

Face Fitness

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On week 326 we are sharing a fun post on facial exercises and we wish you enjoy them, please share and like if you do.

We know that exercising we can firm up the body and revitalize the skin by bringing more blood and moving the lymphatic fluids. Naturally, the same is true about the muscles in the face and neck, right? it makes sense muscles don't stop at the neck. As your muscles and connective tissue tones up by exercising, your skin will tighten by the simple fact that the muscles are attached to the skin by fascia and the skin will become more resilient and elastic as well!

With facial exercises, you not only regain that look you thought it can be completely lost for whatever reason, but you'll also grow mature, looking radiant and glowing with a well-toned complexion, more relaxed in your jaw muscles neck and scalp and by the way a scalp that has relaxed muscles and a proper blood flow will sustain great hair!!!! So as you can see is many benefits to these exercises, for me, they also made me aware of the gestures I was doing with my face that were not so flattering is kind like what observing a good body posture does and also how we breathe, is becoming more aware anyway that is an entirely another post and I will write it, posture is important to the whole wellbeing.

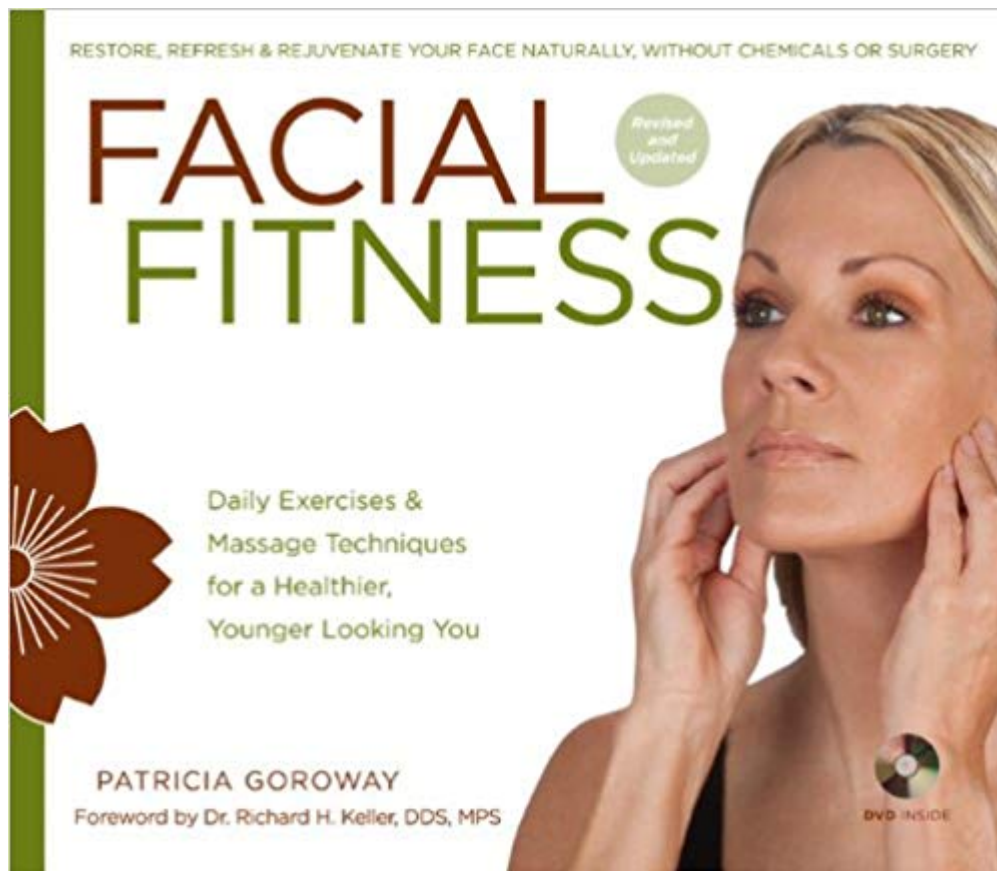
Thank you for your consistent support and all your shares we deeply appreciate it, from all of us.

**Facial Fitness by Patricia
Goroway**

Patricia Goroway has taught facial exercise and facial massage for more than 10 years with extreme success to clients and health care professionals around the world. Patricia Goroway techniques have been teaching facial exercise and facial massage for more than 10 years to clients and health care professionals around the world. Her techniques have proven to be one of the top leading facial exercises featured in fitness magazines and web sites such as Woman's Health and Livestrong.com. She has a best-selling book, Facial Fitness is one of Barnes & Noble Publishing's leading health and beauty book and also there is a full-length DVD included where she demonstrates the facial exercises and massage techniques in a fun and energetic format. Patricia Goroway is now offering a Certified Instructors Course to those wishing to add specialized exercise and massage techniques to their clients. This certification is the first and the only course of it's kind and available exclusively through Facial Fitness Systems, Inc.

I recommend her products we are not in any way selling them do we wish we did the system is fantastic and she is a wonderful teacher. enjoy and here is the link to find it.

Facial Fitness: Daily Exercises & Massage Techniques for a Healthier, Younger Looking You



As we get more mature, the muscle fiber in our bodies tends to atrophy and become less with time especially when we don't use it.

As muscle shrinkage (atrophy) is concerned, it's debatable whether the loss of fibers from individual muscle cells or loss of cells themselves this is an important issue involves

many factors so each case is different. Let's see what atrophy of muscles is. Atrophy referring to muscle really means that the bulk of the muscle is lost or largely diminished. In other words, the term is really a "universal" one. Bottom line it does not, however, address what is happening on a "cellular" level. And, it is what happens on a cellular level that helps us to understand how and why exercising the face can bring not only a more lively look but a healthier one, also.

A facial workout regimen is an excellent way to tone your muscles, and prevent muscles from sagging, moving lymphatic fluid to reduce puffiness, increase circulation and actually revitalize the whole system is very soothing and calming, we hold a lot of tension in our jaws, neck, and shoulders.

Doing facial exercises, facial yoga, and acupressure points for that matter is a great way to keep your face looking healthy, radiant, well-toned and alive and at the same time firming muscles and reducing puffiness and increasing elasticity, those are some of the many benefits including reducing tension, stress, etc.

These are also good exercises to do if you have muscle challenges like droopiness on your face, and neck, creating stronger muscles for a toned and more healthy skin.

