Calcium Therapy for teeth beauty

Calcium Therapy for teeth beauty

Hello everyone on week 256 we are sharing information about a subject that can truly change the way your relationship with dentistry can be in your future, we are so glad that we connected with this well of knowledge from a man I hold dear

to my heart not only to his career but also his amazing compassion and drive to selfless service to people. Is not many like him that keeps integrity with his passion to truly help and not for monetary personal gain, I have a big place in my heart for Dr. Mark Manhart DDS and we are sure that once you get to know his Calcium system you will become a huge fan also, enjoy and please share so others can get the help they need.

Thank you for all your support and shares without it, we wouldn't be here.

I don't know anybody that can say I love the dentist, for some unknown reason the dentist has not changed much at all in their technology in an era where we can see through walls, have gone to the moon among many other accomplishments, and the dentist society is in the stone age still, but with prices above the income of today so if you want alternative dentistry you need to get a loan, because insurance doesn't cover it how about that !!!!.

For the most part, the Dentist Industry is still ancient and by the book, not to mention barbarian and highly traumatizing. Definitely not my favorite to say the least. I am always on a research quest to find alternatives that can benefit others and myself. After extensive research I came across these Doctors, their research, extensive information, and products, that I personally can say to you how grateful I am that there are professionals out there that actually care and think out of the box.

Dr. Mark Manhart DDS has made a huge difference on my teeth health, for starters when I contacted him, I presented him with the news that my dentist a well-known PROFESSOR that actually teaches dentists, had given me the diagnosis of either a root canal or extraction of two molars, really? Hmmm… that quick statement didn't feel right.and when Dr. Manhart checked the exrays it was not even a CAVITY, wow

apparently this kind of diagnosis occurs quite often, but not on myself again, for one I am not going back to the dentist that quickly makes that kind of not so grounded decisions at thousands of dollars in deductibles. I got my healing power back with the help of Dr Manhart, I am so thankful and wish for all of you to connect with his products and Dr. Manhart DDS. and take the health of your teeth in your own hands, I can guarantee that you will be amazed of the results as I was.

Calcium Therapy by:

Dr. Mark J. Manhart (DDS 1962) & Dr. Thomas B. Steg (DDS 1973)

Doctors Manhart and Dr Steg have practiced dentistry with calcium materials for many years. During their combined 86 years of general family dental practice, Manhart (48 years) and Steg (38 years) have collaborated on Endodontic, Osteo – Endo – Cystic, and Periodontal therapies for their patients as well as conducted seminars and research projects.

These Doctors. have established the Calcium Therapy Institute and are teaching their findings all over the USA from New York to California. They have shared their expertise with dentists and alternative medicine specialists throughout Europe and

Asia, especially in France, England, Poland, India, Scotland, Spain, China and South Korea.

What is Calcium Therapy?

Calcium Therapy is a non-invasive, non-surgical alternative to gum surgeries. This rapid, safe and effective treatment of the gums, bone and teeth is pain-free and long-lasting. The materials reduce bleeding, soothe sore gums, tighten teeth, heal abscesses and cysts, strengthen bones, control bad breath, and whiten teeth.

These are inspiring and goal-oriented times for the **Calcium Therapy Institute**. We know that most of dental disease can be prevented. This is why we practice and teach calcium therapy beyond our office in Omaha, Nebraska. Performing and teaching Calcium Therapy in our offices in Omaha, Nebraska requires us to present and educate domestic and international audiences . Treating our local and fly-in patients energizes us and our practice of general dentistry.

Calcium Therapy Goals

- Share with you a safe, NON-surgical alternative to gum surgeries.
- Inform you of the causes of periodontal disease.
- Help you avoid or recover from gum surgeries and maintain your dental health.
- Share information, materials and experiences related to our calcium materials.

Calcium and the relationship to Dentistry

Calcium compounds have shown to be valuable materials in

dentistry for a hundred years. Formulations of calcium with esters exhibit remarkable properties in the healing process of dental structures, namely, in periapical (root tip) and endodontic (root canal) tissues , in vital root resection procedures, and on pulp tissues.

Over a period of 16 years calcium compounds have been used by the present observer in the development of therapies for endodontic and periodontal (gum and bone) infections . Since periodontal disease is the most common degenerative disease in industrialized societies, the Calcium Method of Periodontal Therapy (CMPT) is of significant interest. Furthermore, the versatility of calcium-ester compounds extends into such diverse areas as dental implantology and calcium deficiencies .

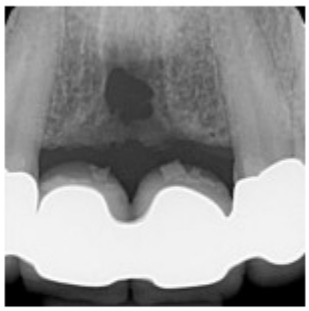
Therefore, this study was directed toward relationships among calcium compounds, periodontal disease, and calcium levels of saliva and blood. It is this observer’s hypothesis that CMPT is not only a sound and effective therapy, but could be related to the blood serum calcium level and calcium deficiencies. Research has indicated that one of the most responsive stores of calcium in the body to restore calcium imbalance is the alveolar bone, the delicate bone around the neck of each tooth as one of the tooth-supporting tissues, the Periodontium . That is, the exact tissues directly and immediately affected by advanced periodontal disease and by the CMPT.

Here is some proof and information on how astonishing the results are WOW, and I can testify of my own accomplishments witch if any one sees the X-rays before they wouldn’t believe that the results now are real but they are and I am super happy with them and with deep gratitude for Dr Manharts kindness and integrity look at these.

Calcium Method of Osteo-Cystic Therapy

This Case Report presented with a fixed bridge in place 25 years restoring #8and #9. After two intense calcium treatments without anesthesia or surgery, a weekly regimen of the Calcium Chip was applied under the bridge pontic. Complete bone regeneration resulted in 15 months.

