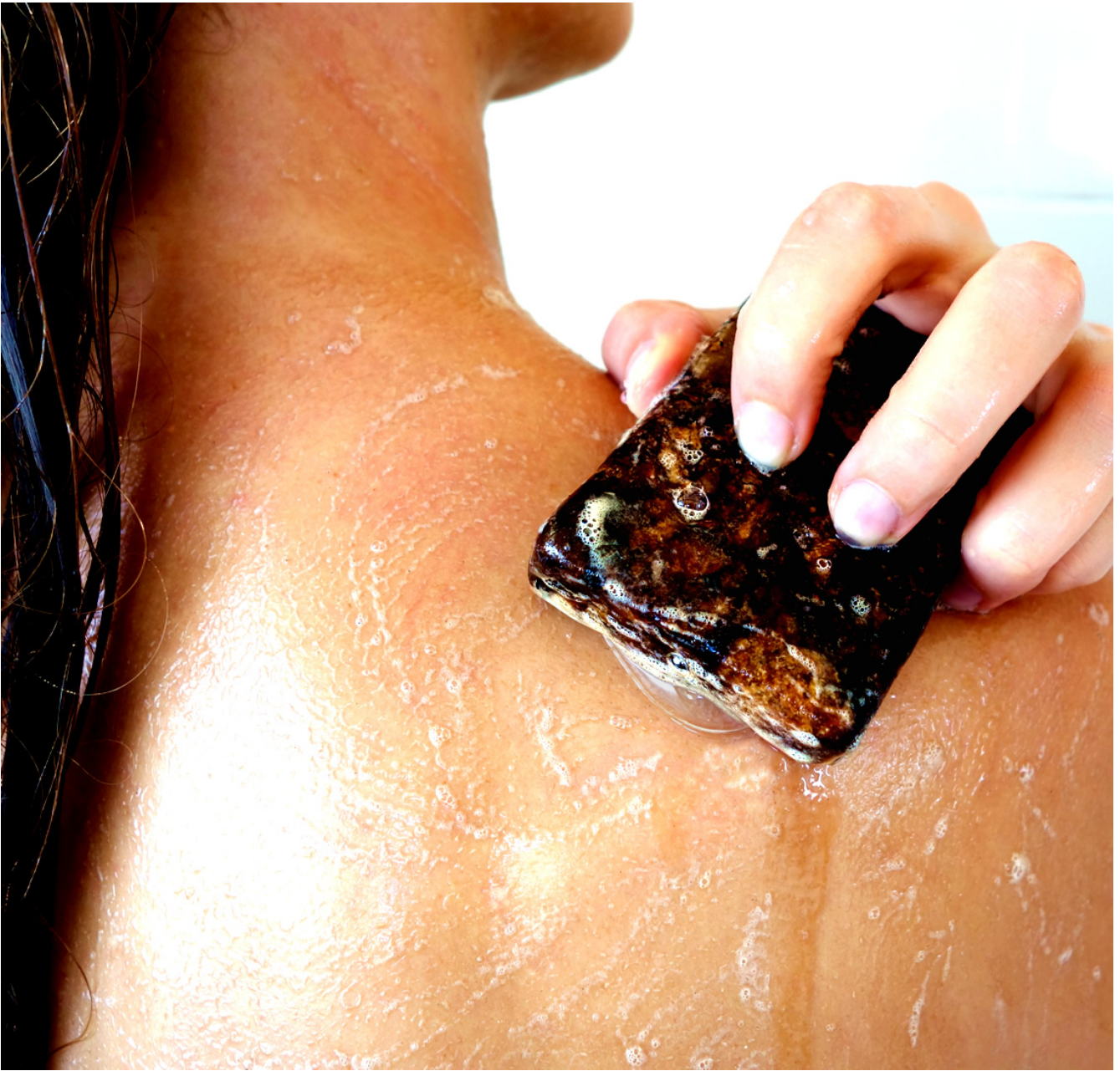
## **USE IT ON YOUR BACK BREAKOUTS**

Black soap is great to use for back breakouts, it helps to clear bacteria causing acne on your face, it does the same for your back and because the skin on your back is thicker, you don't have to worry about the over usage ( keep in mind that everyones skin is different, use your instinct here, you know if your skin is sensitive).

## **TRY IT FOR ECZEMA & PSORIASIS**

The natural fats in black soap from the coconut and palm oils help to relive tight, itchy and dry skin and the iron, vitamin A and vitamin E help to promote healthy moisturized skin.