The Muscles of The Face

Facial Muscles of Expression

Frontal Muscles

Frontalis

Corrugator supercilii

Orbicularis oculi

Lacrimal muscle

Orbicularis oris

Buccinator

Masseter

Mentalis

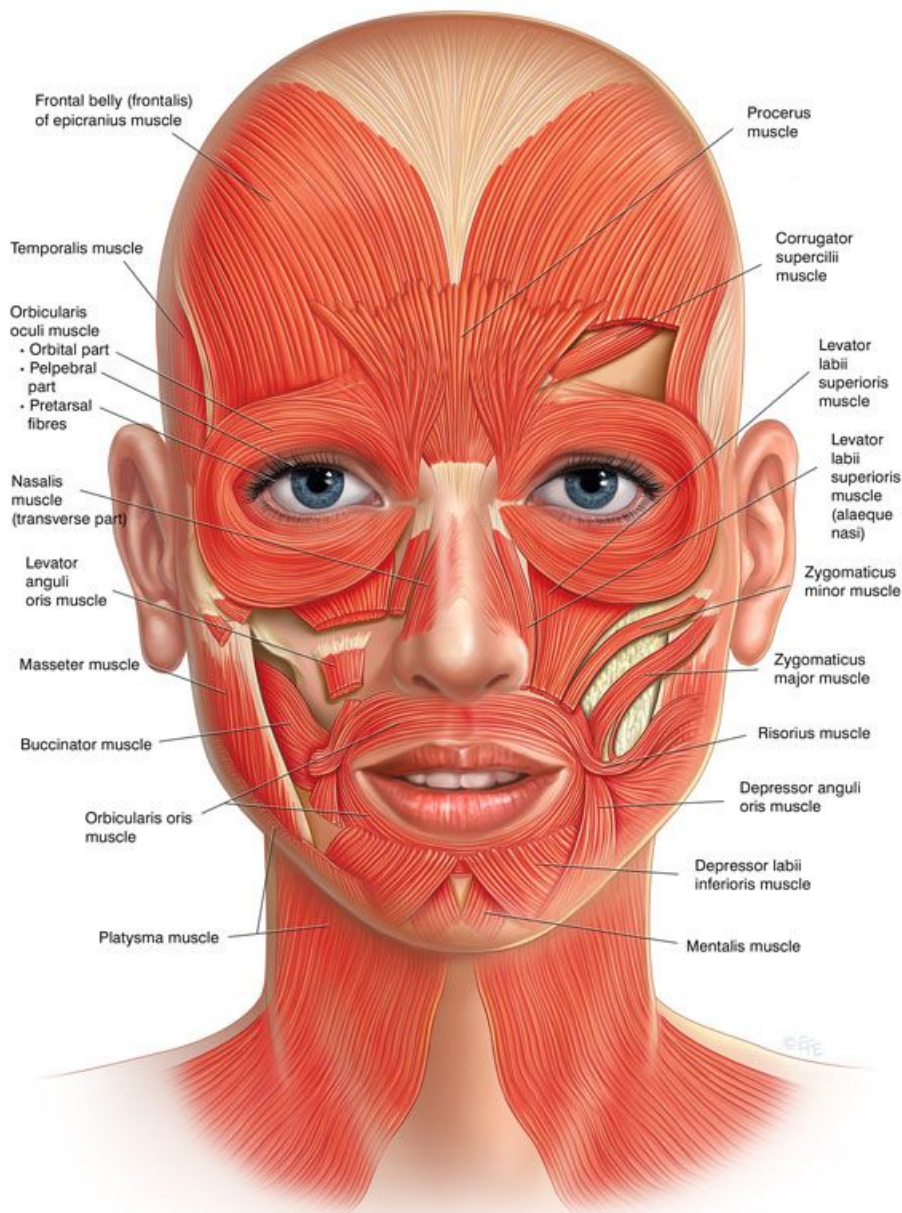
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There are 43 muscles in your face, most of which are controlled by the seventh cranial nerve (the facial nerve) This nerve comes from the cerebral cortex and emerges from the skull just in front of our ears. And it rules your whole system.

It is not yet fully agreed by science how many muscles really exist due to the fact that some muscle tissue can't be separated into countable muscle, also some peoples muscles are more divided than others, with that been said we continue with what we are addressing here and that is exercising our faces and neck.

The muscles divide into 5 primary branches and they are: temporal, zygomatic, buccal, mandibular and cervical. As we exercise them we also have the added benefit of adding relieve to eye strain, scalp tightness, releasing neck stress, shoulders pain, jaw tightness TMJ, tension headaches, facial tension and with facial exercise we can create a sense of total relaxation, in an average we don't realize that focusing on our phones computers and in general being stress contracts and put a lot of strain on our muscles in general and in the face we start to create grooves and lines of expressions that not always suit us. Creams and potions can aid in some matters to soften the top layer but definitely does not tone muscles or weight lifters and Gyms will be only using creams that to do the work out for them, makes sense right?

The body makes skin, muscles, etc from the inside out not the other way around,

Investing in some work for your facial muscles can help give in a major way to accomplish a radiant toned face. We need to make it clear that it will take consistency and maintenance it doesn't happen in a week of exercising also everyone is different.

Is a normal process for our body and that includes the face to go through stages, our face changes as we go through life, so

many factors contribute to this diet, sleep, stress levels, the amount of water we consume, overeating sugar, oxidation due to smoking or excess alcohol, etc? It may begin to lose elasticity and tone, accumulating fluid, droopiness, lines from expressions, that indicate either lengthening years or deepening character, depending on your viewpoint, and it can create just flat out frustration, almost invariably, to sag and look tired.

Let's address sagging this is a process in large part because the fat pads that underlie the skin on our faces became thinner with age, and other facts of life the muscles lose their tone. When we are in our early years, these pads snuggle together like puzzle pieces, providing much of the structure and the contours of our faces. When the pads change as we go through life, their connections start to loosen and gravity begins to draw them downward also the lost fat that keeps the moisture diminishes and we lose that glow, elastin and collagen also diminish with stress, lack of sleep, diet to mention a few factors leaving cheeks hollowed and visages generally droopier and with a lack of life and radiance, circulation plays a great role on this so when we decrease it with exercise, gentle massage, acupuncture, radiofrequency and other new modalities we can have great results, still keeping in mind diet, sleep hydration and such.

Nowadays there are many different kinds of treatments like injecting fat and fillers as an option in many cases the underlying loss of luster and tone is still there, and it is at the expense of thousands of dollars.

Plastic surgery is an attempt also but soon enough people are right back where they started after paying thousands of dollars, going through full anesthesia and many risks the tone in the face has not been restored in most cases and in some as you may have observed due to not so good of work from some surgeons the face looks unnatural and no longer is the same looking person.

When we see surgeries that obviously are pulling and cutting the skin but not addressing the muscles underneath it shows unnatural, more and more surgeons are getting that working with the muscles in a SUBTLE way gets better results.