BEFORE
Calcium Therapy
12-18-14



DURING
Calcium Therapy
at 7 months
7-13-15

AFTER
Calcium Therapy
at 15 months
3-23-16

The Case Report x-rays ABOVE show the regeneration of human maxillary jawbone when treated with Calcium Therapy over 15 months.

Calcium Method of Osteoporosis Therapy?

The article BELOW visualizes the condition of osteoporosis. When strong drugs are used to resolve osteoporosis, ensuing unintended consequences can result. Calcium Therapy, on the other hand, may be an alternative approach to resolving this dreaded disease.

The images below illustrate the progression of human bone density over a six- to-eight-year period as the bone DEgenerates due to osteoporosis and becomes infected. The use of biophosphonates to curb osteoporosis may prevent bone breakdown, but can hinder bone REgeneration. The public fears and shuns such drugs, physicians are frustrated, and dentists hate them because after tooth extraction the jaw bone does not heal well in patients taking these strong drugs for osteoporosis. Calcium Therapy, on the other hand, may be an alternative approach to resolving osteoporosis.

The ABOVE images visualize the condition of osteoporosis. When strong drugs are used to resolve osteoporosis and unintended consequences can result.

The long-term improvements from Calcium Therapy are rapid and significant.

- They stimulate healthier gingival tissues (gums) and the

tightening of teeth.
- In the 1960s we found that they heal and regenerate molar trifurcations (where the 3 roots separate at the neck of the tooth).
- Over the decades of practice, we have clear clinical evidence that they enhance maxillary bone's (upper jaw) unique ability to repair itself.
- In fact, applications of calcium materials are excellent catalysts of the body in determining the source of infectious lesions of the oral cavity.

Calcium Therapy Materials

Advanced therapy is SIMPLE, SAFE and EFFECTIVE.

Calcium Therapy materials are applied WITHOUT Novocaine, with NO pain to the gums and teeth. Calcium materials are applied and provide beneficial affects for extended periods, even as long as a month, to enhance healing.

These Calcium materials are quite remarkable, and it is difficult to imagine practicing without them. People want to save their teeth, and we help them do so without costly, agonizing surgery.

Well after all the research and studies is enough evidence that this therapy absolutely works, here we will provide you with links to testimonies, videos and were to purchase the products at a very LOW cost, I have spend thousands of dollars in deductibles to get basically nowhere in addition to lost of pain and trauma, hmmm.

To give you an example Calcium Therapy Kit for teeth and gums is a 90-day supply of calcium for less than the cost of ONE filling.

Here is the link to the order site: http://www.calciumtherapy.com/order-calcium-materials/

Order Calcium Materials

We don’t make money of these products at all, we wish to be a source of helpful information for all of you that are looking for resources to better your quality of life, enjoy it and share so you to can make a difference in yours and someone else journey.

We urge you to check the links below so you can learn for your selves what people are sharing about calcium therapy an d their results.

Read Calcium Therapy Institute Items: Comments, Questions, and News!

http://www.calciumtherapy.com/category/calcium-science/

Here we share a link to research

Research

Safe teeth whitening with Calcium Therapy

Calcium Carpule System

NOTE:

Oral Cal and Carpule color is gone because we no longer needed it. All other ingredients are the same!

The Calcium Carpule System includes Carpules with Calcium/Zinc powder, and and Oral-Cal granules to make 32 oz of solution, with which to saturate the carpules (cotton) and place in areas of mouth for an intense gum treatment and teeth whitening.

These intense calcium materials are a more thorough, effective self treatment. Just one 30-40 minute session, with the

Calcium Carpules saturated with Oral-Cal Rinse daily for a week, has the total affect of an in-office Calcium Treatment.

This home care routine will reduce plaque, stains, bad breath, calculus, sensitivity, decay and soothe the pain of canker sores or similar gum irritations. PLUS it whitens teeth and strengthens oral bone and makes your next dental visit a breeze.

They are easily adaptable to enable you to treat entire quadrants of teeth and gums right at home without interfering with other activities.

Instructions for Use:

CZ POWDER in denture for Osseo-Cystic Therapy (Upper anterior infection).

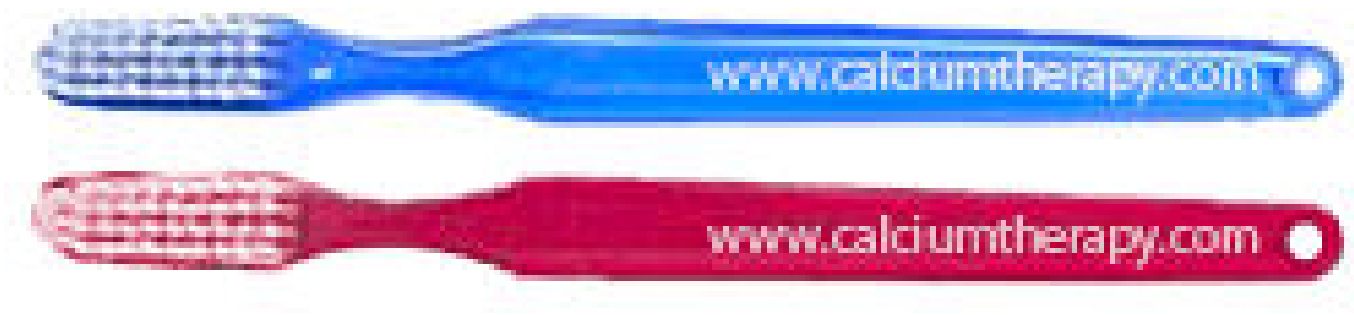
1. AFTER SUPPER, with packet closed, CUT off corner of packet to open it.
2. Tap small amount of CZ Powder into front area of upper denture (the anterior).
3. Wear denture all night and wait until after breakfast to clean it. Repeat daily.
4. If CZ Powder remains, leave it. Wear denture all day , and repeat daily.
5. Can’t wear denture at night? Add CZ Powder after breakfast & wear all day.

