

**What do doctors say about  
eyelash growth and  
enhancement techniques?**

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**On week 353 we are sharing what do doctors say about eyelash growth and enhancement techniques? Thank you for your visits, likes, and shares. So many of you have been with us for so many years we very grateful for it, thank you from all of us.**

# An introduction to eyelash hypotrichosis and why women are trying to grow longer eyelashes.

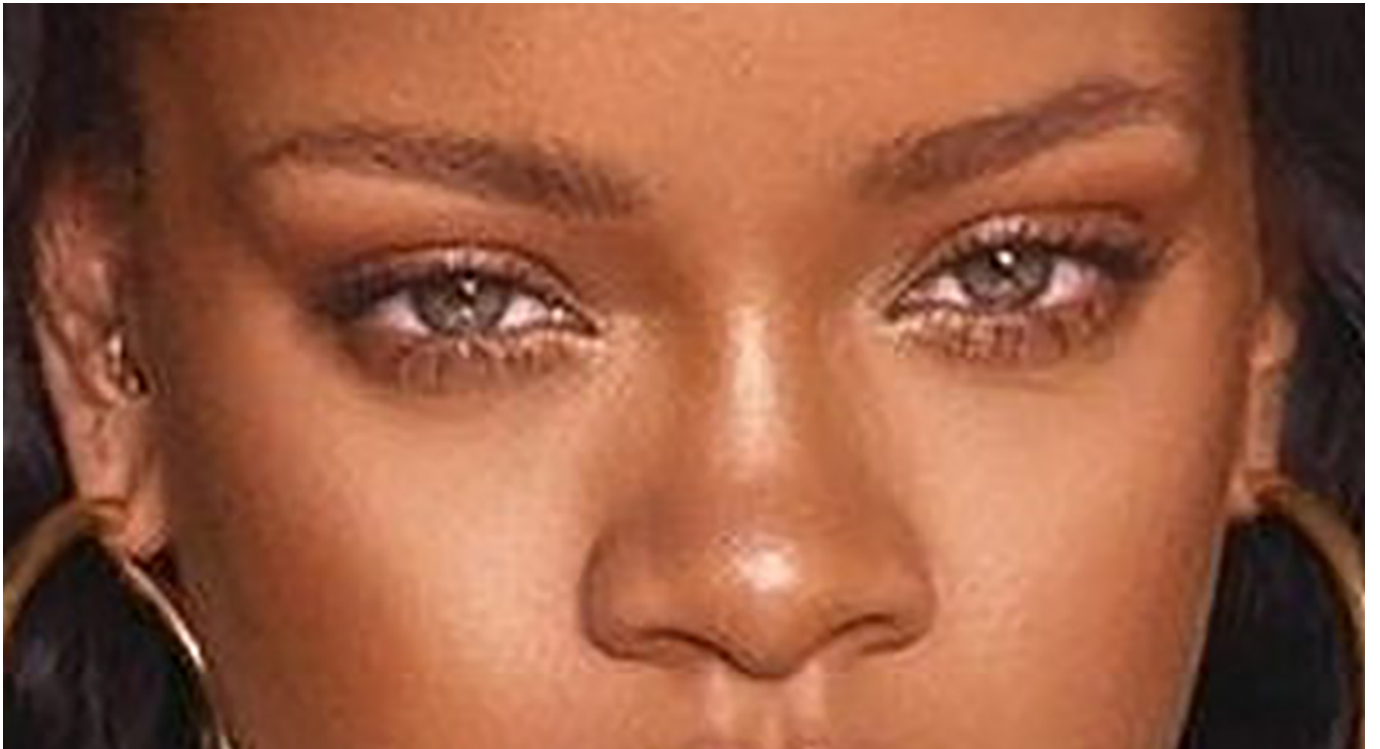
## What causes eyelash hypotrichosis?

- *Summary: Eyelash hypotrichosis is defined as having lower than average length, thickness, and/or a number of eyelashes. Causes of eyelash hypotrichosis include hereditary, aging, chemotherapy, medical treatment, eye surgery, and physical trauma.*
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2861943/>
  - Causes of eyelashes hypotrichosis are many, including hereditary, aging, chemotherapy, other medical treatment and unknown causes. Physical trauma involving the face, eye surgery, and trichotillomania may also cause thin or absent lash growth
- <https://www.latisse.com/FAQs.aspx>
  - Eyelash hypotrichosis is the medical name for having inadequate or not enough lashes. Eyelash hypotrichosis is defined as having lower than average length, thickness and/or the number of eyelashes.
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4828511/>
  - Physiologically, during the period of pre-menopause in women density of estrogen in the blood lowers with the natural rise of androgen concentration, which might be the cause of androgenic hair loss.

There are lots of “tips” on how to grow your eyelashes online. Some of them definitely have no scientific evidence behind it at all and some of them are just commercial advertising, so it would be great to get some professional opinions on them.

A brief introduction to the doctor: Dr. Sandy Skotnicki  
<https://g.co/kgs/8fmqtJ>

## **prevalent tips for growing eyelashes on the Internet**



## 1 Coconut oil

Online sources: Not only is coconut oil nutritious, it is also a miracle product for your body, especially as a treatment for dry hair and dry skin. Its natural properties hydrate and

encourage growth in hair, and I recently found out that the same principle applies to eyelashes. So I got myself some virgin 100% organic coconut oil to find out what the fuss is about.

What does the doctor say?

“There is no scientific data to support the use of coconut for prevention of eyelash loss or to help the eyelashes grow longer. Applying vaseline around the eyes can cause inflammation/irritation for some people”

## **2. Castor oil**

What does the doctor say?

it is really the only herbal treatment shown in limited research to potentially improve hair loss and women use it for regrowing eyelashes and eyebrows.

## **3. Cutting eyelashes so that it will grow stronger and longer**

What does the doctor say?

“There is no data on this.”

# Medical Treatments for Eyelash Growth







### 1. Bimatoprost (Latisse)

Approved source Hair follicles have a cyclical behavior pattern. The growth phase of the eyelash lasts approximately 30 days. Although the exact mechanism is unknown, it is believed that Latisse increases the proportion of hair follicles in the growth phase of the hair cycle.

The most common side effects include an itching sensation, eye redness, skin darkening, eye irritation, dryness of the eyes, and redness of the eyelids. While very infrequent, increased

*brown iris pigmentation of the colored part of the eye has occurred, which is likely to be permanent.*

<https://www.latisse.com/FAQs.aspx>

<http://www.latisse.com/SafetyAndSideEffects.aspx>, [Latisse prescribing information](#)

- The most common side effects after using LATISSE® solution are an itching sensation in the eyes and/or eye redness. This was reported in approximately 4% of patients in the clinical study. LATISSE® solution may cause other less common side effects, which typically occur on the skin close to where LATISSE®
  
- is applied or in the eyes. These include skin darkening, eye irritation, dryness of the eyes and redness of the eyelids.
- This is one of the most common questions I get asked. LATISSE® use may cause increased brown iris pigmentation of the colored part of the eye which is likely to be permanent. While very infrequent, increased iris pigmentation has occurred when LATISSE® solution was administered. Do not apply LATISSE® in your eye or to the lower lid. Ask your doctor for complete application instructions.

What does our doctor say?

It's "clinically proven". Latisse or the drug Bimatoprost can thicken and lengthen fine hairs – eyelashes and in some cases eyebrows when used regularly. This is because the hair follicle stays in a growth cycle for a longer period of time before it is shed.

## Non-medical options to boost eyelash appearance

### 1. Extension

Online source: A basic set (typically 70 to 80 lashes per eye) can range anywhere from \$100 to \$400 and because eyelashes grow and eventually fall out, you've got to go back every few weeks for fill-ins, which can cost anywhere from \$50 to \$165, depending on how many new lashes you need.

What does the doctor say?

Eyelash extensions can damage the natural lash. some women may be allergic to or develop an allergy to the adhesive that is used.

### 2. Lash-boosting mascara Mascara

Online Source: A blend of arginine, acid proteins, and Pro-Vitamin B5, etc helps eyelashes grow.

What does the doctor say?

"There is no scientific evidence to back them up."

## Summary

There are too many unverified "facts" floating on the internet. It's always advised to consult a "true" doctor online or offline.

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Additional Q&A to Consider

1. **In terms of diet, what can we do to naturally grow stronger, fuller lashes? What foods should we be eating, and what in those foods is helping hair growth? How does that process work?**

What does the doctor say?

From review article on supplements and hair growth  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6380979/#>

Eyelashes are continuously lost and replaced. The growth phase is typically around 3 months and then the hair follicle sheds the hair and a new one grows. A diet with supplements that help with hair growth would be beneficial, but the science is scant.

Unfortunately, there is a lot of information on the internet about biotin in the diet (eggs are high in biotin) as well as biotin supplements for hair growth – but there is little scientific evidence that biotin improves hair growth in normal individuals.

There is some evidence that selenium may help hair growth. A study showed newly forming hairs take up selenium after receiving trace elements in the blood. Brazil nuts are rich in selenium. But too much selenium can make hair brittle.