I have a dear friend that has done 4 plastic surgeries and she is basically back where she started !!!!! no tone on her muscles and the elasticity from no circulation or proper diet not to mention stress, yes stress big one for skin, it works against her all day and night what we don't use we lose that unfortunately is a fact.

People are starting to realize what an important role the muscles play in creating the contours of the face, doesn't it make sense? they hold the skinned oh yes the bone structure. These facial muscles need to be exercised specifically and correctly to have an optimal result. When the facial muscles sag, the skin attached to the muscles also sags because they are attached to each other. the process of facial toning exercises brings and maintain healthy radiant maintenance.

Face exercises help restore the muscle tissue, elasticity and tone for a wonderful, glowing, look.

The exercises are based on the principle of gentle, easy facial muscle resistance, effective relaxation techniques, visualization, and breathing exercises yes breathing big part of skin and muscle toning and with that, you will achieve amazing results.

Breathing is a very big part of good and supple skin, yes that is correct our skin is the largest organ in our body and it breaths also somewhat absorbs nutrients, many companies claim huge amounts of absorption through the skin when they recommend products if this was the truth when we take a bath we would drown, the skin has a regulation mechanism to protect us from harm. So we that been said to correct conscious breathing is a very large part of keeping the skin and overall health in top condition. In Chinese Medicine, the lungs are the ruler of the

skin.

The exercises will increase the blood circulation, which increases the natural collagen and elastin in the skin by adding blood and oxygen and creating a more vibrant complexion. The skin will become more elastic and softer to the touch and it will look at life.

Facial exercises strengthen and tone all muscles in the face, neck, and scalp. It's best to start and create a routine like a spa time for your self, it will relax your entire nervous system.

You will educate your facial, neck and scalp muscles to work and remember how they need to work as they should, you probably know the saying what you don't use you lose.

Your mind-muscle connection combined with the exercises will increase blood circulation to the face, neck, scalp, and hair, enriching every cell with more oxygen and nutrients, restoring facial and neck muscles that have been overstretched by time, gravity and stress to a healthy, energized, well-toned condition at your own convenience at the pace of your dedication.

Now let's move to the actual exercises.

Let's start with the first step clean your skin if you have time apply a mask and after you remove it, make sure to use a rich moisturizer if it is your preference I love to use oils as a moisturizer and I will introduce you to them here is the link

this is a must so you don't hurt the skin, you can always remove the excess at the end if it didn't absorb.



I will introduce you to a couple of sets of exercises, here we go.

1 Gently pull-on your forehead with your index finger. Using just your fingers, you can apply pressure to your forehead so that shifting your eyebrows can strengthen that part of your face. This can help smooth lines on your forehead. Put your index fingers just above each of your eyes. Pull down on your eyes while trying to raise your eyebrows. Repeat 10 times to help firm your forehead.

2 Push your forehead with your hands. This simple exercise uses your palms to create resistance while flexing your eyebrows. Doing this workout will help create smooth lines on your forehead.

Place each of your palms on the sides of your forehead, the bottom of each palm resting on your eyebrows. Your palms should be holding the skin firmly in place.

Raise your eyebrow muscles, like you are surprised, then lower them, like you are angry.

Raise and lower 10 times, then raise and hold for 30 seconds. Lower and hold for 30 seconds, then repeat the up and down against 10 more times.

3 Do brow lifts. Using your fingers and your eyebrows, you can exercise the muscles in your forehead. Just a little bit of pressure can create enough resistance for good exercise.

Using two fingers in a peace sign, and place your fingernails over each eyebrow.

Gently push that skin down with your fingers, then push your brows up and down.

Repeat the up and down motion with your brows 10 times.

Do 3 sets of 10, take a short rest, then do another 3 sets of 10.

4 Stretch your eyelids. Your eyelids are easy muscles to work and don't need much resistance. Using your fingers can help you stretch them out, removing wrinkles and giving you stronger eyelids.

Sit down and close your eyes.

With your lids relaxed, use your index fingers to lift up your eyebrows. While lifting, keep your eyes closed to stretch your eyelids as far as possible.

Hold this position for 10 seconds, then relax and repeat 10 times.

5 Do an eye squeeze. Work your eyelids further by squeezing your eyes shut with a little stretching resistance from your mouth. Because it uses so many different muscles, this

exercise can help to stretch out your entire face, not just your eyes.

Pull your lips downward so that your facial muscles tighten, then pull your lips to one side.

Squeeze one eye shut for one second, then repeat 10 times, holding your lips to the side. Then do the other eye.

Do 3 sets of 10 for each eye, take a short rest, then do another 3 sets of 10.

6 Stretch your face while holding your eyes. This will help to build the muscles around your eyelids to give you more awake-looking eyes. Use your fingers to provide some resistance to the basic action of opening and closing your eyes.

Make a C around your eyes using your thumbs and index finger. Make sure your index finger is over your eyebrow and thumb against your cheek.

Shut your eyes, and slowly squeeze your eyelids close together. Relax the tension without opening your eyes. Repeat squeezing and relaxing your eyelids 25 times.



Exercising Your Mouth

1 Exercise by smiling. One of the simplest ways to firm up your smile is to practice doing it. In this exercise, you'll

slowly move your mouth into the position of a full smile, holding different positions. This will give you better control of your face and smiling capabilities.

Slowly begin to smile by stretching the corner of your mouth laterally, lips still together.

After that, turn your mouth upward to expose your upper teeth. Smile as widely as you can, displaying your teeth.

Once you have reached that point, slowly relax your mouth, bringing the smile back to the starting point.

Stop at several stages on this expansion of your smile, and hold that position for 10 seconds.

2 Apply pressure to your smile. Similar to the last exercise, this one using different stages of your smile to work the muscles in your face. Here, your fingers will provide extra resistance to further work the muscles around your mouth.

Make a full smile, and use your fingers to hold it in place by putting pressure on each corner.

Close your lips halfway, then fully, using your fingers to resist the movement.

Hold each position for 10 seconds.

3 Do facelift exercise. This exercise works the muscles around your upper lip to help prevent sagging and keep a strong lip contour. Doing it properly will help you have a stronger smile that shows more of your upper teeth.

Open your mouth slightly and flare your nostrils. Wrinkle up your nose as far as possible, then slowly draw your upper lip as high as you can, and hold for 10 seconds.

Leave your mouth slightly open, and place one finger under the eye on the cheekbone. Curl your upper lip slowly upward, keeping finger pressure on your face. Hold for 10 seconds, then slowly return to the original position.

4 Do a lip exercise. This is a simple exercise that will help increase the blood flow to your lips. This will give the fleshier parts a healthier, livelier, and more natural color. Open your mouth slightly, making sure your upper and lower lips are relaxed.

