

Probiotics for wellbeing



Probiotic Foods to Add to Your Diet

On week 320 we are sharing information on Probiotics. The immense benefits of our total wellbeing from the inside out. We say this with confidence, it will aid with so many issues from skin outbreaks all the way to your overall welfare, we encourage you to consume a good source of probiotics, and with this said probiotics are an essential ingredient to keep yourself in top shape, healthy gut healthy life.

We wish to thank all of you for the dedication and consistency of visiting our Blog. There are many Blogs out there but this one is ours, and we take it very seriously. Our drive and passion are focused on bringing you the best authority information that we can possibly find.

Thank you from all of us and please share and like if you do.

To visit: <https://www.healthambition.com>

Have you heard about kombucha yet? It's one of the most fashionable beverages floating around the alternative health scene. People are raving over the vast number of health benefits linked to this ancient Chinese "immortal health elixir".

Many claims are made ranging from fighting severe illness to preventing degenerative diseases, and so on we are not qualified to do so, so in this post, we will be sharing information we gather, please consult your health practitioner before you make any changes. With all the claims 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 what we have gathered about this product.

What is Kombucha Tea?



In simple terms, kombucha is a fermented tea that is indeed the bottom line. 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 enzymes digest the components of whatever tea is used, giving it a more

acidic flavor.

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

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

Quite a bit of research about the health benefits of kombucha has been carried out in the first half of the 20th century.

In the 1990s kombucha made its first appearance in the US. Research. However, a lot of Russian and German study was made available in English and which sparked enormous interest in the beverage.

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

It's Packed With Probiotics

Yes, that is correct probiotics, my friends. I've already written a number of articles on the magnitude of benefits probiotics have to offer. During kombucha fermentation, is a vast amount of probiotics that are produced.

Any type of probiotic food is a good thing to add to your

diet, fermented food falls into this category. 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

Kombucha Recipe – 1-Gallon

Scale up or down depending on the size of your vessel and your needs

Ingredients

- 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

Process

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 filtered 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 the vessel is opaque).
10. Do not disturb for 7 days.

After 7 days, or when you are ready to taste your brew, gently insert a straw beneath the SCOBY and take a sip. If too tart, then reduce your brewing cycle next time you make it. If too sweet, allow brewing for a few more days to let the mixture to

sour a bit more. Continue to taste every day or so until you reach your optimum flavor preference. Your own Kombucha Tea Recipe may vary from preparation to preparation.

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 detoxifier and you want to flush the newly released toxins out be your own judge.

What are Probiotics

What are probiotics?

- Probiotics are live microorganisms 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.



According to <https://www.gastro.org>

Probiotics are living microscopic organisms, or microorganisms, that scientific research has shown to benefit

your overall health. For the most part, they are bacteria, but they may also be other organisms such as yeasts involved. In some cases they are similar, or the same, as the “good” bacteria already in your body, here we are referring, in particular, 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 like in the case of probiotics 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 are essential to keep these facts in mind. Each group of bacteria has different species, and each species has different strains. This is important to remember because different strains have a range of 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 in many cases, 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 we leave it to your discretion.

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

- Boost your immune system by enhancing the production of antibodies to specific vaccines.
- Produce substances that may prevent infection.
- May 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.

- An inhibitor that can destroy toxins released by certain “bad” bacteria that can affect your wellbeing.
- 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 robust nervous system.

According to <https://lmd.org/article/what-are-probiotics-lmd>

Some of the Most Important Probiotics Strains

Let’s look at some of the most important strains of probiotics and what they do best.

Lactobacillus acidophilus: L. acidophilus boosts immunity, and by that, it supports healthy digestion, particularly in people who have a difficult time digesting lactose.

Bacillus laterosporus: B. laterosporus has been proven to efficiently resolve an array of harmful organisms and has been determined to rid candida in a short period of time.

Bifidobacterium breve: B. breve plays a crucial role in colon health and is considered one of the probiotics best able to activate dendritic cells, by boosting your immune system.