NOTE: ONE packet of CZ Powder contains 20 small applications, i.e. about a month.

For the full information visit

Homepage

Calcium/Zinc-Toothbrush



The Calcium/Zinc-Toothbrush carries its own antiseptic brushing agent for gum infection, teeth cleaning, bad breath, decay prevention, teeth whitening and desensitizing.

For the most natural refreshing cleaning, use the Calcium/Zinc-Toothbrush anytime and anywhere, as often as you like, whatever you are doing. No sloppy toothpaste or rinsing. Give your mouth and teeth a mild Calcium Treatment in 3 to 5 minutes.

The Calcium/Zinc-Toothbrushes will remain active for over a year.

Instructions for use:

Calcium/Zinc-Toothbrush for clean, bright teeth:

1. Moisten Brush bristles with water, or a few drops of blue Oral-Cal.**
2. Close lips over bristled head & brush the teeth and entire mouth for 3-5 minutes.
3. This stimulates saliva. Empty the mouth, but do NOT rinse out the residue.
4. Rinse the brush and let Oral-Cal residue soak into the gums, teeth and bone.

NOTE: The calcium on the brush stimulates healing, refreshes the mouth and reduces bleeding. Brush gently, longer, and more often and do NOT chew the calcium off the head. It will last for several months. Repeat as needed.

For the full information visit

http://www.calciumtherapy.com

Calcium/Zinc Home or Travel Kit

Calotion
Oral Cal

The Calcium/Zinc Home or Travel Kit is a great Self-care Kit. Traveling is tough on the nerves and the body, especially on the gums.

The Kit is a quick refreshing treatment of your mouth and skin. All the self-care materials are good for use at home or on any trip. Just one Kit contains:

- Two CZ-Toothbrushes
- CZ Mouth Rinse (8 oz bottle)
- Two discs of CZ Chips
- Two sets of blue applicators
- Calotion (Skin Lotion)

Calotion is added to the Travel Kit for skin protection from sunburn, itchy bites, leg cramps, shaving, and more.

The CZ Kit is effective for dental care and most skin problems.

Instructions for Use:

Calcium Toothbrush for clean, bright teeth:

1. Moisten Calcium Brush bristles with water, or a few drops of Oral-Cal.**
2. Close lips over bristled head & brush the teeth and entire mouth for 3-5 minutes.
3. This stimulates saliva. Empty the mouth, but do NOT rinse out the residue.
4. Rinse the brush and let Oral-Cal residue soak into the gums, teeth, and bone.

NOTE: The calcium on the brush stimulates healing, refreshes the mouth and reduces bleeding. Brush gently, longer, and more often and do NOT chew the calcium off the head. It will last for several months. Repeat as needed.

Oral-Cal mouth rinse:

Active granular ingredients are in the bottle. Add water to fill 8 to 12 oz. bottle. Let set 2 hours and use.

1. For rinsing add several drops of Oral-Cal in front of the tongue.
2. Swish vigorously around the mouth for several moments.
3. For a brushing agent add several drops in front of the tongue and brush.
4. In either case, brush, rinse the brush, and empty the mouth, but do NOT rinse out the remaining residue. Let this soak into the mouth tissues, teeth, and bone.

NOTE:

ONE packet of NEW, IMPROVED Oral-Cal or Calotion granules makes 3 bottles (24 to 30 oz) of the solution. As long as there are granules in the bottle, more water can be added, and then wait 2 hours to use.

Calcium Chips for gum infections:

1. Open the clear packet of Calcium Chips, the hard yellow material.
2. Moisten with saliva any flat, blunt applicator, like black plastic with the packet, or use your fingertip.
3. Pick up the tiny chips, on the moist applicator and apply wherever needed at the edge of the gum tissue, BETWEEN the teeth.

4. With the blunt applicator, slide the chips BETWEEN the teeth and under the gums wherever they will stay.
5. Apply chips just before bedtime as needed every few days. Calcium Chips dissolve very slowly and are effective under the gums for several days.

Calotion for the skin, anywhere:

https://youtu.be/2bsV-yLU_00?list=PLbM4p9LpTio3Tdlah6D2gckk-j10bDZrx

Active granular ingredients are inside the bottle.

1. Add water to fill 8 to 12 oz. bottle. Let set 2 hours and use.
2. Apply to almost anywhere on the skin as needed and let air dry.
3. Apply Calotion to skin BEFORE shaving, and then AFTER. Let air dry.
4. As long as granules remain in a bottle, more water can be added. Use after 2 hours.

NOTE: Calotion promotes healthy, smooth skin anywhere. Repeat as needed.

For the full information visit

http://www.calciumtherapy.com

CZ7 Calcium Skin Crème

https://youtu.be/OVshB88WXcs?list=PLbM4p9LpTio3Tdlah6D2gckk-j10bDZrx

CZ7 Calcium Skin Crème is a concentrated healing creme for many skin ailments.

CZ7 cleans wounds, relieves pain & itching of wounds, and speeds the healing,

CZ7 also reduces swelling, soreness, itching & scarring of injuries and wounds. It is antimicrobial, anti-inflammatory, analgesic and safer than harsh medications or antibiotics.

CZ7 Calcium Crème also heals burns, sunburn, acne, zits, stings. It prevents sunburn and blistering. It protects and heals skin from tanning sessions.

Even when used in small amounts its effects last for hours or days, with no irritation or odorous residue.