Bring your lower lip forward until it makes contact with your upper lip.

Bring your upper and lower lips inward to your mouth. Exert pressure, then relax.

5 Do a mandibular strengthening exercise. This exercise works your mandible, the lower jaw, and important part of smiling, talking, and chewing, as well as anything else your mouth does. An exercise like this will help to prevent a double chin and prevent aging grooves on the lower part of your face.

Keep your mouth, especially your teeth and lips, slightly closed.

Separate your teeth as much as you can without opening your lips.

Bring your mandible forward slowly. Go as far as you can, stretching your lower lip upward, and hold for 5 seconds.

Slowly return your jaw, lips, then teeth back to their original position.

6 Do the OO-EE mouth. Moving your mouth to some basic sounds can help you target the lips, as well as the muscles between your upper lip and nose. This is a simple exercise that only requires some exaggerated facial movement while making sounds. Open your mouth, then purse your lips together so that your teeth are separated and not showing.

Say "OO," using an exaggerated movement to purse your lips together.

Change sounds to “EE,” again using an exaggerated motion to stretch your lips into the proper shape. You can also replace “EE” with “AH” for a slightly different workout.

Do 10 reps between “OO” and “EE,” then repeat for 3 sets.

7 Suck on your finger. Use the natural pressure from a sucking motion to firm up your lips. By removing it at the same time, you’ll be able to provide additional resistance to work against.

Put your finger in your mouth, and suck on it as hard as possible.

While doing that, slowly removing it from your mouth.

Repeat 10 times.

Press on your cheeks while smiling. This will help strengthen your cheek muscles. Make sure to keep your head back when you do this exercise.

Press down on your cheeks with your three middle fingers.

While pushing, smile as hard as you can to push your fingers back.

9 Very Gently pull your cheeks up making sure you don’t overstretch the skin. Doing this exercise can help to smooth laugh lines and the fine lines around your under eyes skin make sure that you don’t pull that delicate skin and that you have enough moisturizer or oil when you do this. Your hands will be doing the work here, gently stretching the muscles on your face.

Place your palms firmly against your cheeks make sure not to press to the hard just firm.

Pull the corners of your lips up toward the upper part of your cheekbones until you can see your upper teeth and gums.

Hold the position for 30 seconds, release, then repeat 3 times, personally like to gently massage the area in between.

10 Squeeze your lips tight. Doing this will help to condition your lip muscles. Your hands will help do the work by squeezing your face around your mouth and nose. Make sure not to pucker this when done repeatedly causes deep creases so just squeeze like you are setting a lipstick.

Put the palms of your hands on your face, the outer edge of hands-on your laugh lines and the bottom edges where your index fingers are on the jawline. Use your whole palm to put gentle pressure on your face press and let go and repeat for 10 times.

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Use your lip muscles (not your hands) to push your lips onto your index and middle finger together like you were kissing them and hold for 20 seconds.

Five best face yoga exercises



1 Warm-Up

How to do the exercise: Start your facial workout by blowing exaggerated raspberries with the lips, and with the cheeks as

well as blowing. The bigger the vibration the better for relaxing facial muscles. Lip muscles are very important muscles of the face. By relaxing these muscles, other muscles are relaxed too and you will have a very relaxed and pleasant look.

Do it: At least once and up to three times per day this exercise can be done when you have a moment alone and is always one of those the day.

2 Slim Your “Tech Neck” Double Chin

How to do the exercise: Keeping your shoulders down and relaxed, tip your chin up to the ceiling until you feel a good stretch in the upper neck and chin area. Then, alternate making duck lips and sticking out your tongue, holding each “pose” for 5 seconds each. Repeat three times.

Make sure to keep your chin extended and keep your neck taut the whole while. This should feel a bit strenuous: If you don’t get tired, it’s not effective.

How often to do it: 1-2 times per day

3 Smooth Smile Lines

How to do the exercise: First off, don’t stop smiling and laughing! If you don’t smile, you’re not going to develop cheek muscle. Instead, tackle smile lines by breaking down the tension in the muscle from the inside out by using the tongue.

Starting up by the nose, where Hayashi says the lines tend to

be deepest, “stick your tongue inside your mouth and make a tiny circle on the labial line.” Do five circles clockwise and counterclockwise on each side to smooth smile lines.

How often to do it: once per day

4 Firm Up Saggy Cheeks and Jowls

The droopy face look is no so cute it looks tired and sad. To help improve and perhaps remove the look of saggy cheeks,

(keep in mind to be realistic)pull your lips the right side of your face like you are kissing the right ear in what should look kind of like a sideways kissy-face. Hold for 10 seconds this is an effective exercise that “trains and stretches at the same time. It is a great way to improve skin elasticity.

How often to do it: 3-5 times per day, for best results

5 Help Eye creases and Crow's Feet

Start by keeping both shoulders back and relaxed, bring your chin down to your chest and make an oval shape with your lips like going over your teeth and into your mouth. At the same time, look upward with just the eyes: try not to move your head or shoulders, you should feel stretching underneath the eye.

Stay here for three seconds, and then tuck the upper lip inside the mouth to make an “ahh” face. This round should give you a good stretch in the face it will relax the muscles and at the same time will tone them.

Once a day, no need for more. Is best not to overstretch the skin and the muscles in the face.

Enjoy and definitely pay attention to your diet, intake of water, stress and sleep all the exercises in the world won't be able to counteract the oxidation and deterioration that these facts cause to your general wellbeing.

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Skincare Folk Recipes

Skincare Folk Recipes



On week 325 we are sharing:

Folk medicine occasionally referred to as alternative or traditional medicine, is a part of healing that has an extensively long history. Folk medicine originates back 5,000 years. The dispensation of history is divided into three eras, the classic historical era, the medieval era, and modern eras. I was raised with herbs and home remedies since a baby and in Chile, Doctors practiced in a very different manner for the most part and by that, I mean western medicine combined with Homeopathy and herbology so for me, I always use what I felt at that moment had its place for whatever need. Two-thirds of the world's population live in countries that have inadequate resources to access modern medicine so I found for that reason folk medicine is formally acknowledged in many countries. Today it is still extensively used due to their perceived effectiveness.

It is vital to be informed and careful about possible compound interactions before using any Folk formula. 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.

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 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.