Vitamin D can be helpful in patients who have hair shedding on the scalp. The research is unclear for eyelashes. Foods high in vitamin D include fatty fish, beef liver, cheese, and mushrooms.

At the present time, there is insufficient research to suggest zinc, riboflavin, folic acid or Vit B 12 rich foods help with hair growth.

- 1. How can makeup affect the health of our lashes? What steps can we take to prevent negative effects, and are there specific ingredients we should avoid? Are there any types of makeup or ingredients that are healthful for our lashes?**

What does the doctor say?

Mascara can damage the eyelashes if not removed nightly and it builds up. It can lead to loss of eyelashes. Using eyelash curlers that are not cleaned can also lead to loss as the eyelashes can stick. I counsel to avoid extensions; the glue can lead to loss of natural eyelashes and at times allergic reactions. Some oils can moisturize the eyelashes like castor oil but there is no evidence they lead to increased growth.

- 2. Why is using an eyelash comb important? What does an eyelash comb actually do in terms of making your lashes more luscious?**

What does the doctor say?

I would not say they are vital to the eyelash health, but they can impart a bit of a curl and help separate lashes for easier application of mascara.

- 3. What should we avoid if we want to naturally grow thicker, longer lashes? Why?**

What does the doctor say?

Trauma to the eyelashes via curlers and mascara that is not removed regularly. Wearing waterproof mascara routinely which is harder to remove again can lead to trauma and loss of eyelashes.

- 4. How effective are the following home remedies to apply to the eyelashes for growth? Which ones might actually help, and which ones should be avoided?**

What does the doctor say?

Moisturizing your eyelashes just like your hair can make it more subtle and if it is less dry or brittle will keep it healthier. Avoid products with a multitude of ingredients that could irritate the delicate eye area. Castor oil is a good option for moisturizer.

**EVEDARE Advanced Eyelash Growth Serum with Enhancing Peptides and Botanical Vitamins for Longer, Thicker, Fuller Lashes, Natural Extracts Improve Strength, Reduce**



Luxury Lash Enhancing Serum – EVEDARE eyelash serum has been scientifically tested to produce stronger, thicker lashes with fuller volume in just weeks thanks to the all-natural plant extracts and essential vitamins your lashes need.

Promote Healthy, Active Growth – Packed with Ginkgo Biloba, Bergamot, and Red Onion extracts our lash growth serum works to nourish hair and enhance circulation from root to tip while creating thicker, fuller results you'll love.

**LiLash Purified Eyelash Physician-**  
**Formulated Serum for Fuller &**  
**Longer Looking Eyelashes**









PHYSICIAN FORMULATED SERUM – Using groundbreaking technology and a unique formula blended with the finest ingredients, LiLash conditions and nourishes follicles to boost the appearance of length, thickness and curl of your lashes so that you can be your best, authentic self

90-DAY SUPPLY (2mL) – Use for 90 DAYS for FULL RESULTS! In less time than it takes to swipe on a single coat of mascara, transform your very own lashes into LiLashes, by using LiLash Purifying Eyelash Serum. Your LiLashes will begin to wake up around 4 weeks and reach full bloom in 60-90 days

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## **Ayurveda and Fall part 2**

### **Ayurveda and Fall part 2**

**The Vata Dosha is the one connected with Fall lets find out what Vata is about:**



# *Vata*

*space and air*



In week 352 we are sharing the Vata dosha predominates, movement and change are characteristic of the nature of Vata. You tend to always be on the go, with an energetic and creative mind. As long as Vata is in balance, you will be lively and enthusiastic, with a lean body, Energy that controls bodily functions associated with motion, including blood circulation, breathing, blinking, and your heartbeat.

- In balance: There are creativity and vitality.
- Out of balance: Can produce fear and anxiety.

Vata Predominant Types: Creative; Quick to learn and grasp new knowledge, but also quick to forget, Slender; Tall and a fast-walker; Tendency toward cold hands and feet, discomfort in cold climates; Excitable, lively, fun personality; Changeable moods; Irregular daily routine; High energy in short bursts;

tendency to tire easily and to overexert; Full of joy and enthusiasm when in balance; Responds to stress with fear, worry, and anxiety, especially when out of balance; Tendency to act on impulse; Often have racing, disjointed thoughts; Generally have dry skin and dry hair and don't perspire much.

JeevaLifestyle.com

facebook.com/JeevaLifeStyle



## How to Remedy Common Vata Imbalances

### Vata-Pacifying Guidelines

#### Daily Regime

- . Rise daily by 6am
- . Daily bowel movement
- . Abhyanga wt sesame oil
- . Shower and Pray/Meditate
- . Time for rest & reflection
- . Yoga/walking/short hikes
- . Listen to soothing music
- . Keep warm
- . Get enough sleep 7- 8 hrs
- . Meditate & bed by 10pm

#### Daily Meals

- . Breakfast by 8am
- . Lunch 12pm - 1pm
- . Dinner by 7pm
- . Favor warm and freshly cooked
- . Favor Sweet, Sour, and salty foods
- . Minimize intake of raw foods
- . Avoid cold foods and drinks

#### Legumes

- . Mung beans
- . Red lentils
- . Tofu/Tempeh

#### Grains

- . Rice
- . Quinoa
- . Wheat
- . Cooked Oatmeal

#### Veggies

- . Asparagus
- . Zucchini
- . Carrot
- . Beets

#### Fruits

- . Banana
- . Avocado
- . Apricot
- . Berries

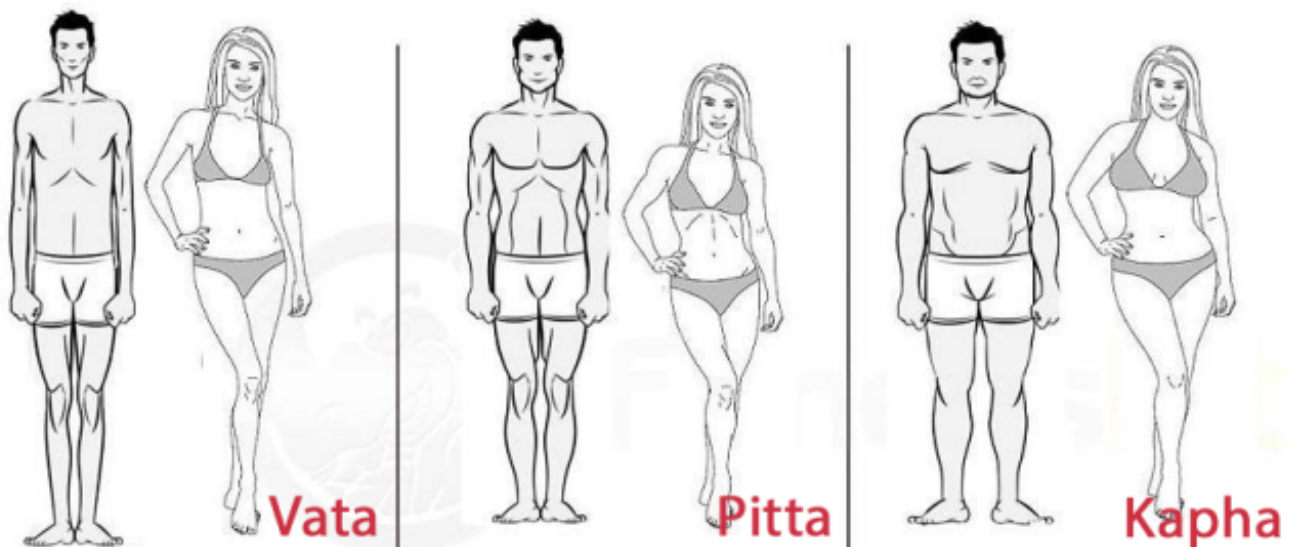
#### Spices

- . Cardamom
- . Cumin
- . Ginger
- . Cinnamon

#### Fats/Oils

- . All Soaked nuts and Seeds
- . Coconut oil
- . Olive oil

# Physical Characteristics



Those with a predominance of Vata dosha usually have a thin, light frame and excellent agility. Their energy comes in bursts and they are likely to experience sudden bouts of fatigue. Vata's typically have dry skin and hair and cold hands and feet. They sleep lightly and their digestion can be sensitive. When the Vata dosha becomes imbalanced, it manifests in the body as weight loss, constipation, hypertension, arthritis, weakness, restlessness, and digestive challenges.

## Emotional Characteristics

Vatas love excitement and new experiences. They are quick to anger but also to forgive. When Vata is in balance, they are energetic, creative, and flexible. They also take initiative and are lively conversationalists. When unbalanced, they are prone to worry and anxiousness and often suffer from insomnia. When they feel overwhelmed or stressed, their response is, "What did I do wrong?"