Instructions for Use

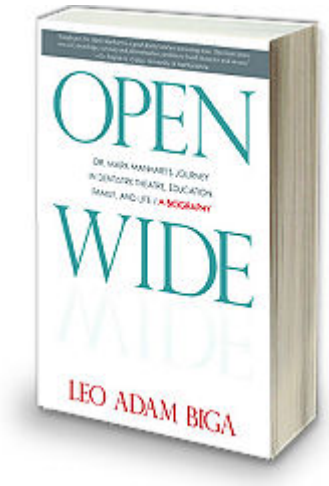
Calcium Skin Crème: (Concentrate)

1. Moisten skin, and apply a small amount to burned, itchy, wounded, or scarred areas. For best results moisten skin with Calotion instead of water.
2. Rub in slightly, gently. Excess crème in not needed.
3. and let it sit on your skin

For the full information visit

http://www.calciumtherapy.com

Open Wide: Dr. Mark Manhart's Journey in Dentistry, Theatre, Education, Family, and Life



In people or in art, according to Dr. Mark Manhart, "You may not like nor understand everything you see, but at least you will have a truer view of all that went into making the man or

the artwork." This biographical memoir takes the reader through all of his different lives – his "open life" and his "secret life."

Dr. Manhart's professional side finds him a highly trained dentist who is actively engaged in developing new treatments and therapies [CalciumTherapy.com]. His inner passion, which keeps him charged, is his involvement in theatre as a playwright, director, and sometimes an actor [GOPTTheatre.org].

For the full information visit

http://www.calciumtherapy.com/latest-news/open-wide/

Here you can see a few testimonials

You saved my teeth…

Dr. Manhart – Hi, I just want to thank you so very much for your miraculous products. You are the best of the best! Of that I am sure. You saved my teeth, how can I thank you enough? I started a blog about my health journey. You are the first glean I wish to share with my family and friends. I hope you don't mind, I used a paragraph from your site to explain the Calcium Therapy Institute as well as shared the link to your site. Why doesn't the whole world know about you? – California RAY of Hope.

Several weeks ago the ***New York Times*** reported that research shows tooth pastes and rinses are not very healthy. *Right on time!* A few decades ago we figured out that pastes and rinses are made with too many ingredients, some embalmers or alcohol, and leave the mouth raw and acidic. Calcium Therapy leaves the

mouth and teeth pleasant, full of calcium and zinc. They become alkaline and calm so the normal healthy cells can preserve dental structures, the teeth, and one's dignity.

Can Calcium Therapy Save My Molars?

QUESTION: *About 4.5 years ago I was told I had bone loss and there was nothing that could be done and I would probably lose all my molars. I have been researching for a cure for years, I have tried pretty much everything on the internet and the tooth is still getting looser. I had given up when I came across your website three weeks ago. I really hope this is what I have been looking for.* – DH in the UK

ANSWER: Denise, You may have found a way to save those molars. Every day we get emails about your concerns. Back in 1965 we started treating "hopeless" molars with our calcium materials, especially ones with bone lose and trifurcation infection deep between the roots. The only choice then was to remove the tooth. That is still the protocol of today. One of the most exciting findings we have made is in all these years is in almost all of the hundeds of cases the calcium has calcified the trifurcation and strengthened the bone so well the teeth tightened and were preserved for years or decades.

If after this post you are still wondering and not convinced then you may consider calling Dr Manhart he will take the time to talk to you in person he is very kind and compassionate he does every time I call with a concern and he recommended an amazing Dr the work on two molars that were suppose to be taking out and they save them without even using anesthesia and absolutely no pain at all, I am so great full my entire family uses the Calcium Therapy with amazing good results and we wish for you and family to have a great experience with the wellbeing of your teeth also, thank you for your time and attention.

Probiotics for Inner and outer Beauty

[From Health Ambition – www.healthambition.com]

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

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

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

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

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

What is Kombucha Tea?

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

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

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

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

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

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

It’s Packed With Probiotics

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

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

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

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

Recipes for making Kombucha

from:Kombucha camp

Kombucha Recipe – 1-Gallon

Scale up or down depending on the size of your vessel

Supplies

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

Steps

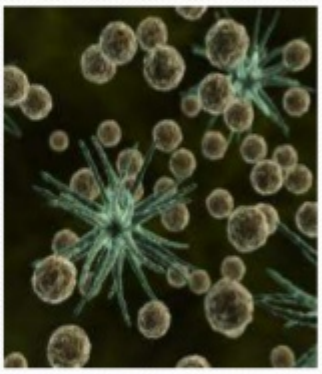
1. Boil 4 cups of water.
2. Add hot water & tea bags to pot or brewing vessel.
3. Steep 5-7 minutes, then remove tea bags.
4. Add sugar and stir to dissolve.
5. Fill vessel most of the way with purified water, leaving just 1-2 inches from the top for breathing room with purified cold water.
6. Add SCOBY and starter liquid.
7. Cover with cloth cover and secure with the rubber band.
8. Say a prayer, send good vibes, commune with your culture (optional but recommended).
9. Set in a warm location out of direct sunlight (unless vessel is opaque).
10. Do not disturb for 7 days.

- After 7 days, or when you are ready to taste your KT, gently insert a straw beneath the SCOBY and take a sip. If too tart, then reduce your brewing cycle next time. If too sweet, allow to brew for a few more days. Continue to taste every day or so until you reach your optimum flavor preference. Your own Kombucha Tea Recipe may vary.
- Decant & flavor (optional).
- Drink as desired! Start off with 4-8oz on an empty stomach in the morning, then with meals to help with digestion or as your body tells you it would like some more! Drink plenty of water as it is a natural detoxifyer and you want to flush the newly released toxins out.

What are Probiotics

What are probiotics?

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



From https://www.gastro.org

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

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

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

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

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

nervous system.