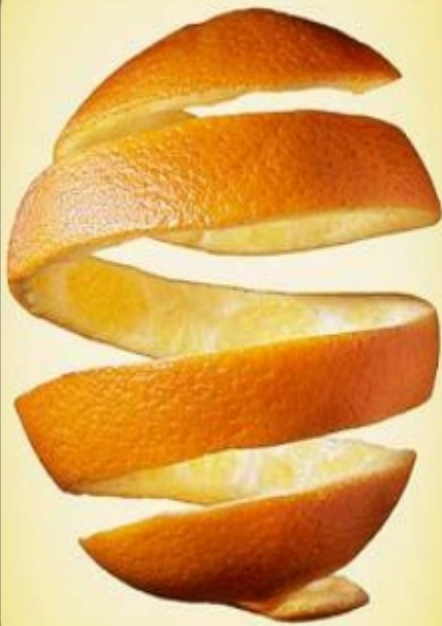
Then coat your face with the remaining mixture. Leave it for fifteen minutes and wash off your face with water. This homemade face pack not only rejuvenates your skin but also

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

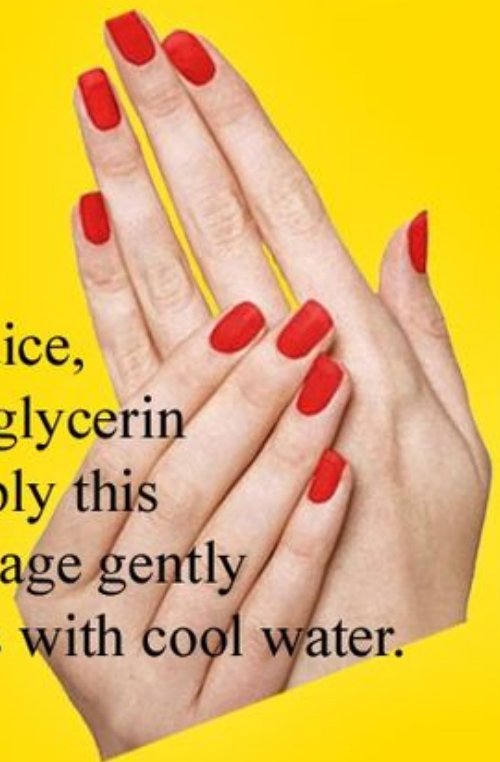
Ingredients :

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

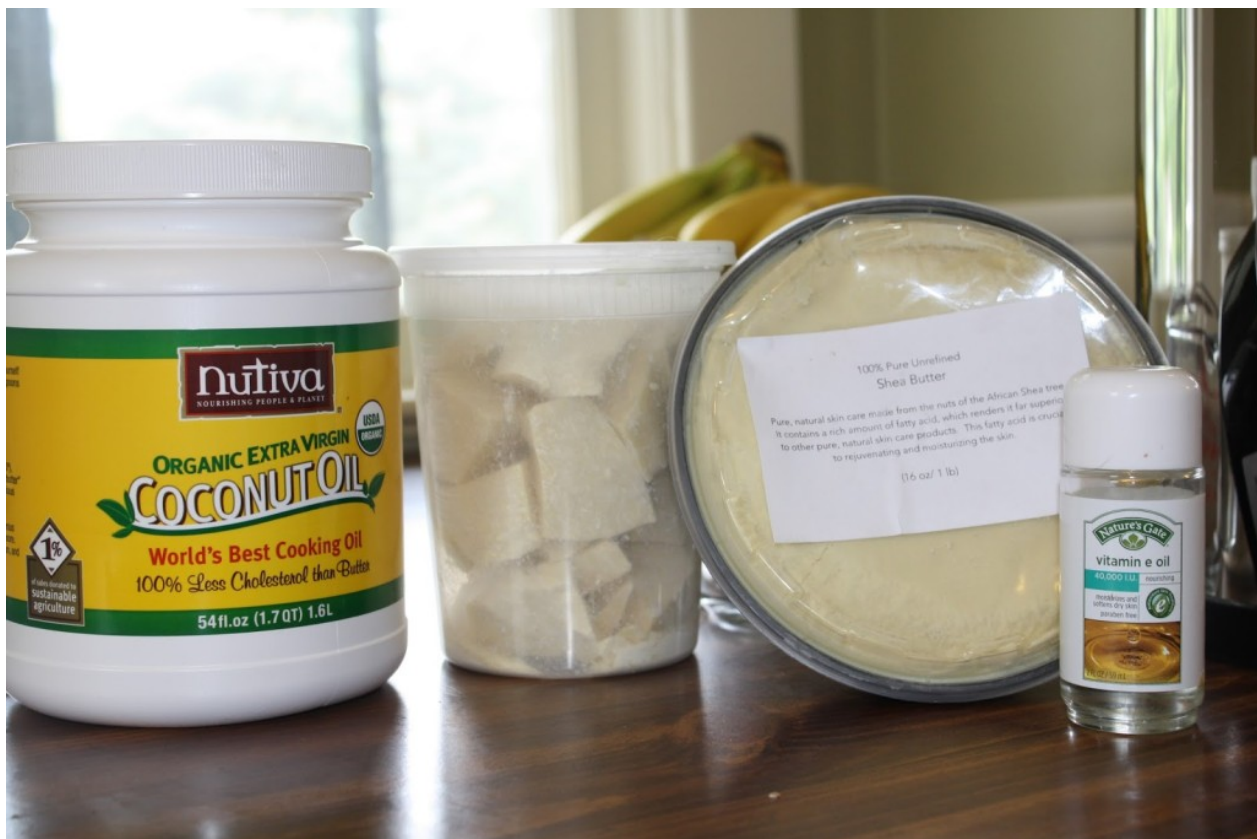


Puffy, tired-looking eyes?

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.

Eye Longevity, exercises, videos, facts

Eye Longevity

Wishing you all the health, happiness and ideal wealth you deserve. We are sending you much gratitude for all the support and likes, they are well appreciated by all of us we dedicate many hours of work to bring you the top content, thank you and please share and like if you do.

Here on week 324 are sharing a post about eyes, I had a

challenge that lasted almost two years and came to find that I only needed a small amount of my dedication and some healthy research and it was over. If the question here is what is this Post has to do with beauty? well very simple if our eyes are not healthy we won't be looking very beautiful correct? For me is important to give the eyes their full value and be aware how they are built, what they do and how to keep them healthy and without the aid of glasses which I still don't need. For a while, I was very concerned that my ability to see and work with my eyes as consistently as I do. It was in a period of challenge that this privilege was out of my control, not my favorite feeling, with that being said, I started my research and came up with a system that really worked and here I am sharing it with all of you, for some reason we humans tend to wait until is a big challenge to take charge and pay attention to some of these big gifts that we shouldn't take for granted, so here I would like to offer you the choice to prevent any of these issues, and have healthy eyes ! Enjoy.