Bifidobacterium bifidum: Is one of the best-known probiotics, B. bifidum efficiently keeps unwanted bacteria out, it enhances your immune system, plays a crucial role in allergy response,(so many people can use help with this issue) and helps ease digestion.

Bifidobacterium lactis: B. lactis is genuinely one of the most

versatile strains of probiotics. It helps your body digest lactose, as well as all types of sugars, fats, and macronutrients while reducing the effects of ulcerative colitis, minimizing the occurrence of diarrhea associated with antibiotic therapy, and supporting healthy cholesterol levels.

Lactobacillus salivarius: this is a potent antibacterial, *L. salivarius* is considered crucial for good oral health. In addition to controlling bacteria in your mouth and small intestines, it relieves the effects of asthma and allergies and lowers cholesterol levels.

Lactobacillus plantarum: *L. plantarum* has been proven shown to enhance lysine production. Lysine is an amino acid that supports hormone production, strengthens the immune system, and promotes calcium absorption.

Lactococcus lactis: There are plenty of benefits associated with *L. lactis* (26). The qualities include reducing inflammation and allergies, strengthening the immune system (particularly in the elderly), improving cholesterol levels, and increasing blood glucose control in diabetics.

Lactobacillus gasseri: *L. gasseri* supports healthy digestion, promotes weight loss, combats obesity, and may lower glucose levels and improve glucose tolerance, which is of great importance for diabetics..

Lactobacillus brevis: *L. brevis* is another versatile strain that increases the production of the natural killer cells to boost your immunity, supports digestive health, it helps to enhance the effectiveness of antibiotics, has potent antimicrobial properties, and helps improve the condition of your gums and overall oral health. Recent studies indicate that it may help combat ulcers caused by *H. pylori*.

Bifidobacterium longum: *B. longum* lessens the symptoms of Celiac disease, IBS, and allergies, while also boosting cognitive function, alleviating anxiety and depression,

lowering cholesterol levels, and relieving inflammation.



Health Benefits of Probiotic Foods

According to neurologist Dr. Natasha Campbell-McBride

“Every traditional culture, when you look at their regular 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.

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 pretty much with each meal. Quite a significant percentage of all the foods that people consume on a daily basis were fermented. And with every mouthful of these fermented foods, you ingest trillions of beneficial bacteria. at the same time.”

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 drank 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 this is an excellent point to keep in mind. 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 exceptionally wise and populated all organic fruit and vegetables, our soils, and all plant matter with Lactobacilli. The fresh cabbage leaves, if it's organically grown (not the one from harsh chemical farming), will be covered in Lactobacilli Lacto-fermenting bacteria. You don't need to add anything it will ferment on its own. You just chop it up. Add some salt in the initial stages. (The salt is added in the initial step to stop putrefactive bacteria from multiplying.) Then as the Lactobacillus stop working and start reproducing, 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 influential antiseptics. It kills off lots and lots of harmful bacteria... So as the lactic acid starts producing, it will kill off all those putrefactive and pathogenic microbes and preserve the food. It's an excellent 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 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! Amazing right?**

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

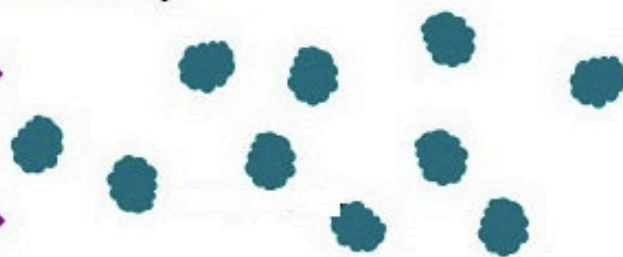
The healthy bacteria, or probiotics, live longer than the unhealthy ones and actually help to end the harmful bacteria reign in the gut. This decrease in 'bad bacteria' like candida and h. Pylori naturally benefit the body with less illness and diseases and lower rates of inflammation.