Health Benefits of Probiotic Foods

According to neurologist Dr. Natasha Campbell-McBride

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

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

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

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

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

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

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

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

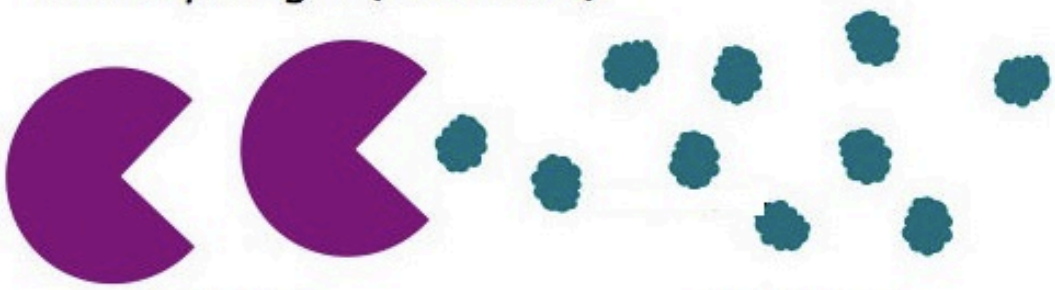
This process of fermentation does even more than than preserve your food, it also makes the nutrients in the food more bio-available. According to Dr. McBride, **the amount of bio-available vitamin C in sauerkraut is 20 times higher than in fresh cabbage!**

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

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

The Difference Between Probiotics and Prebiotics

This is your gut (intestines)



Probiotics | Prebiotics

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

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

Prebiotics vs Probiotics

Prebiotics	Probiotics
Prebiotics are defined as nonliving non-digestible special form of fiber or carbohydrates.	Probiotics are referred to as live active microorganisms that when administered in adequate amount will have beneficial effects to its host.
The powder form of prebiotics can survive heat, cold, acid.	• more fragile. • vulnerable to heat. • may be killed over time.
Prebiotics perform their role by nourishing the bacteria that live in the intestines.	Probiotics fight the harmful bacterial species present in the gut.

Probiotic Foods

from http://draxe.com

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

To make and maintain your own Kefir click this link – http://www.wikihow.com/Maintain-Kefir-Grains

Cultured Vegetables (Sauerkraut and Kimchi)

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

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

Kombucha

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

For information on **Kombucha**

Check out this post at www.healthambition.com

Coconut Kefir

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

Natto

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

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

Yogurt

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

Kvass

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

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

Raw Cheese

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

Probiotic Breakfast Ideas

Key

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

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

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

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

Why we should be taking probiotics

Probiotic Foods to Add to Your Diet

How to Increase Probiotics in Your Diet

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

Revive Light Therapy DPL Panel System

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

Revive Pain Relief Light Therapy Handheld System

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

Eminence Organics Clear Skin Probiotic Cleanser

Eminence Organics Clear Skin Probiotic Moisturizer

How winter affects the beauty of our wellbeing

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

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

According to Straight Bamboo by Alex Tan

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

Element: Water

Complementary Organ: Bladder

Complementary orifice: Ear

Season Winter

Color: Black

Nature: Yin

Primary function: Regulating the aging process

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

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

Taste: Salty

Emotion: Fear and Depression

Primary Evil: Cold

Active Time : 3pm to 7pm

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

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

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

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

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

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

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

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

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

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

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

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

FOUR SIGMA FOODS

MEDICINAL MUSHROOMS

NAME:
REISHI

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

DOSAGE:
+500MG OF POWDERED EXTRACT/ DAY

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

NAME:
CHAGA

FOR:
BULLETPROOF IMMUNITY

DOSAGE:
+500MG OF POWDERED EXTRACT/ DAY

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

NAME:
CORDYCEPS

FOR:
ENERGYBOOST AND RECOVERY

DOSAGE:
+500MG OF POWDERED EXTRACT/ DAY

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

NAME:
LION'S MANE

FOR:
BRAIN POWER, BOOSTER

DOSAGE:
+500MG OF POWDERED EXTRACT/ DAY

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

NAME:
SHIITAKE

FOR:
NURTURES SKIN & BEAUTY, SUPPORTS THE LIVER

DOSAGE:
+500MG OF POWDERED EXTRACT/ DAY

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

NAME:
MAITAKE

FOR:
WEIGHTLOSS AND DIGESTION

DOSAGE:
+500MG OF POWDERED EXTRACT/ DAY

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

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

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

here.

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

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

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

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

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

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

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

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

According to:http://agelessherbs.com/food-therapy/

I thought water was good for me! people say

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

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

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

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

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

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

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

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

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

• Stress, fear, insecurity, and overwork

• Toxins in our food, water, and environment (e.g. pesticides and heavy metals), as well as intoxication

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

• Consumption of too many sweet foods (sugar) and Caffeine also

• Excessive semen loss for men (this means to much sex for men) and women bearing “too many” children (for their constitution), or not rebuilding adequately after each birth.

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

Winter warming Herbs and Spices

Adzuki beans – remove damp and ease swelling

Celery – calms the liver and treats high blood pressure

Chestnut – strengthens kidneys, lower back, and knees

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

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

Pine nuts – builds the yin of the heart and lungs

Root vegetables are great in general.

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

THE KIDNEYS

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

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

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

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

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

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

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

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

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

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

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

Let’s talk about the Kidney type individual;