<https://youtu.be/itfuvalxgEg>

**The Eyes are the doorways to the
soul**

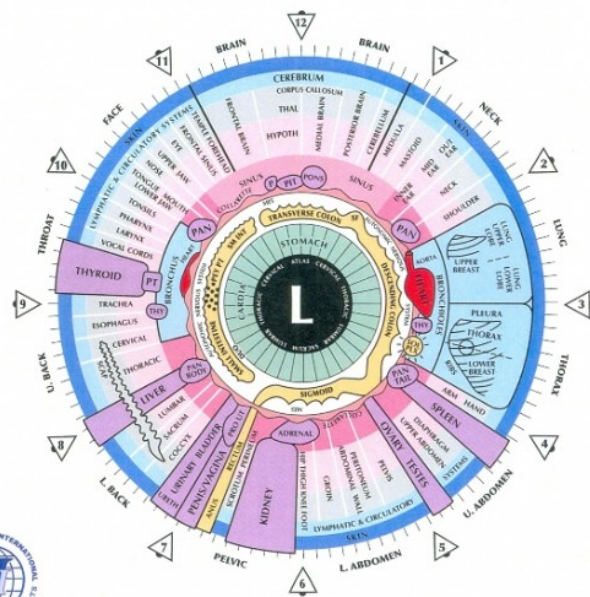
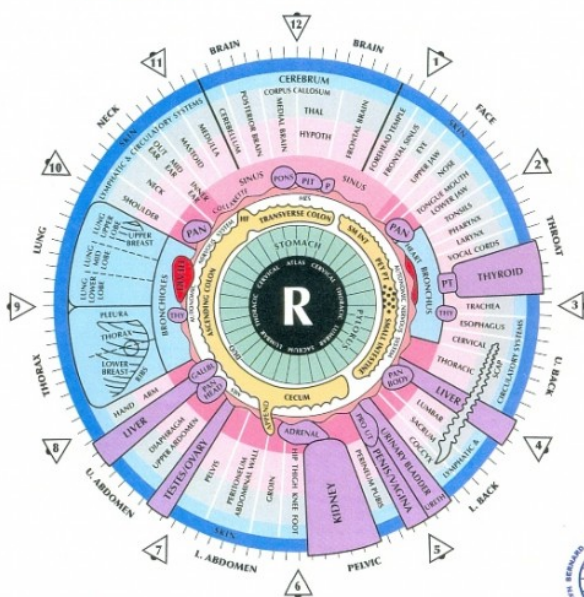
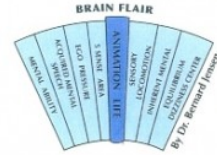


Eyes have for very long been referred to as the “Windows of the Soul.” But few people are aware of just how true this observation is. The accurate analysis of the iris structure and pigmentation provides information about your inner state of health that is hard to find through other methods. This is higher value information is so valuable that Iridology deserves to become a widely practiced assessment tool in both the physical and psychological health fields because it has

the capacity to assess both. There is a multitude of challenges that influence our health and personality, and many of these factors are reflected in the iris. If you look closely at your eyes in a mirror, and then at the irises of those around you. You will see so many different patterns of iris fibers and colors. Like fingerprints or faces, no two are exactly alike and is the same with our inner and outer stats we are individuals! The iris structure is so very unique; that is now being used for security identification at ATM machines and airports, and other forms of Governmental security systems. Microsoft's house gearing up for the future will use an eye scanner to identify residents and unlock their home door.

They are connected to the entire nervous system, which gives them special importance. In Taoism, the eyes are regarded as the yang energy that guides all the chi flow in our body. The different areas of the eyes correspond to different organs of the body consequently they reveal the health of your entire body: through your eyes, you can tell which organs are weak or have challenges. Nowadays people use their eyes much more than in the past to read, watch television, and work with computers, and other electronic devices. This strains them a great deal and allows much of the energy of the connected organs to be drained out. Massaging the eyes will reenergize the vital organs.

IRIDOLOGY CHART



- IRIS ZONES**
- STOMACH - NUTRITIVE ZONE
 - INTESTINES - NUTRITIVE ZONE
 - BLOOD & LYMPH - HUMORAL ZONE
 - MUSCULATURE
 - BONY STRUCTURE
 - SUPERFICIAL LYMPH & BLOOD
 - SKIN & ORIFICES
- CILIARY ZONE**

Developed by Bernard Jensen, D.C., Ph.D.
with revisions by Ellen Jensen, Ph.D., D.Sc.
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- ABBREVIATIONS**
- | | | | |
|--------|-----------------|---------|-----------------|
| APPEND | Appendix | PEY PT | Peyer's Patches |
| DUO | Duodenum | PIT | Pituitary |
| GALLBL | Gallbladder | PRO | Prostate |
| HF | Hepatic Flexure | SF | Splenic Flexure |
| HYPOTH | Hypothalamus | SCAP | Scapula |
| MES | Mesentery | SOL PLX | Solar Plexus |
| P | Pineal | THAL | Thalamus |
| PT | Parathyroid | THY | Thyroid |
| PAN | Pancreas | URETH | Urethra |

How do children inherit eye color? Can a child's eye color be predicted? Why are albino's eyes pink? How can two brown-eyed

parents produce a blue-eyed child? Why are my eyes a darker blue than my siblings? How are the colors in the iris formed? These are questions one may have wondered from time to time. The answer to all of these questions lies in the genes inherited from one's parents.

Different eye colors are produced because of the different amounts and patterns of pigment in the iris. The amount of pigment and the pattern of the pigment is determined by a person's genetic makeup. The DNA received from one's parents determines what color eyes they will have.

Each human has 46 chromosomes located in the nucleus of the cell. These are divided into 23 pairs of chromosomes. A baby inherits one chromosome from each parent in each pair of chromosomes. A piece of DNA on a chromosome is called a gene. Genes are the basic unit of heredity, they determine many characteristics of a baby. Genes also come in pairs. Alleles are found in genes and determine the appearance of any characteristic. There are two alleles for each trait inherited. If the two alleles are the same then they are homozygous for that gene. If the alleles are different, then they are called heterozygous. One allele is expressed over the other allele. This is called the dominant allele, the unexpressed allele is called recessive. For example, if there was a brown allele and a blue allele, the brown is dominant so the person would have brown eyes. But not just one pair of genes can control a single trait. Right now there are three known gene pairs that control eye color. The *HERC2* gene on chromosome 15 contains a brown and blue allele. Also on chromosome 15, the *EDSR* gene is the central brown gene. On chromosome pair 19 the *SLC6A4* gene contains a green allele and a blue allele.