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 – Is similar to yogurt, this fermented dairy or nondairy product is a unique combination of cow milk or even coconut

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” now that is a significant little bit of trivia. 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 high in organic acids (what gives food it's sour taste) which support the growth of good bacteria. Sauerkraut is extremely popular in Germany and many other parts of the world today. Kimchi is a cousin to sauerkraut and is the Korean take on cultured veggies that are eaten with most of their food. 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

This Kefir is 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 benefits to 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 that is consumed in Japan consisting of fermented soybeans. Natto contains the extremely powerful probiotic *Bacillus subtilis* which has been proven to bolster your immune system, it supports cardiovascular health and enhance digestion of vitamin K2. Also, Natto contains a powerful anti-inflammatory enzyme called nattokinase, so as you can see



Yogurt

Probably 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 milk from fed grass-fed animals. The challenge there is a large variation in the quality of yogurts on the market today. It is recommended when buying yogurt to look for 3 things. First, that it comes from a cow, goat's or sheep milk, second, that it is grass-fed, and third, that it is organic.



Kvass

This is a 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 its 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 unusually high in probiotics, including thermophilus, bifidus, bulgaricus and acidophilus. Always buy raw and unpasteurized cheeses if you want to receive any probiotics at all.

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

Why we should be taking probiotics

How to Increase Probiotics in Your Diet

DIY Skincare Recipes

DIY Skincare Recipes



On week 319 we are sharing recipes that are fun and you can enjoy making with friend and family. At our home, my husband and I love making potions, creams and folk remedies and we share with friends and family also we keep stock for presents. I grew up with a mother that show me many ways to create these products and I made a living for a while selling them, I showed my daughter and she grew up making them, selling them also, so much came from it, enjoy and share, thank you for your time and interest we truly appreciate it.

It is vital to be informed and careful about possible compound interactions before using any DIY recipes. Like anything, nature has its own contradictions as well. Please use your discretion and do a small test when in doubt, always remember to consult with your health practitioner, have fun and enjoy and like I said before please share.

Use of Turmeric to correct hyper-pigmentation



Mix a little amount of turmeric with cucumber juice or lemon. Apply this to the pigmented area of your skin. Leave it for ten to fifteen minutes and wash off. Do this for a few days and gradually normal color of your skin will return. Lemon is a great astringent. Turmeric is an antiseptic and antioxidant that helps skin challenges such as this.



4 Amazing Conditioners You Can Make At Home

www.naturalhairkids.com



Honey Conditioner

Ingredients:

1/2 cup honey
2 tablespoon olive oil

**Directions**

Make sure your child's hair has been thoroughly shampooed. In a bowl, mix honey with olive oil. Heat mixture in microwave for 30 seconds. Apply to hair, then cover head with shower cap for 15-30 minutes. Rinse out with conditioner and style as usual.

Avocado Conditioner

Ingredients:

1 avocado (peeled)
1 egg yolk
1 tablespoon jojoba oil

**Directions**

Make sure your child's hair has been thoroughly shampooed. Combine all ingredients together in a bowl until smooth. Massage mixture into scalp and hair. Leave in for 20 minutes. Rinse out with conditioner and style as usual.

Banana Conditioner

Ingredients:

1 banana (peeled)
1 egg
4 tablespoons milk
5 tablespoons olive oil

**Directions:**

Make sure your child's hair has been thoroughly shampooed. Mix all the ingredients in a blender or food processor. Apply the mixture to your hair- from root to end. Let soak into your hair for about 15- 30 minutes. Rinse out with conditioner and style as usual.

Coconut Milk Conditioner

Ingredients:

1 cup coconut milk
1 peeled and mashed avocado
1 tbsp of honey

**Directions**

Make sure your child's hair has been thoroughly shampooed. Combine all ingredients in a small bowl. Either apply mixture directly to hair, or preheat mixture in microwave for 30-45 seconds. Massage mixture into hair and scalp. Cover hair with a shower cap for 15 min-60 min. Rinse out with shampoo/conditioner and style as usual.

Anti-Wrinkle treatment for ideal skin



Whisk the tomato juice with an equal amount of milk. Store this mixture in the refrigerator. Apply this pack routinely twice a day. Leave this on your face for 10 minutes. This works as one of the best natural home aid for Skin Care.