The influence of Vata's ether and air contributions, we can feel light, carefree, and creative or spacey, scattered, and unstable. The etheric nature of Vata creates a sense of space, in which you may feel free or lost if it is not balanced. The airy aspect of Vata can inspire productivity or promote anxiety. Ayurveda teaches that like increases like much like the law of attraction, isn't it?. If you are dominantly Vata by nature or are consistently influenced by Vata, you are more likely to experience the negative effects of excess Vata during the Vata season.

**Who determines what Dosha we are  
and where it comes from?**



VATA	KAPHA	PITTA
<p><b>LATE FALL/EARLY WINTER</b> COLD, DRY, LIGHT, SWIFT, MOBILE, IRREGULAR, ROUGH</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Thin, light and wiry frame, long and tapered fingers and toes, small dark eyes, smaller mouths and thin lips.</li> <li><input type="checkbox"/> Dryness of skin, hair, lips and joints. Irregularity in bones, teeth, hair, spine ect (scoliosis).</li> <li><input type="checkbox"/> Extreme sensitivity to cold, wind, and dry weather.</li> <li><input type="checkbox"/> Cold extremities, such as hands, feet, and nose.</li> <li><input type="checkbox"/> Erratic appetites and irregular digestion.</li> <li><input type="checkbox"/> May suffer from arthritis, fibromyalgia, anxiety, migraines</li> <li><input type="checkbox"/> Irregular menstrual cycles with premenstrual physical and emotional symptoms.</li> <li><input type="checkbox"/> Light, restless sleep.</li> <li><input type="checkbox"/> Very active mind. Creative, artistic with imaginative ideas. Ideas change often. Open and tolerant of others. Energetic but sporadic.</li> </ul>	<p><b>LATE WINTER/EARLY SPRING</b> COOL, WET, OILY, HEAVY, DENSE, STATIC, STABLE</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Stocky build, large and strong frame, tendency to gain weight easily, and well-developed chest. Large and attractive blue or light brown eyes, thick eyelashes, round faces with full lips .</li> <li><input type="checkbox"/> Soft, thick, oily hair that is wavy and plentiful.</li> <li><input type="checkbox"/> Intolerant of cold, damp environments.</li> <li><input type="checkbox"/> Cool extremities that may be clammy (cool sweaty palms/feet).</li> <li><input type="checkbox"/> Steady appetite with slow but regular bowel movements and minimal urination.</li> <li><input type="checkbox"/> Tendency towards colds, congestion, allergies, water retention, and sluggish digestive systems.</li> <li><input type="checkbox"/> Regular menstrual cycles with little premenstrual symptoms</li> <li><input type="checkbox"/> Heavy sleepers with tendency to over sleep</li> <li><input type="checkbox"/> Easy going, fun loving, patient, slower moving, endurance, grounded deposition, resistance towards change</li> </ul>	<p><b>SUMMER</b> HOT, OILY, LIGHT, LIQUID, MOBILE, SHARP, SOFT, SMOOTH</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Medium-sized build, moderate muscle tone, ruddy coloring, medium sized eyes that are light in color.</li> <li><input type="checkbox"/> Skin is fair, warm, reddish, soft, and moist. Many freckles and moles, with a tendency towards rashes or acne. Soft, thin, light-colored or reddish hair, tendency to grey or bald early.</li> <li><input type="checkbox"/> Burn easily in sun. Sensitive to heat and humidity.</li> <li><input type="checkbox"/> Extremities are warm with good circulation.</li> <li><input type="checkbox"/> Robust, healthy appetites. Become irritable if they skip a meal.</li> <li><input type="checkbox"/> Prone to inflammation of muscles and tissues, especially in the shoulders and middle back where they accumulate stress. Indigestion, heartburn.</li> <li><input type="checkbox"/> Regular menstrual cycles with heavy bleeding and PMS.</li> <li><input type="checkbox"/> Light but moderately good sleep. Often overheat during sleep with tendency to burn candle at both ends.</li> <li><input type="checkbox"/> Intelligent, powerful, clear, focused mind. Aggressive, quick temper, competitive, workaholic, overly ambitious, great conversationalists.</li> </ul>

Here is a quick test to find out what Dosha you are:

Here is a great site to determine what dosha you are: [Chopra Dosha Quiz](#)

Prakriti is our basic constitution. This is determined at the moment of conception and relates to your genetically inherited physical and emotional qualities. Prakriti specifically relates to those qualities, characteristics, and tendencies that are the stable makeup of ourselves. For instance, while you may experience temporary changes, like gaining or losing ten pounds, feeling nervous or irritable, developing a cold or flu, to mention a few, in the natural course of life you will never gain or lose five inches on your height or experience a change of eye color unless is a major affection, but not in our normal state of health.

Prakriti is enlivened and described by three main doshas or forces: Vata, Pitta, and Kapha. These are loosely translated as Air, Fire, and Earth, respectively. Each of us has all three doshas in our constitution, in our unique proportions.

In Ayurveda, seven dosha-predominant Prakritis are described: Vata-predominant, Pitta-predominant, Kapha-predominant;

Three dual Prakritis,

Where two doshas are equally, or nearly equally predominant: Vata-Pitta predominant, Pitta-Kapha predominant

And Vata-Kapha predominant

And one Prakriti that has all three doshas equally prominent: Vata-Pitta-Kapha predominant.

Note: Even a thoughtful test cannot take the place of an evaluation by a qualified Ayurvedic practitioner. The results of this test may give a good indication of the primary doshas in your Prakriti but the evaluation of your practitioner may be more accurate.

Vata governs movement in the body, the activities of the nervous system, and the process of elimination.

## Qualities of Vata:

# QUALITIES OF VATA

- Dryness • Lightness • Coldness • Roughness
- Minuteness • Movement

## The 5 Elements



## 10 pairs of opposing qualities:

Furthermore, each of the 5 elements has a unique combination of basic qualities.

Heavy / Light  
Cold / Hot  
Oily / Dry  
Slow / Fast  
Gross / Subtle  
Sticky / Clear

These five elements containing differing proportions of the opposing qualities in turn joins together categories termed as "Doshas."

## Basic Doshas

Doshas are also known as mind-body types, subtle energies that cannot be perceived but that express particular patterns - unique blends of physical, emotional, and mental characteristics.



VATA



PITTA



KAPHA



*Green Gram* Ayurveda Wellness Village

- Cold
- Light
- Dry
- Irregular
- Rough
- Moving
- Quick
- Changeable

As the external environment changes during the Vata season, your internal environment can experience the same type of changes; dry leaves, dry skin; crackly leaves, crackly joints; shorter days, shorter attention span; colder days, colder extremities, windy days, windy bowels. The qualities of Vata dosha are found in the disorders that are common at this time of year. By observing the processes of Mother Nature, you can better understand the processes of your body, mind, and spirit.

Applying the Ayurvedic principle that opposite actions create balance, you can maintain balance during the Vata season by emphasizing lifestyle and food choices that are grounding, stabilizing, warming, moisturizing, and softening. You can stay calm and connected in this whirlwind season with a consistent practice that includes nourishing and protective measures. Ayurveda promotes simple and regular routines as having a deeper effect on balancing Vata than an 'as needed' approach.

Offered here are Ayurvedic recommendations for enjoying the Vata season with stability and serenity:

Fall is a time of transition. It is evident everywhere around you. Many trees and shrubs are quietly undressing in

preparation for the winter. There is a subtle browning of the earth. Temperatures, which, just a few weeks ago were raging with the intense heat of summer, are beginning to hint at the telltale crispness of autumn. And there is the wind: slowly gathering strength, carrying the tides of winter on its breath. The autumn harbors a certain emptiness that can leave us feeling exposed and a little raw, but it is also filled with possibility—a time when we, too, can strip down to a quiet essence of being and savor the simplicity. The fall brings with it a predominance of air element and prana (the vital breath, the subtle essence of life) is abundant in the atmosphere. Autumn is dry, rough, windy, erratic, cool, subtle, and clear. These are all qualities shared by Vata dosha, and because like increases like, autumn is considered a Vata season. This same principle illustrates why taking a few simple steps to balance Vata this fall can be tremendously beneficial.

Ayurveda considers a seasonal routine an important cornerstone of health, year-round. Balancing the nature of your local climate with lifestyle choices that offset the potential for seasonally-induced imbalances is one of the simplest ways that you can protect your well-being. But keep in mind that the seasons vary widely from one place to another, as do the qualities that they engender. “Vata season” is whatever time of year most embodies the attributes that characterize Vata dosha: dry, light, cold, rough, subtle, mobile, and clear (or empty). Autumn is the classic Vata season. However, depending on where you live, the dry and expansive qualities of Vata may be prevalent components of your environment as early as summer, and the autumn may be followed by a very drying, cold, isolating, and/or windy winter.