A green allele is dominant over a blue allele, and a brown allele is dominant over both green and blue alleles. For the *HERC2* genes if a person has a brown allele then they will have brown eyes. In the *SLC6A4* gene, the green allele is dominant over

the blue allele, but it is still recessive next to a brown allele. For example, if a person has a brown allele on chromosome 15, but all the other alleles are blue or green, they will have brown eyes. A green-eyed person would have a green allele on chromosome 19 and all or some other blue alleles. Blue eyes are produced only with two blue eye genes. All four alleles must be blue to produce a blue-eyed person.

Another way of predicting the color of a child's eyes is to use the parent's eye color genes. If both parents have a blue and brown gene, their eyes are brown, but if the child inherits the blue gene from each parent then the child will have blue eyes. If the child only inherits one blue gene then they will have brown eyes. The genetics determine what color a child will have, but how exactly does this color form in the eye?

Melanin, a pigment also found in the skin, is the substance that produces the eye colors specified by the genes. The amount and placement of the melanin produce the different eye colors that we see. Melanin is a dark brown pigment that is placed in the iris. The more melanin used in the iris means the darker the eye color will appear, the less melanin used means that the eye color will be lighter. The genes tell the enzymes how much melanin to deposit in the iris. A newborn's eyes appear blue but may darken over the next few years. Melanin production has not begun at the time of birth. A child's true eye color cannot be determined until the age of three.

There are two layers to the iris, the anterior and the external, or front and back layers. To produce blue eyes, there is no pigment found in the front layer. The brown pigment melanin is deposited in the back layer only. It appears blue because of the reflection and diffraction of light. In green eyes, a small amount of melanin is deposited in the front layer of the iris along with the melanin found in the back layer. The additional pigment to the amount needed

for blue eyes, causes the eye to appear green. To produce grey eyes, the dark pigment is distributed in the front layer of the iris and over the blue background, it appears grey. In brown eyes, there is so much pigment in the front layer, that the blue behind is completely covered up. Some people have so much pigment in the front layer that their eyes appear very dark brown or black. Hazel, blue-green, grey-blue eye colours are produced by different amounts of pigmentation and the pattern in which the pigment is placed. Albino eyes have no pigment at all in either layer of the iris. The iris appears pink or red because of the reflection of blood vessels in the back of the eye. The pattern in which the pigment is deposited is also determined by genetics. The pigment may be deposited in rings, clouds, radial stripes, or spread over the entire iris.

A person's eye colour is determined by the genes inherited from their parents. The types of alleles received from the parents are assigned to certain chromosomes. The dominant genes are expressed and the recessive genes are hidden. In the development of the iris, those genes tell enzymes to produce and place a certain amount of melanin in the iris to form the eye colour.

Performing Eye Massage

According to [Taoist Master Mantak Chia](#)

Begin with the procedure for bringing energy to the hands and face. When your hands and face are hot, direct the chi to both eyes until you feel them filled with energy.

1. Close your eyes. Use your fingertips to gently massage your

eyeballs through your closed eyelids, six to nine times clockwise then six to nine times counterclockwise. Then gently massage the area around the lids the same number of times. Be aware of painful spots and massage those places until the pain goes away. pay special attention to the inner and outer corners of the eyes. Massaging these points of the Gallbladder meridian will relieve eye ailments. However, when rubbing near the corners of the eyes, do not rub too hard, because you can make the corners of the eyes droop down. finish with rubbing the corners of the eyes upward.

2. Pull up the eyelids to increase the fluid. Use the thumb and index finger to gently pinch and pull up the eyelids, then release them. Do this six times.

3. Massage the eye sockets by bending your index fingers and using the lower section to rub the upper and lower bones of the eye sockets six to nine times

4. The next step is to get a tear out of your eyes, which will strengthen them. Hold an index finger up about eight inches from your eyes (or put a dot on the wall five to six feet away from you). Stare at it intently without blinking until you feel like a fire is burning in your eyes The Taoists believe that this technique burns the toxins out of the body through the eyes.

5. Bring Chi to your eyes by rubbing your hands until they are warm, then closing your eyes and covering your eye sockets with your palms. Feel the chi from the hands being absorbed into the eyes. Rotate your eyes six to nine times, first in a clockwise direction, then counterclockwise.

Eye Exercises for Relaxation

I read from an eye doctor, Dr. Bates, who over 90 years ago contributed many natural ways to improve eyesight and was famous for getting rid of his patients' glasses in a minute when in his office so they would no longer wear them. I'm sure the glasses smashing was not very well received and didn't increase his popularity, but many patients flocked to him with the hope of avoiding glasses and he was quite sure that with proper exercise and relaxation, eyesight could improve in many cases.

The theory that he based this fact came from the idea that the muscles that surround the eye can become unbalanced and cause strain or even pull the eye to one side or another, leading to vision issues. Modern ophthalmologists argue with this idea, saying that it is the rods and cones in the eye that determine vision problems and that muscle tightness does not affect vision, even do they absolutely confirm the fact that is evidence that relaxation practices CAN help since increased use of with electronics screens is taxing to the eyes and does cause strain, a bit of contradiction wouldn't you say?.

Here are some examples of eye strains:

- Reading for long periods of time, especially small print and low light
- Not enough exposure to natural light
- Tension or strain of the eyes too much worries, stress
- Long amounts of time spent looking at close up print

versus looking at a distance

- Looking at digital device screens
- Reading without pausing to rest your eyes
- Driving long distances and engaging in activities involving extended focus
- Being exposed to bright light or glare (Phone, Tablets, too much TV, computers etc)
- Straining to see in very dim light
- Having an underlying eye problem, such as dry eyes or uncorrected vision (refractive error)
- Being stressed or fatigued as a way of life
- Exposure to dry moving air from a fan, heating or air-conditioning system, not enough time in nature with natural light and fresh air.

The extended use of computers and other digital devices is one of the most common causes of eyestrain (Mayo Clinic research). The American Optometric Association calls this computer vision syndrome or digital eye-strain. People who look at screens two or more hours in a row every day are at greatest risk of contracting this condition.

Long periods of computer use strains eyes more than reading print material because people tend to:

- Blink less while using computers (blinking is found to be key to moistening the eyes)
- The fact of viewing digital screens at less-than-ideal distances or angles with most like it not many breaks to focus on far viewing.
- Use devices that have glare or reflection and no screen protection against it.
- The Use of devices with poor contrast between the text and the background.



Look up, hold 5 seconds, relax your eyes.
Look down, hold 5 seconds, relax your eyes.
Repeat 5 times.
Blink your eyes a few seconds.



Look left, hold 5 seconds, relax your eyes.
Look right, hold 5 seconds, relax your eyes.
Repeat 5 times.
Blink your eyes.



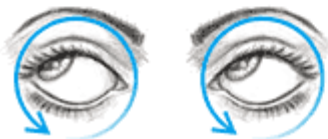
Look up left, hold 5 seconds, relax your eyes.
Look down right, hold 5 seconds, relax your eyes.
Repeat 5 times.
Blink your eyes.