Signs Of a healthy Kidneys

A youthful appearance at all ages

Thick hair healthy hair

The body frame that is sturdy

A dense physique

Strong healthy teeth

Strong healthy bones

Avery sharp mind

Clear thinking

Absence of irrational fear

Absence of fluid retention and puffiness

A really strong spiritual connection connection

When the Kidney is unhealthy

Second guessing and self- doubt

Disconnection with internal wisdom which causes fear

The intellectual knowledge weakens

I a clear sign of premature aging a lifeless withdrawn look

The appearance is usually pale and withered

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

Puffy

Hair loss thin hair especially when it starts early

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

Delay maturity

Bones that are brittle

Premature graying of the hair

Abundance of dental problems

Excess fluid retention

Hearing challenges like hearing loss

No drive to accomplish any goals

General Confusion

General Fear

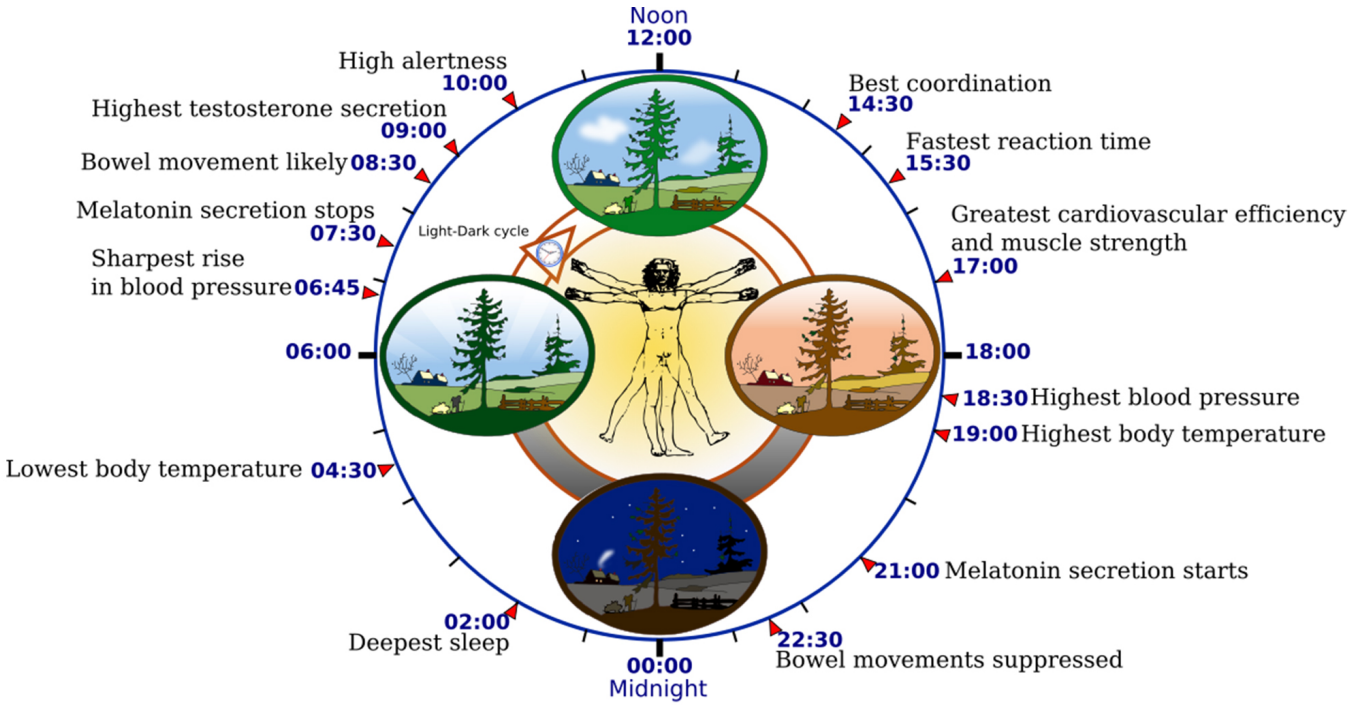
Irritated for no reason

Dazed and confused like Led Zeppelins’s song said

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

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

From:https://en.wikipedia.org/wiki/Circadian_rhythm



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

Outside the “master clock”

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

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

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

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

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

CHAI INGREDIENTS

CHAI LATTE
CONCENTRATE
CINNAMON STICKS
PEPPERCORNS
DARJEELING BLACK TEA
NUTMEG
CLOVES
VANILLA BEANS
CARDAMOM
GINGER
MILK
ORANGE PEEL
STAR ANISE
AGAVE NECTAR
FRONTIER
NATURAL PRODUCTS CO-OP