Beginning to observe your environment from this qualitative perspective empowers you to respond to both daily and seasonal fluctuations in your local climate. The truth is that many of us adopt seasonally appropriate habits already, without even being conscious of doing so. For instance, summer is a time

when we often enjoy salads and watermelon in abundance, both perfect antidotes to the heat and intensity of the summer. Whereas by October and November, we're often baking delicious pumpkin bread and dining on hearty, grounding soups—foods that naturally subdue the dry, light, and erratic nature of the fall. By making diet and lifestyle choices that counter the effects of each season, you can better maintain your internal sense of equilibrium throughout the year

If we consider the Ayurvedic principle that opposites balance, Vata season (which is cool, light, dry, windy, and unpredictable) will be less aggravating if you fill it with warmth, oiliness, deep nourishment, loving relationships, and a sense of stability, routine, and groundedness. In addition, you may find it helpful to familiarize yourself with signs and symptoms of a Vata imbalance so that you are better prepared to address those immediately if they do arise. The following recommendations are appropriate for most people, but if you know your constitution or your current state of balance, you can tailor your seasonal routine appropriately. Below the general recommendations that follow, you will find links to more dosha-specific considerations.

Your diet is a powerful way to soothe Vata this fall. Substantive, oily, nourishing foods that are high in protein, high in fat, brought to life with warming, stimulating spices, and served hot, will go a long way toward maintaining your internal reserves of moisture and keeping you grounded through the Vata season. You'll also want to favor the sweet, sour, and salty tastes. In general, eat mushy, soft foods, and garnish them generously with ghee or oil. Breakfasts of cooked grains—like oatmeal, tapioca, cream of rice, and cream of

wheat—are perfect at this time of year. Lunches and dinners that include steamed vegetables, hearty grains, soups, and stews are grounding and moisturizing. If you eat meat and eggs, this is one of the best times of year to enjoy them. Dairy products and most nuts and seeds are also beneficial. In general, you'll want to reduce your consumption of raw vegetables, cold and frozen foods, as well as the bitter, pungent, and astringent tastes. It is best to minimize light, cooling, and drying foods like broccoli, cabbage, cauliflower, sprouts, leafy greens, white potatoes, beans, popcorn, crackers, millet, and dried fruit. If you do eat these foods, eat them in moderation and make sure that they are soaked, well-cooked, or served with ghee.

You may find that, during the course of the fall, you'll naturally want to increase your intake of food, but be careful to follow the lead of your appetite and digestion. This is also a great time of year to do a mono-diet type of cleansing. Vata requires adequate nourishment so it is best to avoid fasting.

## **The following is a list of ideal Vata season foods:**

Fruits to Favor

Apples (cooked)

Avocados

Bananas

Dates

Figs

Grapefruit

Grapes



Lemons

Limes

Mangoes

Oranges

Papayas

Prunes (soaked)

Raisins (soaked)

Tangerines

Vegetables to Favor

Beets

Carrots

Chilies

Garlic

Okra

Onions

Pumpkins

Squash, Winter

Sweet Potatoes

Grains to Favor

Amaranth

Basmati Rice

Brown Rice

Oats

Quinoa

Wheat

Legumes to Favor

Kidney Beans

Miso

Mung Beans

Tur Dal

Urad Dal

Nuts and Seeds to Favor

All nuts and seeds are supportive of Vata season

Dairy to Favor

Butter

Buttermilk

Cheese

Cream

Ghee

Kefir

Milk (not cold)

Sour Cream

Yogurt

Animal Products to Favor (If You Eat Them)

Beef

Buffalo

Chicken

Crab

Duck

Eggs

Fish

Lobster

Oysters

Shrimp

Turkey

Venison

Oils to Favor

Almond Oil

Ghee

Olive Oil

Peanut Oil

Safflower Oil

Sesame Oil

Sweeteners

Honey

Jaggary

Maple Syrup

Molasses

Rice Syrup

Sugar (Raw)

Spices to Favor (All Spices Are Good for Vata Season)

Allspice

Anise

Asafoetida (Hing)

Basil  
Bay Leaf  
Black Pepper  
Cardamom  
Cinnamon  
Clove  
Cumin  
Dill  
Garlic  
Ginger  
Mustard Seeds  
Nutmeg  
Oregano  
Paprika  
Parsley  
Rosemary  
Saffron  
Turmeric

## Vata Season Lifestyle Choices

One of the most effective ways to support Vata is by establishing a daily routine. Try to do the same things (wake up, exercise, eat meals, go to bed, etc.) at roughly the same time each day. Set the tone for your day by rising early, taking full advantage of the silence, stillness, and peace that are intrinsic to the early morning hours. Then, you can calm your nervous system, awaken your tissues, and ground your energy by massaging your skin with warm, organic Sesame Oil. Follow this practice with a warm, relaxing shower, leaving a coat of oil on the skin to absorb throughout the day. Steam baths and humidifiers can help to preserve internal moisture as well. Some gentle yoga and ten to fifteen minutes of

meditation will further your sense of stability and wellness. If you enjoy a little fragrance, vetiver, geranium, and citrus essential oils are very appropriate this time of year. Dress in autumn colors when appropriate—reds, yellows, oranges, and whites—and wear enough clothes that you stay warm throughout the day. When you step out into the elements, cover your head and ears to protect them from the biting wind and cold. If possible, minimize your exposure to drafts, loud noise, aggressive music, fast driving, and excessive sexual activity. Try to be in bed by 10 p.m. so that you get plenty of rest before dawn.

## Vata Season Exercise

The best times of day to exercise are in the early morning and evening hours (6–10 a.m. and 6–10 p.m.). Vata is very easily aggravated by fast, mobile activities, so consider slow, gentle, strengthening forms of exercise instead. Walking, hiking, swimming, biking, yoga, and tai chi are good choices, provided they are done at an appropriate level of intensity. Ideally, exercise at about fifty to seventy percent of your capacity, breathing through your nose the entire time. And remember to balance your activity with adequate relaxation and sleep so that your tissues can rejuvenate properly.

## Vata Season Yoga

Incorporating a sense of warmth, grounding, stability, and focus on your yoga practice has a profoundly calming effect on Vata and can work wonders during the Vata season. Your breath should be deep and fluid. If you practice pranayama (yogic breathing exercises), alternate nostril breathing is very balancing this time of year. In your asana practice, favor Vata-pacifying yoga. Warm-up slowly and include some joint rotations. Move with intention and fluidity—grounding the hands and the feet on the mat whenever possible—and avoid jumping between postures. Gentle flows like a relaxed sun salutation are perfect for Vata. You can also favor standing and balancing poses such as mountain, warrior I, warrior II, and tree pose to increase stability and strength. Connect with the earth beneath you in poses such as thunderbolt, cat-cow, cobra, and child's pose, and quiet the mind with forwarding bends such as intense westward stretch. Gentle inversions and restorative poses such as legs up the wall are also very good for Vata. Close your practice with a long corpse pose, covering yourself with a blanket so that you don't get chilled.

#### Herbal Support for Vata Season

Taking Chyavanprash in the morning can help to reinforce immunity, strength, and energy during the autumn season. Ashwagandha is stabilizing to the mind and nervous system, and can promote sound sleep, strong digestion, proper elimination, and appropriate strength; it is available as a powder, tablet, and liquid extract. Similarly, herbal teas made from ginger, licorice, or a combination of cumin, coriander, and fennel, can help to promote proper digestion and warmth. Another grounding, vitalizing herbs and formulas include Dashamula, Haritaki (also available in tablets), Triphala (also available in tablets), and Vidari. The following herbal tablets are also

generally quite supportive during the Vata season: Healthy Vata, Joint Support, Mental Clarity, Stress Ease, Tranquil Mind, and Vata Digest.

More Specific Support for Your System

The following links to dosha-specific recommendations are intended to assist you in offering more personalized support to your particular constitution. If you don't know yours, consider taking our simple Prakriti quiz, and then choose the appropriate link below to further customize your seasonal routine.

Remember, a seasonal routine is an investment in your own health and vitality. And while the specifics may vary from one person to the next, we all stand to benefit from aligning ourselves with the rhythms of nature throughout the year. This fall, embrace the unique gifts of autumn and—with the help of an appropriate seasonal routine—enjoy it from a place of stability, humility, and gratitude.

Ayurveda is an ancient science based on elemental principles that pertain to life on earth. Ayurveda recognizes the elements of ether, air, fire, water, and earth as the building blocks of the natural world. According to Ayurveda, these five elements pair-up in three combinations to form the primary forces of nature called doshas. Ether and air form Vata dosha. Fire and water make up pitta dosha. Water and earth create Kapha dosha.

Under the influence of Vata's ether and air contributions, you can feel light, carefree, and creative or spacy, scattered, and unstable. The etheric nature of Vata creates a sense of space, in which you may feel free or lost. The airy aspect of Vata can inspire productivity or promote anxiety. Ayurveda teaches that like increases like. If you are dominantly Vata by nature or are consistently influenced by Vata, you are more likely to experience the negative effects of excess Vata during the Vata season.

As the external environment changes during the Vata season,

your internal environment can experience the same type of changes; dry leaves, dry skin; crackly leaves, crackly joints; shorter days, shorter attention span; colder days, colder extremities, windy days, windy bowels. The qualities of Vata dosha are found in the disorders that are common at this time of year. By observing the processes of Mother Nature, you can better understand the processes of your body, mind, and spirit.