Look up right, hold 5 seconds, relax your eyes.
Look down left, hold 5 seconds, relax your eyes.
Repeat 5 times.
Blink your eyes.



Rotate eyeballs 10 circles to left.
Blink your eyes.



Rotate eyeballs 10 circles to right.
Blink your eyes.

The eyes have many muscles that we typically do not exercise very much. This causes them to become weak, contributing to poor eyesight. In addition, the eyes are closely connected with certain organs and nerves. Exercising the eyeballs not only is the best exercise for the eye muscles but also will exercise these linked areas by putting pressure on them: Contracting the middle of the eyeballs strengthens the back of the eye muscles and the inner ear. Moving the eyeballs upward by looking toward the crown strengthens the upper eye muscles and stimulates the pituitary and pineal glands. Moving the eyeballs from side to side strengthens the side eye muscles as well as the ear canals, eardrums, tear ducts, and nose. Moving the eyes downward strengthens the lower eye muscles as well as the lower parts of the ear canals and the nervous system.

Acupuncture point object treatment



Zanzhu	headache, eye gall, blurred vision, walleye
Yuyao	keratitis, facial paralysis, eye ophthalmoplegia
Sizhukong	hemicrania, remove obstruction in channels to clear eyesight
Temple	headache, eye disease
Tongziliao	refractive error, optic atrophy
Qiuhou	dispel wind and remove heat, moisten and clear eyes
Chengqi	acute and chronic keratitis, epiphora induced by wind, retinitis
Qingming	dispel wind and remove heat, moisten and clear eyes, uralgia
Sibai	facial paralysis, trifacial neuralgia
Bitong	Refractive error, nasitis and nasal

Chrysanthemum Tea

Chrysanthemum tea is a traditional Chinese beverage made from dried chrysanthemum flowers. It is known for its health benefits, including promoting relaxation, improving digestion, and reducing inflammation.

The tea is typically prepared by steeping dried chrysanthemum flowers in hot water. It can be enjoyed on its own or with a touch of honey for sweetness.

Chrysanthemum tea is a popular choice for those seeking a soothing and healthy drink. It is often consumed during the autumn months when the flowers are in bloom.

The tea is known for its delicate flavor and is often used in traditional Chinese medicine to treat various ailments.

Chrysanthemum tea is a versatile drink that can be enjoyed by people of all ages. It is a great way to incorporate natural ingredients into your daily routine.

The tea is often served in traditional Chinese teapots, which are designed to keep the tea warm and flavorful.

Chrysanthemum tea is a healthy and delicious beverage that is worth trying. It is a great way to stay hydrated and promote overall well-being.

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The chrysanthemum has long been used in traditional Chinese medicine (TCM) for eye care. The flower is beneficial for correcting imbalances in kidney and liver function that is a cause of dry eyes, blurred vision, dizziness, spots in front of the eyes and excessive tearing.

A warm infusion of chrysanthemum flowers may be helpful in relieving eyestrain, blurry vision, dry eyes and any eye

issues in general. In addition, it is thought to help prevent and possibly reverse cataracts, according to the “The Green Pharmacy Herbal Handbook.” You can drink the tea or apply hot compresses for relief from aching, tired eyes. If you have the actual chrysanthemum blossoms, soak them in hot water for a few minutes and make a poultice by placing them between two pieces of gauze. Place a poultice on each eyelid and relax for 10 minutes for relief from eye pain. Speak to your herbalist or practitioner before using chrysanthemum for eye treatments.

Drinking Chrysanthemum tea can:

- 1. Detoxifies the blood, helps with sinus congestion and regulates high blood pressure. It can also help to calm the nerves.**
- 2. Restrains the growth of bacteria – like Staphylococcus aureus, Streptococcus hemolyticus B, Pseudomonas aeruginosa, Shigella dysenteriae, tubercle bacillus and dermatomycosis – in the body.**
- 3. Brings relief against influenza and treats heatstroke, due to its cooling effect.**
- 4. Facilitates digestion and apt after having greasy and oily foods.**
- 5. Helps to strengthen lungs and relieve head congestion.**
- 6. Improve vision and hearing and especially recommended for those who work long hours in front of a computer.**
- 7. Good for obese people, as it contains zero calories when consumed without adding sugar or honey. It also doesn't**

contain any caffeine.

8. It also treats dizziness and acts as a stimulant.

9. It helps to cure pimples and fight acne.

Eye supplements

Lutein is an antioxidant carotenoid a pigmented nutrient that is responsible for the yellow colors of fruits and vegetables and is present in the highest quantities of dark, leafy green vegetables. You're born with a certain amount of lutein in your eye, but your body doesn't reproduce it.

Why is lutein important to my sight?

The macula is the region of the retina responsible for central vision. It's also the area that is most sensitive to blue light, the part of the visible light spectrum that, along with ultraviolet light, can damage your eyes. Lutein helps protect against this damage by filtering blue light before it can damage the macula.* If sunglasses are the first line of defense against blue light, lutein is the last.

How much lutein do I need?

Without adequate consumption, the amount of lutein in the eye may deplete with age. Leading doctors recommend you get at

least 6 mg of lutein per day to help maintain proper eye health. Since your body doesn't make lutein, you must constantly replace it with the foods you eat. Dark, leafy green vegetables like spinach or kale are especially good sources. But you'd have to eat over 2 bowls of raw spinach every day to get the recommended daily dose of 6 mg of lutein. Taking a multivitamin may help, but many multivitamins contain only a fraction of the recommended 6 mg of lutein. In fact, the leading multivitamin contains just .25 mg of lutein – a mere 4% of the recommended amount.

The Eyes: A direct extension of the liver

The eyes have been referred to by many cultures as "The windows of the soul." According to Chinese medical theory, the eyes are the gate of the liver and are controlled by the liver system. The eyes are the bridge between the liver and the outside world. They are an outward expression of the healthy state of the liver.

Healthy functioning of the liver allows the eyes to distinguish colors. A common clinical condition where this situation is most evident in the Western medical diagnosis of retinitis pigmentosa and color-blindness. In this circumstance color perception is not clearly distinguishable from the eyes, indicating poor liver function. When a person is experiencing any chronic and /or degenerative problem with the vision the liver is always involved on some level because in Chinese medicine "the liver opens into the eyes."

Here is a tool you can use to help
with eye massage



panga0 Eye Massager PG-2404G1 Air pressure massage Temple Acupressure + free gift

—

Enhance and maintain eye health

Eliminates computer eye syndrome

Fatigue elimination and sound sleep