Honey and milk



For dull and dry skin: Honey and milk are soothing and

nourishing for skin care. These are the things which come straight from the breakfast table. One can apply our traditional moisturizer to the skin. It not only lightens complexion but also helps keep skin healthy and moist, aside from the Lactic acid in the milk helps the skin with a light resurfacing. It is very effective for dull and dry skin. Ghee can also be used as a moisturizer. Both ghee and malai can be used as a night cream.

Malai



Malai is an Indian cooking ingredient. It is made by heating non-homogenized whole milk to about 80°C (180°F) for about one hour and then allowing it to cool down. A thick yellowish layer of fat and coagulated proteins forms on the surface, which is skimmed off. The process is usually repeated to remove most of the fat. Malai has about 55% butterfat. Buffalo milk is thought to produce better malai because of its high-fat content. Buffalo milk with fat contents varying from 5 to 12% is heated and boiled and then allowed to cool up to 4 degrees Celsius for best results. Similarly, cow's milk with milk fat from 3 to 5% is boiled and cooled to make malai.

The banana-honey face pack



Whisk together two tablespoons of honey, two teaspoons of glycerin, one egg white and one mashed banana to form a smooth consistency. Gently massage your face with this pack. The fingers should follow a circular movement while massaging your face.

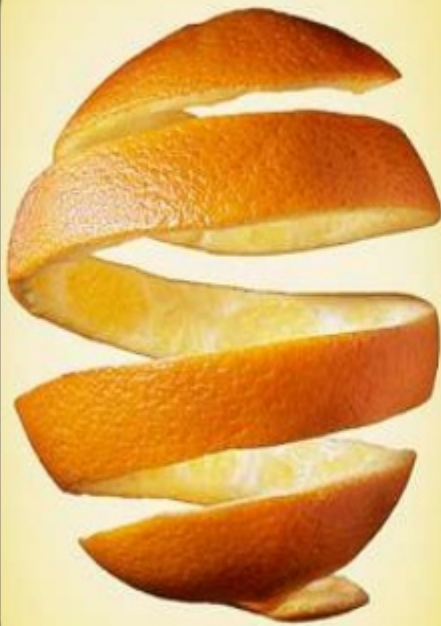
Then coat your face with the remaining mixture. Leave it for fifteen minutes and wash off your face with water. This homemade face pack not only rejuvenates your skin but also

give it a supple feel.

The banana-honey face pack: Whisk together two tablespoons of honey, two teaspoons of glycerin, one egg white (use pasteurized egg) and one mashed banana to form a smooth consistency. Gently massage your face with this pack. The fingers should follow a circular movement while massaging your face. Then coat your face with the remaining mixture. Leave it for fifteen minutes and wash off your face with water. This homemade face pack not only rejuvenates your skin but also give it a supple feel.

Soften cuticles with honey: Whisk together three tablespoons of almond oil, 3 tablespoons of raw linseed oil and 3 tablespoons of honey. Use this mixture to massage your nails and fingers.

Orange Peel



- Peel the orange and let its skin dry in sunlight for some days.
- Grind it in the mixer-grinder and apply the paste on the face.
- Let it remain for 10 minutes and rinse.
- See the glow and freshness on the face!

Cucumber



Cucumber cleanses the skin and helps to soothe the skin and bring back the glow of the skin. Scrubbing the neck with cucumber removes the dead skin cells.□ Apply grated cucumber or cucumber juice on the dark neck.

Gently scrub the neck for a few minutes□ Wash it off after 15 minutes

Lemon Juice



Lemon Juice – □The citric acid present in the lemon juice is a natural bleaching agent. If you have sensitive skin, you will have to dilute lemon juice for this purpose. Apply lemon juice to the dark skin of the neck using cotton ball Leave it there for 10-20 minutes and wash it off with water.□ Do not expose the skin to sunlight after applying lemon juice.

Home made beauty tips for glowing skin

Ingredients :

A pinch of Turmeric powder

Milk cream (thick layer formed on
top of milk after cooling)

Honey

Take milk cream, a pinch of
turmeric powder and add few
drops of honey. mix it well
till it forms a thick paste,
Apply the paste as a thin
layer on your face and let it dry
for 20 minutes. This will result in skin glow.