# African Black Soap Benefits



## **African Black Soap Healing Properties**

African black Soap is known to help cure and resolve a wide range of scalp and skin conditions such as eczema, psoriasis, rashes, dandruff, dry and itchy skin, insect bites, bumps, cuts and wounds caused by various skin conditions. The vitamin E in the soap is largely apart of why this soap is so effective at treating and healing such conditions. This soap is rich in Vitamin E, which aids in the healing process and keeping scalp and skin bright, healthy, rejuvenated and clean. It also keeps your hair shiny, soft and moisturized.

## **African Black Soap Moisturizing Properties**

Black Soap is great at keeping your hair moisturized because it contains a high amount of glycerine. Glycerin absorbs moisture right from the air and applies it right onto your hair and scalp. Glycerine keeps the moisture in your hair, which keeps it soft, malleable, and strong. Moisture keeps our hair from being dry, weak and brittle, which contributes to hair damage and hair loss aside from the natural oils that it contains.

## **African Black Soap Cleansing Properties**

Black soap is a gentle exfoliator that gives our scalp a deep clean, which is essential for keeping our scalp cleansed and stripped of any debris that may be clogging the hair follicles and pores, yet keeping our skin nourished. It removes excess oils from the scalp and hair, without removing essential natural oils in our scalp and on our hair, which keeps the moisture in our hair and reduces dryness and damage.

# **Top 10 Benefits of African Black Soap**



According  
to: <http://blogs.naturalnews.com/top-10-benefits-african-black>



## -soap/

1. **Acne treatment:** Useful in preventing the formation of acne pimples, also suitable for all skin types.
2. **Skin Firming:** Improves skin tone/texture by firming and toning skin.
2. **Natural Astringent:** Removes excess oil from skin without over drying.
3. **Help Skin Conditions:** Very beneficial for reducing inflammation and discomforts that are associated with skin diseases like psoriasis and eczema.
4. **Hair Benefits:** Black soap has high moisturizing properties that embraces the detangling task; with assistance from shea butter and coconut oil, softness is added without stripping or damaging the hair.
5. **Anti-aging benefits:** Regular use of black soap helps to remove facial lines, and promotes younger looking skin with anti-aging benefits.
6. **Antioxidants:** Loaded with antioxidants that help to protect the skin from sun damage, and free radical, also good for preventing cancer cells.
7. **Lightens Dark Spots:** Helps to even skin tone from spots and discolorations.
8. **Kills Germs:** Anti-bacterial and anti-fungal properties
9. **Prevents Stretch Marks:** Women in Africa use black soap during and after pregnancy to keep from getting dry skin and stretch marks.
10. **Pure & Natural:** Unlike many soaps on the market; black soap is 100% natural/vegan, and contains no preservatives,

color enhancers, or fragrances.

**To purchase**

**Nature's Form New African**  
**Black Soap**

**Click the image or link below**





Organic African Black Soap with Shea Butter Natural aide for psoriasis, Dry Scalp and Skin, Eczema, lightening and whitening, Dermatitis and Acne, by Nature's form. Safe and therapeutic



## London Times Sleeveless Keyhole Halter Maxi

- Enjoy your style with the Sleeveless Keyhole Halter

Maxi.

- Poly-blend fabrication features an eye-catching print throughout.
- Round halter neckline.
- Sleeveless design.
- Back-button loop closure with key-hole design.
- Full dress with pleating.



## London Times Long Sleeve Printed Shift

- Flaunt a beautiful feminine figure in this beautiful sheath print dress.
- Bateau neckline.

- Long sleeved construction.
- Straight hemline.
- Beautiful intricate design throughout.



## Free People Festival Scarf Print Duster

- Bohemian mixed-print cardigan is fabricated from lightweight rayon.
- Shawl collar and open design.
- Long sleeves with slits.
- Relaxed silhouette.
- Handkerchief hem.



## Free People Cotton Noyal Counting Stars Tunic

- This easy tunic is a worldly top that will add bohemian flare to your wardrobe.
- Intricate indigo colored embroidery and latter stitching

featured throughout at trim.

- Relaxed, tunic shape.
- Henley style collar with tassel drawstring details.
- Three-quarter draped kimono sleeves with dropped shoulders.
- Straight mid-thigh hemline.