Applying the Ayurvedic principle that opposite actions create balance, you can maintain balance during the Vata season by emphasizing lifestyle and food choices that are grounding, stabilizing, warming, moisturizing, and softening. You can stay calm and connected in this whirlwind season with a consistent practice that includes nourishing and protective measures. Ayurveda promotes simple and regular routines as having a deeper effect on balancing Vata than an 'as needed' approach.

Offered here are Ayurvedic recommendations for enjoying the Vata season with stability and serenity

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## **Halloween History, Tutorials,**

**Recipes, Pumpkin Carving and  
More...**

**Halloween History, Tutorials,  
Recipes, Pumpkin Carving, and  
More...**





Hello everybody, first of all, we would like to thank you for your enormous support and the thousands of visits and loving messages, we are so thankful.

On week 352 we are sharing fantastic insights into Halloween culture, foods, and pumpkin carvings by one of the most talented artists, a lot of research and love has gone to the post, enjoy share and like if you do, be safe and remember your health so let's consume small amounts of SUGAR, if possible.

From all of us at [isabelsbeautyblog.com](https://isabelsbeautyblog.com)

Here is a gift from us, the tutorials from Rick Baker, WOW! what a treat from a master. He has set such an example for all of us in the make-up industry, he is excellence and perfection with such grace. We are honored to share these with you.

We thought that it would be fun to share carving pumpkins with an amazing artist and sculptor as Andy Bergholtz. WOW! again another gift to complete Halloween post #2. We added some fun easy recipes, enjoy and share with your friends and family, and don't forget to click LIKE to keep us going, thank you, thank you from all of us.

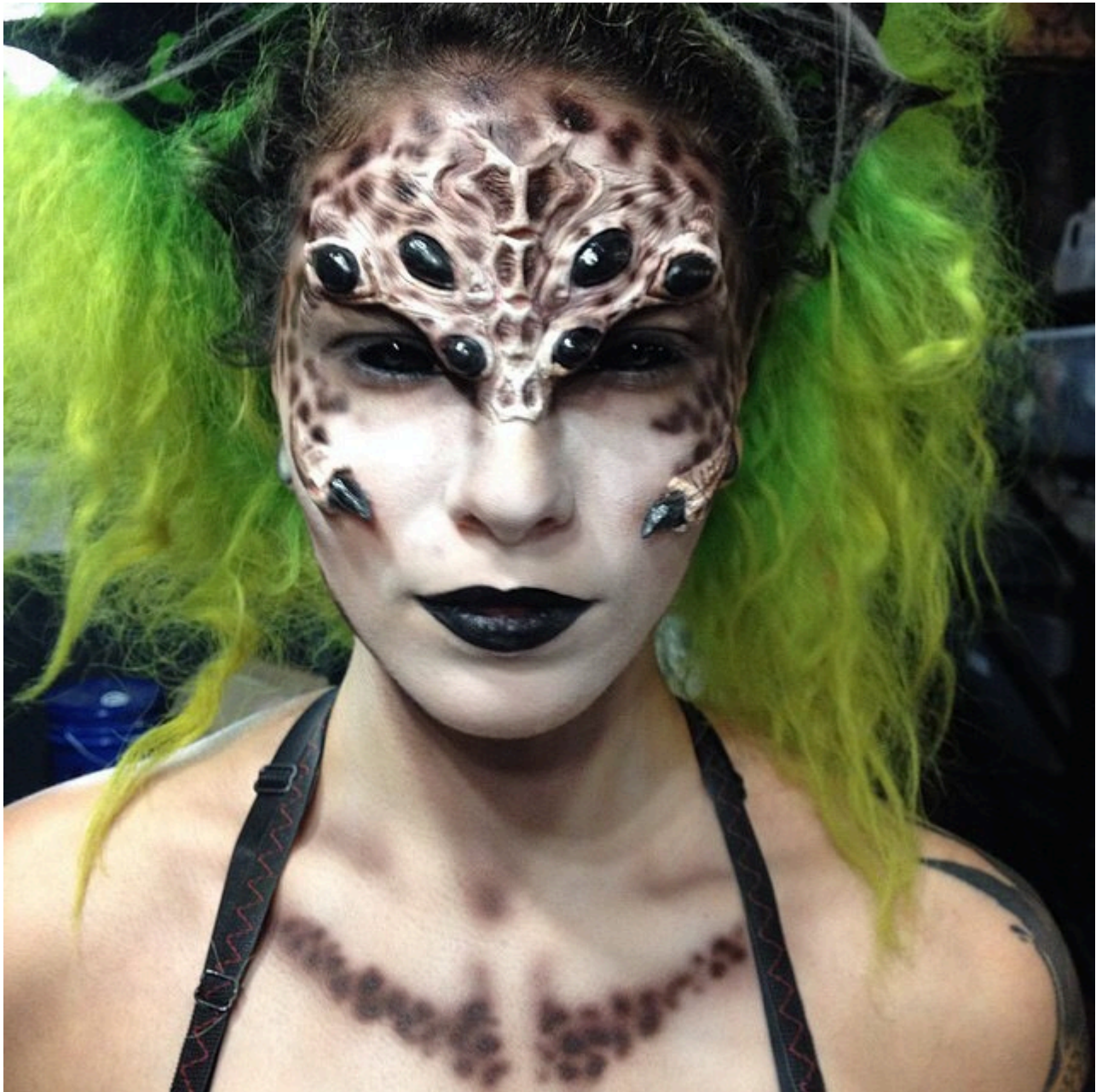
We wish you health, happiness, and your ideal success.

## History of Halloween

from [www.halloweenhistory.org](http://www.halloweenhistory.org)

Halloween is a holiday celebrated on the night of October 31. The word Halloween is a shortening of All Hallows' Evening also known as Hallowe'en or All Hallows' Eve.

Traditional activities include trick-or-treating, bonfires, costume parties, visiting "haunted houses" and carving jack-o-lanterns. Irish and Scottish immigrants carried versions of the tradition to North America in the nineteenth century. Other western countries embraced the holiday in the late twentieth century including Ireland, the United States, Canada, Puerto Rico, and the United Kingdom as well as Australia and New Zealand.



Halloween has its origins in the ancient Celtic festival known as Samhain (pronounced "sah-win").

The festival of Samhain is a celebration of the end of the harvest season in Gaelic culture. Samhain was a time used by the ancient pagans to take stock of supplies and prepare for winter. The ancient Gaels believed that on October 31, the boundaries between the worlds of the living and the dead overlapped, and the deceased would come back to life and cause havoc such as sickness or damaged crops.

The festival would frequently involve bonfires. It is believed that the fires attracted insects to the area which attracted bats to the area. These are additional attributes of the history of Halloween.

Masks and costumes were worn in an attempt to mimic the evil spirits or appease them.

**Make up Examples for Reference**



















**Make up by Rick Baker**



**Face Painting by Alexander-khokhlov**









Trick-or-treating, is an activity for children on or around Halloween in which they proceed from house to house in costumes, asking for treats such as confectionery with the question, "Trick or treat?" The "trick" part of "trick or treat" is a threat to play a trick on the homeowner or his property if no treat is given. Trick-or-treating is one of the main traditions of Halloween. It has become socially expected that if one lives in a neighborhood with children one should purchase treats in preparation for trick-or-treaters.

## Halloween around the world

from: <http://www.novareinna.com/festive/world.html>  
and <http://www.travelchannel.com/interests/haunted/articles/halloween-around-the-world>

As one of the world's oldest holidays, Halloween is still celebrated today in several countries around the globe, but it is in North America and Canada that it maintains its highest level of popularity. Every year, 65% of Americans decorate their homes and offices for Halloween...a percentage exceeded only by Christmas. Halloween is the holiday when the most candy is sold and is second only to Christmas in terms of total sales.



## Ireland

The traditional birthplace of Halloween, Ireland is, naturally, home to one of the biggest celebrations: the Spirits of Meath Halloween Festival in County Meath, where an ancient Celtic festival we now know as Halloween began more than 2,000 years ago. Throughout the country, Halloween is welcomed with bonfires, party games, and traditional food, such as barmbrack, an Irish fruitcake that contains coins, buttons, rings, and other fortunetelling objects; and, of course, beer (among other drinks of choice). Fortunetelling is

part of the old Irish Halloween tradition. If a young woman gets a ring that has been baked in a pastry or bread or even mashed potatoes, then she'll be married by next Halloween. Tricks are also part of the Irish Halloween scene. Kids knock on doors, then run away before the doors get opened by the owner. Hopefully, this takes place after they've already acquired the candy during a previous foray through the neighborhood.



**France**

Halloween, the three millennia-old, famous folklore celebration has its roots in the Celtic and Anglo-Saxon world. Let's see when and how did it get to France? How do the French people celebrate Halloween? Let's take a closer look.