Avocado-Honey Moisturizer□



According to:
<http://www.rd.com/slideshows/8-natural-recipes-for-amazing-skin-from-a-plastic-surgeon/#slideshow=slide2>

Avocado-Honey Moisturizer□ A moisturizer is an anti-aging must. By helping your skin retain moisture and acting as a

temporary filler for wrinkles, it makes your complexion look smooth. Dr. Ordon says that his patients love this recipe because it makes their skin look and feels dewy, and youthful.

Ingredients: 3 tablespoons of fresh cream 1/4 avocado 1 tablespoon honey

Directions: Place all three ingredients in a blender and puree into a smooth cream. Apply it to your skin and leave on for at least an hour. Rinse off with warm water.

Cornstarch



You may think cornstarch can only be used to thicken your gravy, but it's also useful in easing itchy, dry skin, it works miracles for chicken pox or itchy rashes. Make a paste and apply to skin let it dry and remove with a wet warm cloth and apply Aloe Vera Gel. Sprinkle a handful in the bathtub and have a soak, if you can, do not rinse, pat dry and wait a few minutes before you apply moisturizer, I highly recommend Coconut Oil.

Oatmeal



Adding oatmeal to your bath will soothe your skin. The oats are packed with vitamin E, a nutrient vital to healthy skin.

Oatmeal is also used as a folk remedy for treating dry, chapped hands. Rub your hands with wet oatmeal instead of soap. Dry your hands with a towel, then rub them with dry oatmeal. Vinegar. Try this folk remedy for chapped hands: Wash and dry hands thoroughly, then apply vinegar. Put on a pair of soft gloves and leave them on overnight.

Home made beauty tips for soft hands

Ingredients :

Lemon juice – 1 tsp

Tomato juice - 1 tsp

Glycerin – little bit

Take equal quantity of tomato juice, lemon juice and add little bit of glycerin and then mix them together. Apply this mixture on your hands and massage gently for 10 minutes. wash your hands with cool water. Do this daily for 10 to 15 days to soften your hands.



Mayonnaise



Mayonnaise straight from the jar will make hair soft and shiny. The egg nourishes brittle hair with protein, while the vinegar gives it body and bounce.

Try this mixture to regain supple hair: Mix one teaspoon powdered brewers' yeast with four ounces of apple cider vinegar to create an after wash rinse. Pour it over wet hair and let stand at least a minute before rinsing. □Dry skin

For a homemade scrub, mix ground oats and honey. Rub all over your face—especially your nose, make sure you scrub gently. The scrub part of the mixture will remove dry, scaly skin while the honey seeps in as a moisturizer. Rinse completely off and pat dry, and your skin will be glowing and baby soft. Only use this remedy once a week.

For super dry skin, use olive oil. Rub it in prior to a bath or shower. You may substitute peanut, sesame or sunflower oil. A quart of milk in a hot bath is a luxury as well as a skin toner. It's a trick nearly as old as time.

