

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

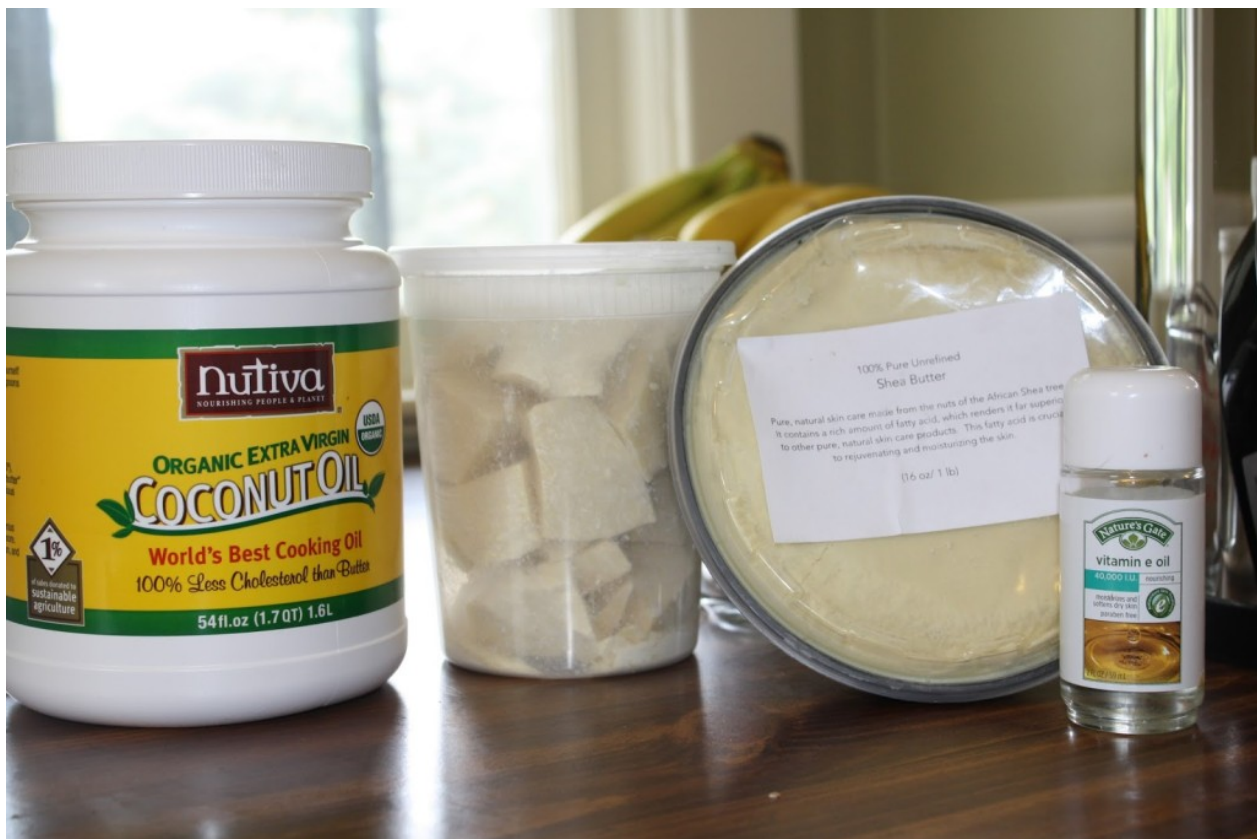


Puffy, tired-looking eyes?

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**

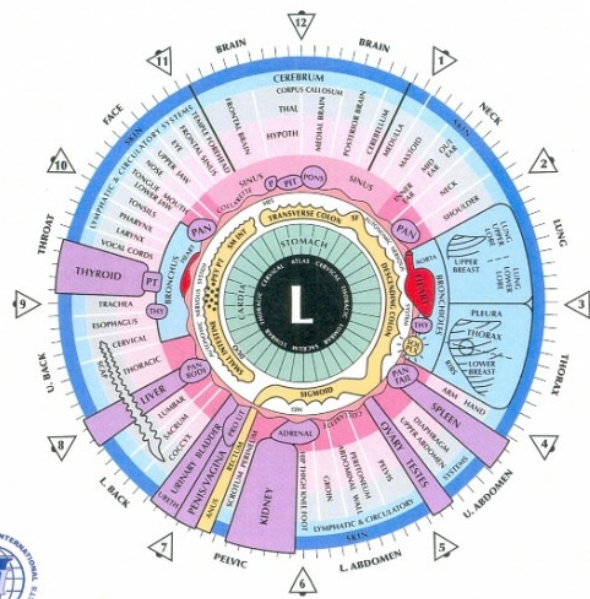
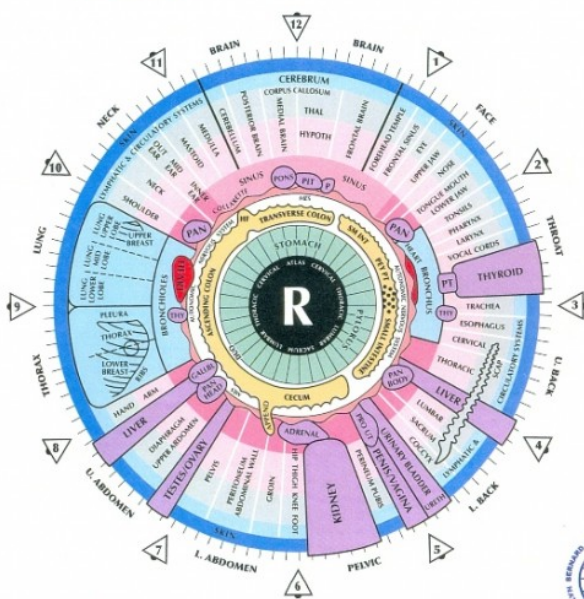
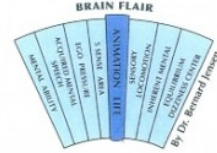