Halloween, as a folk celebration, only appeared in France in the '80s and at that time was only celebrated by the English-speaking communities in bars or restaurants, not by all the French people. The French people only became familiar with Halloween at the beginning of the '90s. In 1992 the company César who specialized in fancy dress costumes decided to work on a way to settle in France and market their products but THE year of the massive marketing launching was 1997 when American companies such as Disneyland, Coca-Cola, and McDonald's began using Halloween images in publicity campaigns in France. Even the French telecommunication society France Telecom commercialized an orange cell-phone named Olaween related to the holiday.

In France, Halloween is usually celebrated by young people in costumes going to parties at friends' places, or clubs. The costumes themselves tend to be traditionally "scary" (vampires, ghosts, and witches, rather than costumes like princesses, superheroes, or even policemen or nurses which are popular in the United States and Great Britain they really cater to scary.

Stores and commercial centers decorate their windows and pastry and candy shops sell sweets and chocolate using the theme of Halloween.

French children also go from house to house trick-or-treating, which is translated as «des bonbons ou des coups de bâton » in French.

### **Controversial Halloween**

Halloween in France nowadays is rather controversial, due to several reasons. One of the main reasons is that traditionally

between October 31st and November 2nd, the French, particularly the older generations, visit cemeteries, honor saints, and attend religious services. Therefore, Halloween is seen as a distraction and a lack of respect for these celebrations of dead people.

Nowadays, Halloween is taking root in France. And, of course, the French love to dress up and have a party by culture. The jury is still out on if Halloween is gonna stick, but you can be sure that when Yves St. Laurent puts a Halloween costume on the fashion runway, the French take notice.

Nowadays, shops and trademarks use the images of Halloween, pumpkins, skeletons Bats, ghosts,s, etc... in their ads, so now, French people know it well, and some even start to celebrate Halloween with their kids. Why not? is so much fun for the whole family. The French traditionally love to get in costumes, and it's quite common to have a costumed New Year party or a costumed birthday, even more so among kids.



## Mexico

No nation celebrates the dead with festivities better than Mexico. In fact, “Dia de los Muertos” (Day of the Dead), is celebrated over several days, from Oct. 31 through Nov. 2. It’s not Halloween at all, but rather a way that All Souls Day comes to life in Mexico. The celebration offers a chance to remember the deceased, tell their stories, and celebrate their lives. Family feasts, skull-shaped sweets, lots of tequila, dancing and mariachi music, as well as parades of people dressed as skeletons, all ensure that one’s ancestors are well remembered. The celebration is embraced across Mexico, with huge festivities even in the smallest of villages.



## Germany

In Germany, Halloween is celebrated as All Saints Day. In southern Germany, it's celebrated from October 30 to November 8. Typically, in this and many other Catholic parts of the world, All Saints Day is spent attending church, honoring the saints who have died for the Catholic faith, as well as visiting and remembering dead family members, usually graveside. Additionally, Germans hide their knives, so the returning spirits presumably won't get harmed by random knife movements during the day.



## **Austria**

In Austria, some people will leave bread, water, and a lighted lamp on the table before retiring on Halloween night. The reason for this is because it was once believed such items would welcome the dead souls back to earth on a night which for the Austrians was considered to be brimming with strong cosmic energies.





## **Belgium**

The Belgians believe that it is unlucky for a black cat to cross one's path and also unlucky if it should enter a home or travel on a ship. The custom in Belgium on Halloween night is to light candles in memory of dead relatives.



## Canada

Halloween is celebrated in Canada on or around October 31. It is a day to mark the single night in the year when, according to old Celtic beliefs, spirits and the dead can cross over into the world of the living. Some people hold parties and children may trick-or-treat in their neighborhood.



## China

In China, the Halloween festival is known as Teng Chieh. Food and water are placed in front of photographs of family members who have departed while bonfires and lanterns are lit in order to light the paths of the spirits as they travel the earth on Halloween night. Worshippers in Buddhist temples fashion "boats of the law" from paper, some of which are very large, which are then burned in the evening hours. The purpose of this custom is twofold: as a remembrance of the dead and in order to free the spirits of the "pretas" in order that they might ascend to heaven. "Pretas" are the spirits of those who died as a result of an accident or drowning and whose bodies were

consequently never buried. The presence of “pretas” among the living is thought by the Chinese to be dangerous. Under the guidance of Buddhist temples, societies are formed to carry out ceremonies for the “pretas,” which includes the lighting of lanterns. Monks are invited to recite sacred verses and offerings of fruit are presented.



**Czechoslovakia**

In Czechoslovakia, chairs are placed by the fireside on Halloween night. There is one chair for each living family member and one for each family member's spirit.



## England

At one time, English children made “punkies” out of large beetroots, upon which they carved a design of their choice.

Then, they would carry their "punkies" through the streets while singing the "Punkie Night Song" as they knocked on doors and asked for money. In some rural areas, turnip lanterns were placed on gateposts to protect homes from the spirits who roamed on Halloween night. Another custom was to toss objects such as stones, vegetables, and nuts into a bonfire to frighten away the spirits. These symbolic sacrifices were also employed as fortune-telling tools. If a pebble thrown into the flames at night was no longer visible in the morning, then it was believed that the person who tossed the pebble would not survive another year. If nuts tossed into the blaze by young lovers then exploded, it signified a quarrelsome marriage. For the most part, however, the English ceased celebrating Halloween with the spread of Martin Luther's Protestant Reformation. Since followers of the new religion did not believe in Saints, they saw no reason to celebrate the Eve of All Saints' Day. However, in recent years, the American "trick or treating" custom, together with the donning of costumes for going door-to-door, has become a relatively popular pastime among English children at Halloween, although many of the adults (particularly the older generations) have little idea as to why they are being asked for sweets and are usually ill-prepared to accommodate their small and hopeful callers.



## Japan

The Japanese celebrate the “Obon Festival” (also known as “Matsuri” or “Urabon”) which is similar to Halloween festivities in that it is dedicated to the spirits of ancestors. Special foods are prepared and bright red lanterns are hung everywhere. Candles are lit and placed into lanterns which are then set afloat on rivers and seas. During the “Obon

Festival,” a fire is lit every night in order to show the ancestors where their families might be found. “Obon” is one of the two main occasions during the Japanese year when the dead are believed to return to their birthplaces. Memorial stones are cleaned and community dances performed. The “Obon Festival” takes place during July or August.



**Korea**



In Korea, the festival similar to Halloween is known as “Chusok.” It is at this time that families thank their ancestors for the fruits of their labor. The family pays respect to these ancestors by visiting their tombs and making offerings of rice and fruits. The “Chusok” festival takes place in the month of August.



## Sweden

In Sweden, Halloween is known as “Alla Helgons Dag” and is celebrated from October 31 until November 6. As with many

other holidays, “Alla Helgons Dag” has an eve that is either celebrated or becomes a shortened working day. The Friday prior to All Saint’s Day is a short day for universities while school-age children are given a day of vacation.



## United States

In the United States, people celebrate Halloween by wearing scary costumes. They also dress up like popular celebrities, children’s show characters, princesses, superheroes, and much more. After dressing up, kids go trick-or-treating. They go from house to house in their neighborhoods and ask for treats

such as candies and snacks by saying, "Trick or treat!" According to tradition, if no treat is given, they can play a trick on the homeowners. The traditional scary and modern fun sides of Halloween are seen today as the Jack-o'-lanterns that people create by carving scary faces on pumpkins. Homeowners place Jack-o'-lanterns in front of their houses to scare evil spirits and to welcome trick-or-treaters. Other modern fun activities that reflect the traditional past of Halloween include watching horror movies and visiting haunted houses.

## [Amazing Halloween Pumpkin Carving](#)

## [Andy Bergholtz Carves Harvey Dent Pumpkin](#)

## [Two Face Pumpkin Carving by Andy Bergholtz](#)

## [How to Carve Incredible Pumpkin Faces](#)

[Rick Baker Making Up Rick Baker](#)

[Rick Baker – How To Create the Day of Dead](#)

[Rick Baker – How To Create the Monster's Bride](#)

[Bet You Didn't Know: Halloween](#)

**Strawberry Ghosts via [Miss CandiQuik](#)**



These chocolate ghosts come together before you can say “Boo!” Just dunk ripe strawberries in melted white chocolate and let them cool on a baking sheet in the fridge. Add mini chocolate chip eyes and mouths and they’re ready for spooky snacking

## **Bat Bites**



These bite-sized bats have an adult-friendly flavor from the goat cheese, cream cheese, and pesto mixture. The kids will love to shape the bats' bodies, decorate their faces, and give them wings. Keep it simple by preparing just about everything ahead of time.

### Ingredients

- 1 (4 oz.) package cream cheese, softened
- 8 ounces soft, mild goat cheese, at room temperature
- 1/4 cup pesto
- 2 tablespoons coarsely ground black pepper
- 2 tablespoons poppy seeds

- 8 pitted olives, sliced
- 32 peppercorns
- 32 triangular blue corn chips or free-form wing shapes made from leftover tortillas

#### Preparation

Mash together cream cheese, goat cheese, and pesto. Chill for 40 minutes.