Teabags

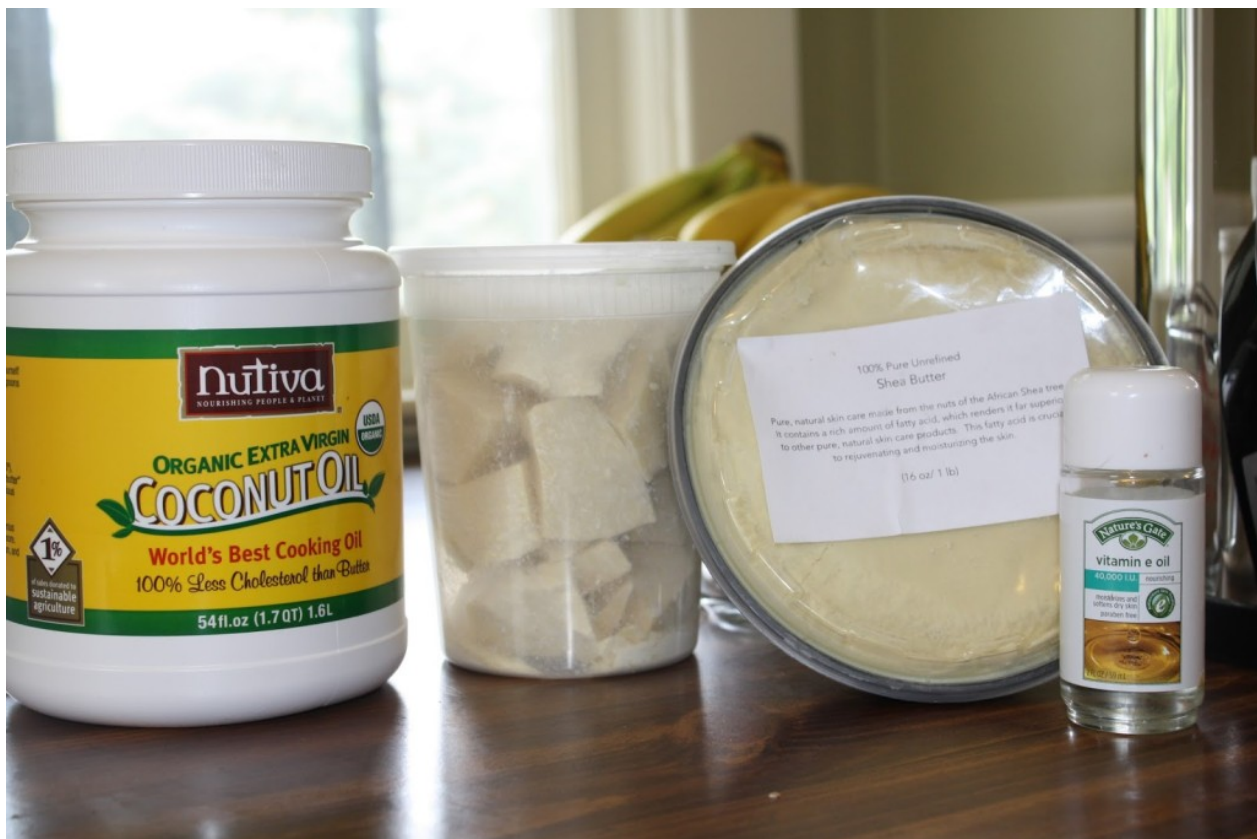


Puffy, tired-looking eyes?

Used teabags make excellent eye cosmetic After dunked, drain it and place it over your closed eye (one for each) and hold it there for a few minutes. Redness, soreness, swelling and irritation will disappear like magic.

Bug Off Citrus Butter





One

way to keep pesky little critters fully controlled

1/2 cup Cocoa butter

1/2 cup Coconut oil

1/2 cup Shea butter

1/2 cup Sweet Almond Oil 1 tsp vitamin E oil

10 drops Citronella essential oil 5 drops orange essential oil

Place the Cocoa butter, Coconut oil, and Shea butter in a large glass jar or glass measuring cup.

Place inside a pan with about 2 inches of water. Heat over medium heat until everything melts completely, stirring gently with a wooden spoon or chopstick. Remove from heat and add the sweet Almond oil, essential oils, vitamin E, and citronella oil. Mix thoroughly.

Place the mixture in a sanitized jar.

Chill in your fridge for about an hour. The mixture should be firm, but not too hard. once the mixture is chilled, use your mixer or hand mixer to whip it to a smooth consistency.

Sweet Chai Tea Bomb



At last the soothing comfort of spicy Chai Tea for you for your bath! You got to love it, don't you agree? YumYum body. You can also use Green Tea powder. Clove Oil is very strong and can be too much for sensitive people so use very small amount.

You may not need the Witch hazel if the honey does its job, I use it in batches that seem too dry. I like the round bomb mold best for this recipe.