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

Recipes to sustain wellbeing in Winter

Healing Congee Recipes

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

Just a simple cup of rice makes a healing soup called

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

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

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

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

Ginger: to treat cold and deficiency, diarrhea and indigestion

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

Carrots: to ease intestinal gas symptoms

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

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

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

Red dates: overall strengthening of the energy

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

Cod fish or Dried mini-shrimp: for the deficiency and fatigue

and brain fog

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

Water Chestnut: Cooling to viscera; benefits digestive organs

Chicken or Mutton Broth: Recommended for wasting illnesses and injuries

Duck or Carp Broth: Reduces edema and swelling

Leek: Warming to viscera; good for chronic diarrhea

Mallow: Moistening for feverishness; aids digestion

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

Mustard: Expels phlegm; clears stomach congestion

Salted Onion: Diaphoretic; lubricating to muscles

Black Pepper: Expels gas; recommended for pain in bowels

Red Pepper: Prevents malaria and cold conditions

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

Poppy Seed: Relieves vomiting and benefits large intestine

Purslane: Detoxifies; recommended for rheumatism and swellings

Radish: Digestant; benefits the diaphragm

Pickled Radish (salt): Benefits digestion and blood

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

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

Scallion Bulb: Cures cold diarrhea in the aged

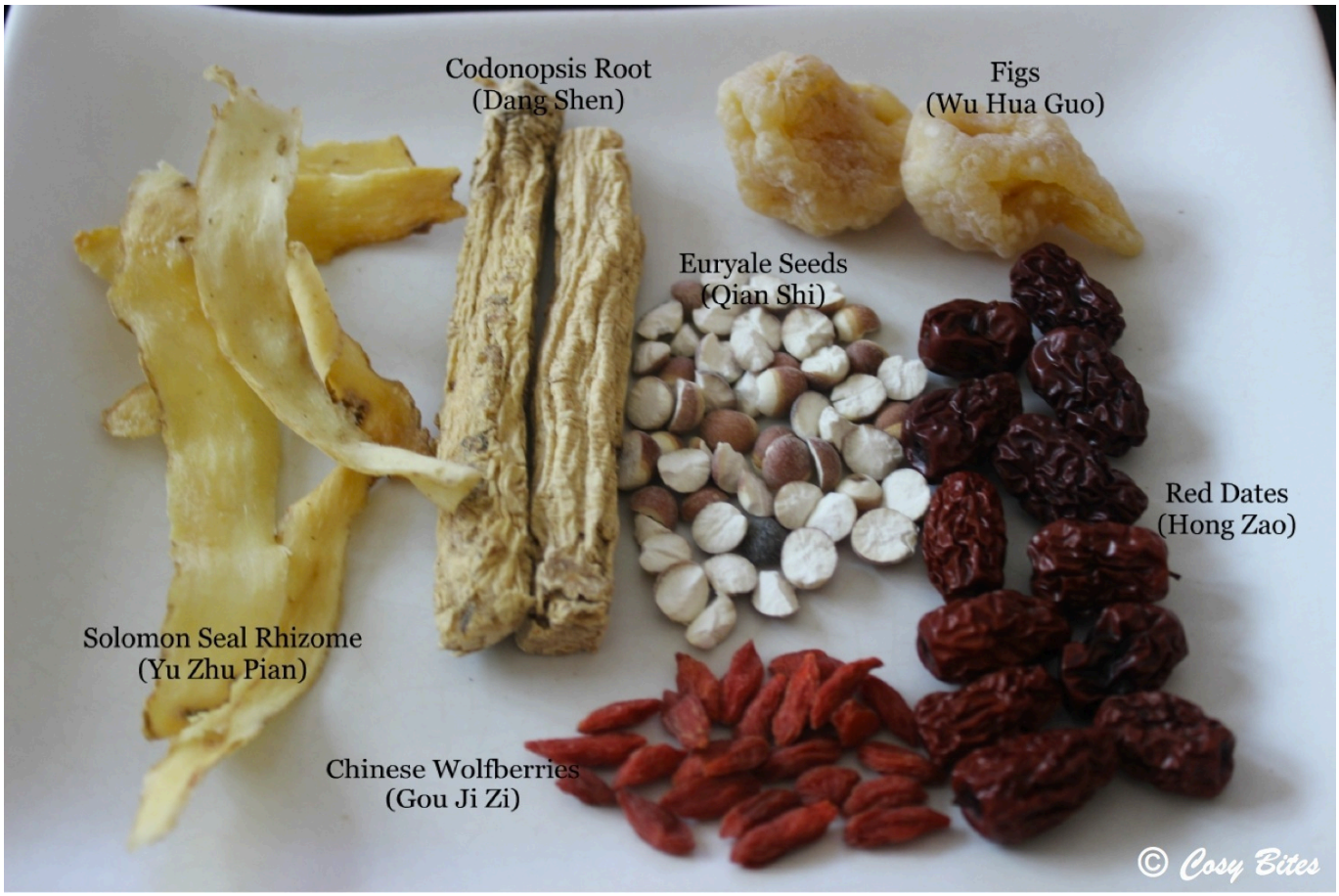
Sesame Seed: Moistening to intestines; treats rheumatism

Shepherd’s Purse: Brightens the eyes and benefits the liver

Spinach: Harmonizing and moistening to viscera: sedative

Taro Root: Nutritious; aids the stomach; builds blood

Yogurt and Honey: Beneficial to heart and lungs



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

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

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

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

Goji Berries for blood deficiency and calming effect

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

HEALING PROPERTIES OF CONGEE

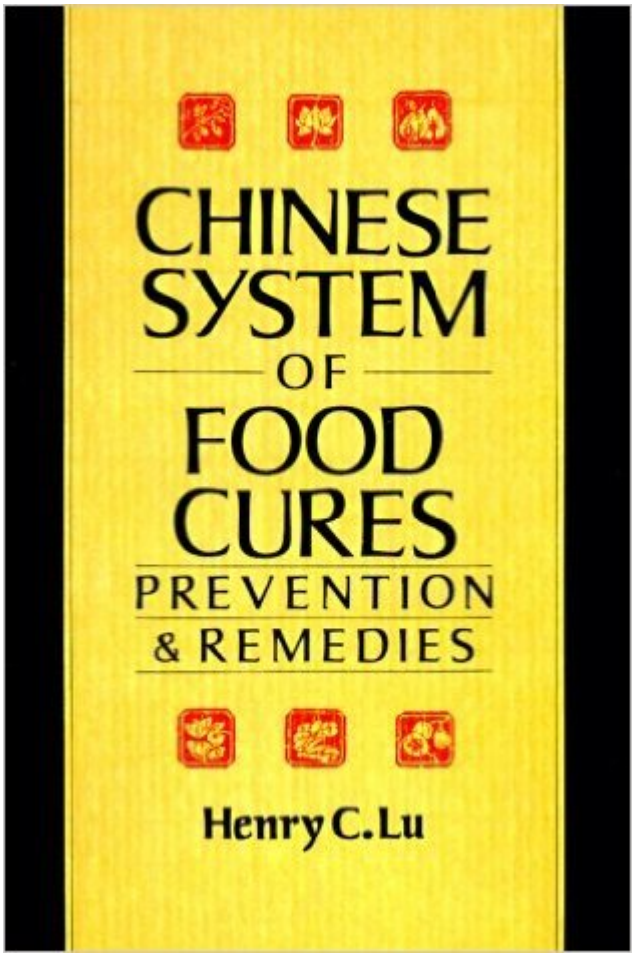
This simple soup is easily digested and assimilated, it helps tone the blood and the qi energy, harmonizes the digestion, and is demulcent, cooling, and nourishing. Since all the chronically ill people often has weak blood and low energy and easily develops inflammations and other heat symptoms from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