Shape mixture into 16 2-inch balls, about 1 heaping tsp. each. Roll in black pepper and poppy seeds to cover. Press two olive slices into balls for eyes and place peppercorns in centers for pupils.

Insert chip on either side of the ball for wings; serve.

## **Snack-o'-Lantern Fruit Cups via Pennies on a Platter**



Looking for a festive way to serve dessert? Look no further – these carved-out oranges make a perfect container for fruit salad.

## Halloween Green Tea Martinis









## Ingredients

- 2 ounces vodka
- 6 green tea bags
- 1- $\frac{1}{2}$  ounces fresh-squeezed lime juice
- 1/2 ounce agave nectar

## Directions

1. Infuse a 750ml bottle of vodka with 6 teabags, 3 each of Numi Rainforest Green, and Numi Ginger Sun, per instructions above.
2. Mix all ingredients except garnishes in a cocktail shaker with ice and shake for 15 seconds. Strain into a martini glass.

# Apple Almond-Butter Bite Backs







***With apple's coming into their prime season, it's no wonder there are two recipes that incorporate them into our list. These Apple Bite Backs look amazing and taste even better, plus they don't actually bite.***

Ingredients:

- Apples
- Almond Butter
- Jam

- Almond Slices

First slice the apple on either side of the core, leaving 2 halves with the core free standing. Cut the halves into half slices again. Then cut a triangle middle slice out of the skin side of the apple leaving an open mouth shape. Spread the almond butter (or jam) into the mouth of the apple. Stick almond slices in as teeth! (recipe from ohsheglows.com)

## Vegetable Plater Ideas











## Chocolate Dipped Halloween Strawberries

Big, ripe strawberries and are dipped in rich Belgian white and dark chocolate, drizzled with royal icing, and decorated with spine-chilling decorations like ghosts and spiders.

Included in this Gift

- Twelve (12) Fresh Strawberries Covered in Belgian Chocolate.
- Arrives in an Insulated Gift Box for Perfect Presentation.

Presentation

Berries are wrapped for freshness and nestled in compartment trays within an elegant gift box. A free card with your personal gift message is included.



## Perfectly Pumpkin Bouquet

Red spray roses, vibrant yellow sunflowers, and whimsical Halloween decor fill the contents of this festive pumpkin bouquet. A stylishly spooky way to decorate for the holiday!

Gift Includes:

- Red Roses
- Yellow Miniature Sunflowers
- Burgundy and Orange Chrysanthemums
- Fall foliage, and more.

## Features:

- A free gift card with a personal message.
- Arrives in a fun pumpkin container.
- Hand-delivered to the recipient's home or office.
- Same day delivery available.
- A plush teddy bear, balloons, or candy can be added to your order.



## The Republic of Tea Cardamom Caramel Black Tea

Warm cardamom spice mingles with sweet notes of caramel in this soothing, full-bodied cup of black tea. Add a splash of milk for a creamy indulgence.

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## **Ayurveda and Fall part 1**

## **AYURVEDA and Fall**



On week 351 let's take a look at what the ancient system of Ayurveda is about and what modalities are available to us to enter fall in an aware synergy with this season so we can live in harmony and wellness with mother earth and attune our



bodies to be in harmony with it. When we live conscious of mind, body, and spirit we are whole and we can function from well-sustained energy that supports us in every aspect of our lives.

You may think, what this has to do with beauty? well is very simple a well-balanced health and a calm nervous system, assist to beauty from the inside out in all levels, when we feel good we radiate an inner glow through our eyes and smile and that is really beautiful.

Let's take a tour of our body and what goes on in fall, so with this information, we can be aware of how we work with the earth's rhythms in the different seasons and where we can improve, and what is better for us to refrain from, keeping in mind that takes persistence and dedication from our part it just doesn't happen overnight be gentle with your self, stressing over it, is not what the goal is, that will only add tearing down health, just take your time and have fun.

Sher with family and friends so they can also benefit from it, and thank you from all of us we appreciate the loyalty and love that you send to us.

## Our Muscles & Colon

This video can truly explain why we have pains, dryness and so much more and how easy is to correct it

Fall as you may know already is the opposite of spring season, by late September as our reduced blood flow leaves our muscles it induces fatigue. In fall the days start to grow darker earlier, so a comfortable evening curled up on the couch or our beds with a favorite movie or a book seem to be the thing to do hmmm I love the idea, and for me that includes my sweet puppies. Our smooth muscle tissue and that includes the tissue of our colon, it starts to become sluggish when the temperature and pulse rate drop. It is a fact that the colon, is also sensitive to stress, and holds the wear and tear of the autumn season.

## Indigestion & Electrolytes

It is a process called cold diuresis, the name Diuresis refers to the physiological process by which urine production in the kidneys is increased as part of the body's homeostatic way to maintain our fluid balance. This action causes fluid loss in Autumn. Cold diuresis is a response to vasoconstriction from our bodies. As our blood vessels constrict, it increases blood pressure is kind like squeezing the air inside a balloon. Our kidneys then proceed to release the extra pressure by removing fluids from circulation and emptying them into the urine and that is their job to balance the system. A summer of hot sweating followed by cold diuresis may leave you dehydrated and electrolyte deficient this is good to keep in mind. So it is important to keep in mind to add foods that can support electrolyte, juicy and salty taste encourages water retention for dry Vata. Vata types should avoid dry foods in the fall altogether so their system can function optimally.

# Cold Feet & Warm Socks



Some people get cold feet even when wearing extra warm socks to warm their feet. Too much of tight clothing like socks

can't coax blood out of hibernation once it moves to the core. The body at this point may simply lack the strength to maintain core temperature and warm our feet. A sweater to heat the core does a better job than an extra pair of socks to cure cold feet, especially tight ones. Lifestyle changes, such as warm clothes and indoor heating, can convince the body it has heat to spare. Additionally, daily oil massage in the morning before bath coats the skin and prevents evaporation. As in summer sweat, evaporation causes significant heat loss. Oil massage thus helps retain heat by creating a protective barrier, let's be aware of the kinds of oil that can help with this process. Once the pathological cold has penetrated our system, hot baths may be the only way to restore circulation. A pinch of turmeric keeps circulation strong. Sour lemons in morning tea convince sweat glands and stomach glands to stay juicy, Ginger lemon tea is a great aid here.

Fall is a time of transition. It is evident everywhere around us. Trees and shrubs are quietly undressing in preparation for the winter in their beautiful rhythm of the seasons. There is a subtle browning of the earth she goes within. Temperatures, which, just a few weeks ago were raging with the intense heat of summer, are beginning to hint at the telltale crispness of autumn. And there is the wind: slowly gathering strength, carrying the tides of winter on its breath to its role in nature. Fall harbors a certain emptiness that can leave us feeling exposed and a little raw, but it is also filled with possibility—a time when we, too, can strip down to a quiet essence of being and savor the simplicity of life and heart connection. The fall brings with it a predominance of air element and prana (the vital breath, the subtle essence of life) is abundant in the atmosphere at this time. Autumn is dry, it can be rough, windy, erratic, cool, subtle, and clear. These are all qualities shared by Vata dosha, and because like increases like, autumn is considered a Vata season. This same principle illustrates why taking a few simple steps to balance Vata dosha this fall can be tremendously beneficial to be in balance

- **Emotions, the Mind, Inspiration  
time**



**"Life should be a  
continuous source  
of inspiration."**

**-Paramhansa Yogananda**

The fall is a time for inspiration and to work on new ideas. The movement of blood from the extremities back to the core increases blood flow to the mind a very interesting process of the intelligence of our body. The opportunity to reflect on the last few months could stir up emotions as well. The Wind, sudden temperature shifts, and the school season also provoke

higher stress levels this time of year. According to Ayurveda, keeping the nervous system stable through fall is our number one tool for maintaining strong immunity and staying healthy. Ashwagandha is Ayurveda's most important herb for Vata-type anxiety and Chywanprash helps build immunity.

## Routine & Flexibility

When we wear oneself ragged in the Fall social calendar it can result in a compromised immunity for flu season. Alternatively, relaxation and downtime free up the energy to help the body prepare for winter. Skipping meals, staying up late, and irregular mealtimes, toxic process food that had never seen sun or soil, create stress and deficiency. Here is a great contributor to check, Joyful Belly offers a nurturing fall program called Restoring Youth and Vitality to prepare the body for winter.

Ayurveda is an ancient science based on elemental principles that pertain to life on earth and the connection to it with body, mind, and soul is no separation here. Ayurveda recognizes the elements of ether, air, fire, water, and earth as the building blocks of the natural world. According to Ayurveda, these five elements pair-up in three combinations to form the primary forces of nature called doshas. Ether and air form Vata dosha. Fire and water make up pitta dosha. Water and earth create Kapha dosha which we all possess in ourselves.