1 cup of Citric Acid
2 cups baking soda
3 tablespoons kaolin clay
1/4 cup organic brown sugar
3 tablespoons sweet Almond Oil
2 tablespoons Organic tea powder
2 tablespoons honey
10 drops or less for sensitive skin do a patch test when the full mixture is done
5 drops vanilla essential oil
Witch Hazel to bind

Place the dry ingredients in a glass bowl and work with gloved hands until there are no lumps.

Add the sweet Almond oil, honey, and the essential oils to a mixture, and blend with a whisk. Test the consistency with your hands. The mixture should hold together when squeezed. If it feels crumbly, spritz in some witch hazel to bind. Pack the mixture firmly into the mold Set aside for ten minutes then tap lightly on the back of the mold to release it, enjoy.

Banana, Strawberry, Kiwi, and Honey Face Mask



When it comes to face masks for oily skin is this simple yet very nourishing natural solution.

Ingredients: 1 ripe banana, 3 Strawberries 1 tablespoon of honey, 10 drops of lemon juice and Kiwi slices for the eyes.

You should mix the banana and honey in a bowl. Then, add the lemon juice and combine them. Once the mixture is ready, apply it on your face and let it work its magic for about 15 minutes. In the end, rinse with lukewarm water and wipe your complexion with a washcloth.

Cucumber, Egg White, Lemon, and Clay Mask



This mask is just perfect for cleansing clogged pores. As its name suggests, you'll need the following ingredients: 1 tablespoon of egg white, $\frac{1}{2}$ teaspoon of clay, a few drops of lemon juice and 1 egg white.

Add all these ingredients together and mix them until a smooth paste is formed. Then, apply the mask on your face, but make sure to avoid the eyes area and leave it for about 20 minutes. Finally, rinse with warm water.

Strawberry and Yogurt Facial



You should know that the yogurt will help exfoliate your acne prone skin.

Ingredients: 4 ripe strawberries, 1 teaspoon of plain yogurt

Firstly, wash thoroughly the strawberries, then use a fork to mash them. Add the plain yogurt and stir until it becomes smooth. Then apply this mixture on your face and let it sit for 10-15 minutes. Use warm water for rinsing.

Homemade Juice Mask



Both lemon and strawberries have natural astringents that are perfect for fighting acne.

Ingredients: 1 teaspoon of lemon juice, 1 cup of strawberries, 2 egg whites, 3 teaspoons of honey and 4 drops of essential oil.

You should mash the strawberries with a fork until they form a smooth paste. Then, add the lemon juice, honey, and egg whites and mix them together. Apply the formed mixture on your face and let it stay for about 10 minutes. Rinse with warm water and a warm cloth.

Oatmeal Face Mask



For this mask, you'll need 1 tablespoon of honey, some oatmeal, and 1 egg yolk.

You should take a small bowl and mix there the egg yolk and

honey. Then, add slowly some oatmeal so that you create a thick paste. Apply the mask on your face and neck and let it sit for about 15 minutes. In the end, rinse with warm water.

Apricot, Yogurt and Clay Mask



This is an amazing natural face mask because it nourishes your skin and regulates its oiliness. We recommend using it once or twice a week. You can easily create it with the following ingredients: $\frac{1}{2}$ teaspoon of clay, 1 apricot and 1 tablespoon of yogurt.

Firstly, you should peel the apricot. Then add it into a blender and mash it. Add the yogurt and clay and blend them together until a paste is formed. Apply it carefully on your face and leave it for 20 minutes. Then rinse with warm water.

Turmeric and Yogurt Face Mask



Ingredients: 2 tablespoons of rice flour, $\frac{1}{4}$ teaspoon of turmeric powder and $\frac{1}{2}$ cup of plain yogurt.

Mix all these ingredients until they form a smooth paste and afterward apply the mixture on your face and let it sit for about 15-20 minutes. Then use a wet cloth for rinsing.



Glass and Bamboo Tea Infuser Pot

Our chic, modern teapot features a removable glass infuser for brewing loose-leaf tea directly inside the pot without over-steeping. Place a tealight in the included bamboo stand to keep fresh tea warm for serving while protecting your tabletop. Perfect for tea lovers, it's a great gift for any tea lover.



Capresso Electric Water Kettle

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