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

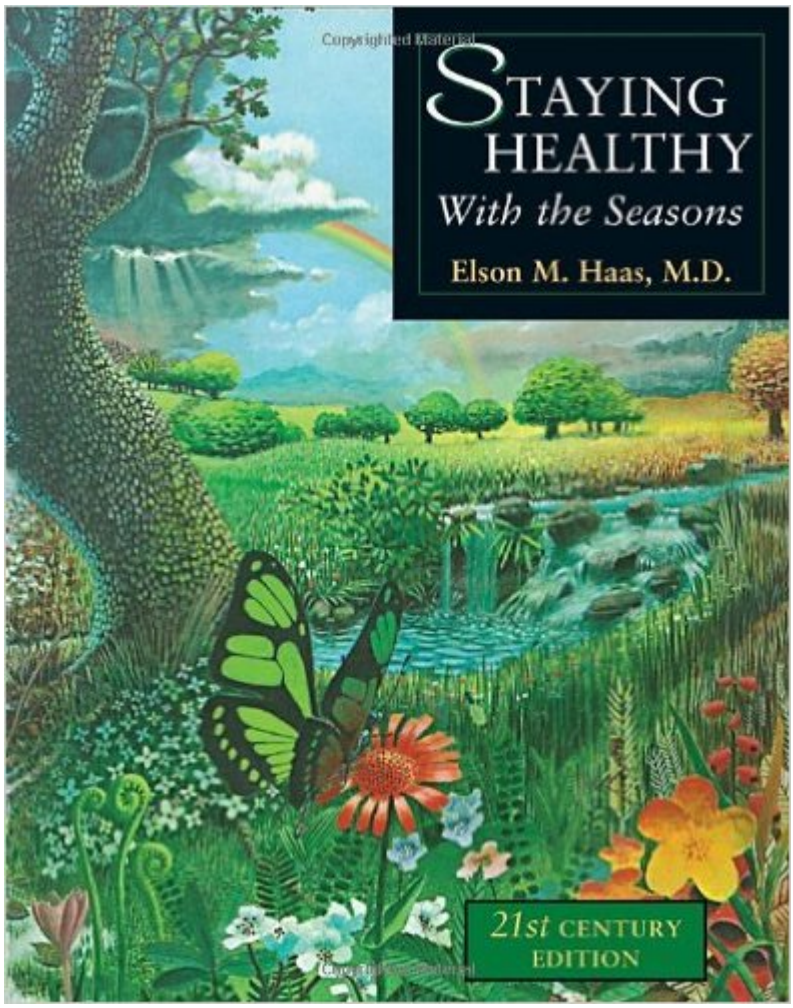
assimilated, and their properties are therefore enhanced. Listed above are some of the more common rice-based congees and their specific effects

Books we share on these subjects

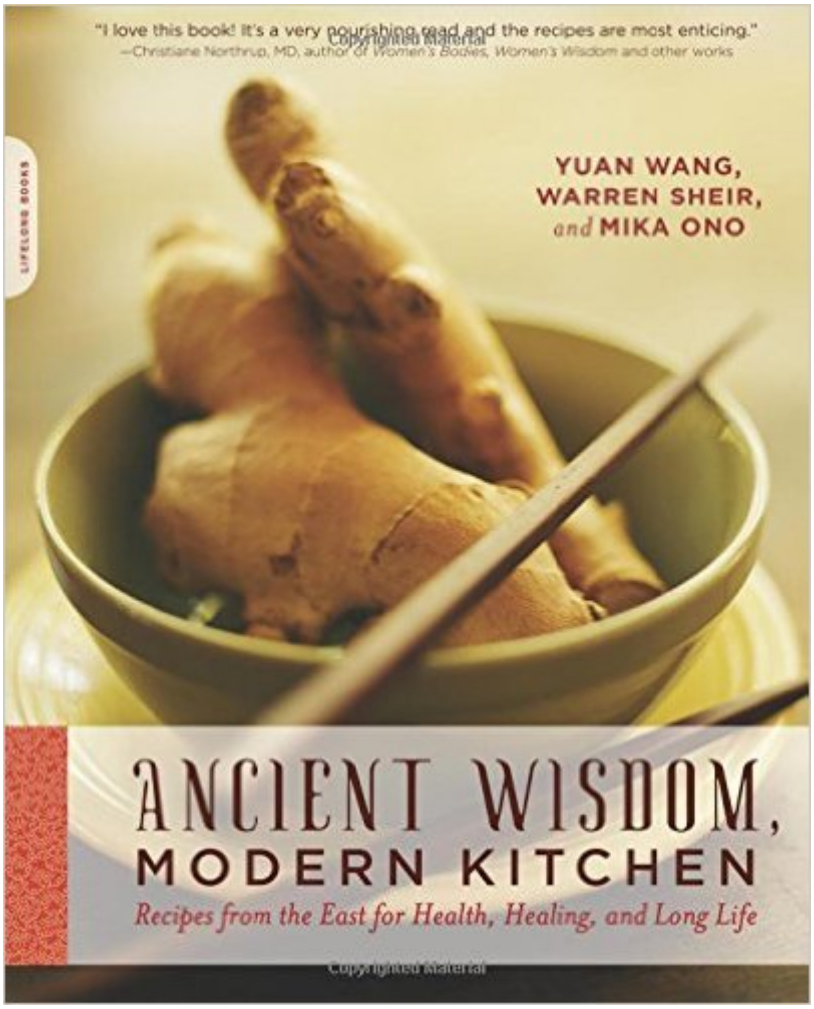
Henry Lu, “Chinese System of Food Cures Prevention and Remedies”



Elson Haas,MD, “Staying Healthy with the Seasons”



Warren Sheir "Ancient Wisdom, Modern Kitchen"



https://youtu.be/Mwae2-Sv5ks

Eminence Organics Biodynamic Facial Recovery Oil

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

gorgeous complexion.

100% Pure French Lavender Body Scrub

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

Eminence Organics Arctic Berry Peel & Peptide Illuminating System

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

PCA Skin pHaze 15+ C-Quench Antioxidant Serum

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

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

Key Ingredients

Ascorbic Acid (Vitamin C)
Sodium PCA
Squalane
Hyaluronic Acid
Glutathione
esveratrol