[https://youtu.be/U5J2\\_Gah19w](https://youtu.be/U5J2_Gah19w)

## Fall Is a Great Time for an Ayurvedic Detox

Each one of us has a unique mix of the three doshas, although we tend to be dominated by one at any given time. And the seasons are also governed by its own doshic activity. The ayurvedic theory says, that by the time autumn comes around, we have accumulated plenty of heat in our tissues from the summer heat—fiery pitta dosha. When the leaves dry up and the weather starts to change, vata dosha begins to take over and the one governed by air and marked by change, instability, and anxiety when not balanced. If we would speak metaphorically, what happens when you add random blasts of air to a fire? It burns even brighter right?. So Ayurveda system says that when the accumulated heat of pitta is fanned by vata, it can lead to mental and physical burnout and we definitely don't want that, it stresses our adrenals and nervous system and putting some of the body's natural detoxification processes on hold.

Let's talk about the liver, for example. It is the body's natural detoxifier and one of the primary organs in which excess pitta can accumulate and cause serious problems. The liver processes not only the foods and drinks we ingest but also many of the harsh chemicals we encounter on a daily basis—like prescription and over-the-counter medications, over-processed foods to cosmetics loaded with petroleum ingredients and synthetic perfumes to polluted matter in the air. And then the liver gets overloaded with excess pitta (these put tremendous stress on the liver), and that has a



large effect on our overall wellness. The overtaxed liver can result in migraines, irritability, rashes, anger, and skin issues and so much more. "It will make us tired, we get sick easily, we will gain or lose too a lot of weight. These two systems in the body are designed to "transform" toxins when the liver and the digestive tract become overwhelmed, we collect a kind of toxic sludge made up of all the waste products that the body has not been able to properly break down, digest or otherwise expel, creating much toxicity.

In Ayurveda, the toxins our body cannot process have a name: **Ama**, the meaning in Sanskrit is "that which harms or weakens" no so good. Ama is not only a kind of physical sludge but also as a psychosomatic sludge that pollutes the mind. Accumulated ama is the basis for many diseases and emotional disturbances—and from a physical standpoint, it creates an appealing host environment all the illnesses that blow in on autumn's winds.

## Do You Really Need to Detox

We don't think that we have to worry about ama, well not so fast. We all do, as a result of poor diet choices, unhealthy lifestyle habits, the stress in general, lack of hydration—even just living and breathing in a polluted world with pesticides additives to most products. No matter who you are, you'll end up with ama, and is a reality for us humans and even animals. Now the question we have to ask ourselves is, 'What can we do about it?'"

# Ayurvedic Detox

To protect your health year-round, but particularly during the fall, Ayurvedic health educators say it's important to slow down, support your liver's natural ability to remove toxins from the body, and take stock of the influences that you allow into your life—from the kind of food you eat to the amount of time you spend in front of an electronic device (computer, cell phone, TV).

Unlike some popular cleanses that ask you to undergo dramatic fasts or to take other extreme measures, *purvakarma* (which literally means “up-front actions”) is designed to support, instead of shock, your system. “Rather than aiming to eliminate toxins at any cost, *purvakarma* gently balances the whole person so that they can detox without destabilizing the body in any way,” Blossom explains. “It is a middle-path cleanse that uses nourishing foods, herbs, and self-care techniques to rejuvenate the body rather than simply strip it down, which can leave you even more vulnerable going into winter.”

Blossom says that a middle-path method of cleansing includes a simplified diet, yoga asana, self-massage, nasal irrigation, herbs, meditation, pranayama, and reflection. During the cleanse, you'll forgo substances and habits that contribute to liver overload—such as processed foods or alcohol—and the unaddressed stress that strains your nervous system. You'll also spend time thinking about what influences you want to keep in your life and what you might want to let go of. The

main key to purvakarma is a suspension of bad habits. Then and only then can we have space to establish the good habits we need to create the kind of health and vibrancy that we all want in our life.”

## Start Slowing Down

Taking action and start reducing stress and mental overactivity is perhaps the most important element of a successful step in any detox plan. Constant rushing, over multitasking, and information overloads are the trifecta of North American toxicity. And like an overtaxed liver, an overtaxed mind and nervous system can lead to a host of health issues, including adrenal fatigue, insomnia, irregular menstrual cycles, indigestion, and unwelcome weight gain.

The first step in reducing the toxicity created by an overloaded life? Slowing down. During the next seven days, adjust your schedule so you have time to prepare and eat your meals in a relaxed manner, practice daily yoga, and take regular meditation breaks. By saying “no” to the outside influences that pull your attention and energy in so many directions—and replacing them with healthier choices—you’ll begin to tune in to your body’s natural rhythms and detox more effectively.

## The Detox Diet

Next, you need to nourish your body with healthful, cleansing foods. At the heart of the dietary program is kitchari, a simple dish of rice and mung beans widely used throughout Asia to purify the body. Its balance of protein, carbohydrates, and fat makes for an easy-to-digest yet highly nourishing meal. Kitchari is also tridoshic, which means that it's appropriate for all three doshas. "The lightness of the dish reduces Kapha in the body," Blossom says. "At the same time, it stabilizes vata by offering a complete source of protein. And the astringent nature of the beans cools pitta, so kitchari is naturally anti-inflammatory." Best of all, eating kitchari twice daily keeps hunger and cravings at bay, he says.

Ayurvedic cleansing also calls for ghee (clarified butter), which lubricates the digestive tract and facilitates the elimination of toxins from the body. Spicy teas and chutneys are recommended to keep the fires of digestion stoked throughout the cleanse; and Triphala, a traditional Ayurvedic digestive tonic (made up of three fruits—Amalaki, bibhitaki, and haritaki) with antioxidant properties, acts as a mild laxative. "Triphala is a classic example of an Ayurvedic remedy that supports the system and preserves what is good while it gets rid of toxins that will sicken the body," Blossom explains. "Taken together, all parts of this plan make sure you're getting everything you need to stay healthy and you won't be malnourished in any way."

## Cleansing Yoga

Specific yoga poses can help expedite the detoxification process. The heating and twisting sequences designed for this plan can help move toxins from your tissues through your lymphatic and digestive systems so that they can be eliminated from the body. In addition, restorative poses, relax the nervous system and mind and help settle the body—which is especially important during and after a detox cleanse. Restorative poses will also help bring you into a state of receptivity that’s perfect for the season, says New Jersey yoga teacher and restorative teacher trainer Jillian Pransky. “I look at autumn as a transition into a new year,” she says. “I look at nature: The harvest is over, and it’s time to clear out. It’s an opportunity to till the soil and plant the seeds for next year’s harvest. Once we do this for ourselves, we can recommit to what is working for us and set ourselves up to get more of what nourishes us in our lives.”

## Self-contemplation

As you embark on the program, contemplate the ultimate reason: “Why am I doing this?” By interrupting your normal patterns, cleansing provides a unique opportunity to practice svadhyaya, self-study. No matter what your motivation is—better health, a simpler life, a deeper yoga practice—you’ll be amazed at the insights you can gain when you just slow down and start to listen. “The body should be telling us all the time what to do and what not to do—it knows what’s good for it and what is not,” Svoboda says. Getting out of our own way is finely the

key.” And that is the point, for the most part. It is ideal that at the end of the cleanse, it is recommended to take a day to meditate, be quiet and observe, you may want to ask yourself: ‘What can I do from now on to make my life the best it can be? What are the habits that I am doing to sabotage myself? and how can I help that? just becoming aware is a huge step.

During a detox, it is encouraged to take time to contemplate not only what you want for your own life but also what you want to put out into the world and all around you. If you can, spend at a half or a full day in silence, and spend time in nature or journaling about your experience. Did the cleanse give you clarity about how you may be exerting energy in ways that don’t serve you, and where you can use that energy more effectively, perhaps even to help a larger cause?

Get clear on the answers, and your life will get simpler: Do what works; don’t do what does not work, it hurts you on many levels. As we temporarily change our daily routines, we open ourselves up to seeing and feeling from whole new perspectives and we grow in evolution.

## **Ayurvedic Fall Cleanse Recipe: Harvest Stew**

**This stew is easy to digest and is made with seasonal vegetables.**

## **Ingredients**

2 tbsp olive oil  
1 small onion, medium-finely diced  
1–2 tsp of high-quality sea salt  
1 large carrot, finely chopped  
2 small parsnips, finely chopped  
2 cups butternut squash, diced to taste  
2 cups green cabbage, diced  
2 tsp fresh rosemary leaves  
2 tsp fresh thyme leaves  
4 cups vegetable stock

## **Preparation**

In a large soup pot place, the olive oil on heat at medium-high, then sauté the onions until transparent. When onions start to get clear, add a pinch of salt and the carrot. Add parsnips until they feel soft, repeat with squash, and then cabbage last.

Taste it and add salt to your like and continue to sauté vegetables until they begin to slightly stick to the bottom of the pan.

Add the rosemary and thyme, stir, and deglaze by adding a little vegetable stock. Add the rest of the stock. Bring to a boil, reduce to a simmer, cover, and simmer on low for about half-hour. Taste occasionally and add, rosemary, or thyme until the desired flavor is achieved.

And there it is a delicious dish.

**Part 2 of Ayurveda and Fall  
it will come soon**