Eyes have for very long been referred to as the “Windows of the Soul.” But few people are aware of just how true this observation is. The accurate analysis of the iris structure and pigmentation provides information about your inner state of health that is hard to find through other methods. This is 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**

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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 | Thymus |
| 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 *IRX4* 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
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 refreshing taste and potential health benefits.

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

Chrysanthemum tea is often consumed during the autumn season, as it is believed to help clear the lungs and improve respiratory health.

It is also known for its potential to reduce inflammation and promote overall well-being. Many people enjoy it as a soothing drink after a long day.

The tea has a delicate, slightly sweet flavor that is both refreshing and calming. It is a popular choice for those seeking a natural and healthy beverage.

Chrysanthemum tea is a versatile drink that can be enjoyed at any time of the day. It is a great way to incorporate natural ingredients into your daily routine.

For those looking to enhance their health and wellness, chrysanthemum tea offers a delicious and beneficial option. It is a true testament to the wisdom of traditional Chinese medicine.

Whether you are a tea enthusiast or simply looking for a healthy drink, chrysanthemum tea is worth trying. It is a beautiful blend of nature's gifts.

Chrysanthemum tea is a delightful and healthy choice that can help you feel rejuvenated and refreshed. It is a true gem of the tea world.

Embrace the natural goodness of chrysanthemum tea and experience its many benefits. It is a drink that truly nourishes the soul.

Chrysanthemum tea is a beautiful and healthy beverage that is perfect for any occasion. It is a true delight for the senses.

Let the soothing flavors of chrysanthemum tea wash over you and bring a sense of peace and tranquility to your day.

Chrysanthemum tea is a beautiful and healthy drink that is perfect for anyone looking to improve their health and wellness.

It is a true testament to the power of nature and the wisdom of traditional Chinese medicine. Chrysanthemum tea is a drink that truly makes a difference.

Chrysanthemum tea is a beautiful and healthy beverage that is perfect for anyone looking to enhance their health and wellness.

It is a true gem of the tea world and a drink that truly nourishes the soul. Chrysanthemum tea is a beautiful and healthy choice for anyone looking to improve their health and wellness.

Chrysanthemum tea is a beautiful and healthy drink that is perfect for anyone looking to enhance their health and wellness. It is a true testament to the power of nature and the wisdom of traditional Chinese medicine.

Chrysanthemum tea is a beautiful and healthy beverage that is perfect for anyone looking to improve their health and wellness. It is a true gem of the tea world and a drink that truly nourishes the soul.



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

The Beauty and Wellness benefits of oil pulling

The science of Oil Pulling



On this week 323, we are sharing a post on Oil Pulling. I personally have used Oil Pulling for about forty years with great results, I learned from one of my mentors Dr Bernard Jensen he was into detoxing and maintaining a self routine of cleansing from inside out, and he knew that Oil pulling is a great way to accomplish both, I have experienced outstanding results not only for mouth health, in addition for lymphatic drainage and I can tell the difference right away. Our

intention is for everyone that reads the post to benefit from this amazing procedure.

Oil pulling originated in India appearing in the early Ayurvedic medicine texts (better known as traditional Indian Medicine), and is highly considered these days as alternative medicine concepts known as Charaka Samhita. This ancient Ayurvedic remedy is designed for overall wellbeing and is such a simple practice that gives remarkable results, I have used it for many years with outstanding health improvements not to mention my teeth love it, from Oral successes to lymphatic clearing and many health over comings, I wish you health, happiness and Ideal abundance finds you and yours, please share with others and don't forget to like if you do.

Oil Pulling

According to Dr. Joseph Mercola:

<http://articles.mercola.com/sites/articles/archive/2014/05/05/oil-pulling-coconut-oil.aspx>

According to Ancient Ayurveda texts tell us that oil pulling may solve about 30 systemic health challanges and today, it's discussed widely as a tool for detoxification of your whole body. In your *mouth*,oil pulling does have significant cleansing and healing effects, which now are backed up by science.

Personally, this technique has significantly reduced plaque buildup, overall dental wellness and a sense of wellbeing on my self. As reported by the *Indian Journal of Dental Research*:

"If you take a look at the research, it's easy to understand why:

- Oil pulling reduced counts of *Streptococcus mutans* bacteria – a significant contributor to tooth decay – in the plaque and saliva of children. Researchers concluded, *“Oil pulling can be used as an effective preventive adjunct in maintaining and improving oral health.”*
- Oil pulling significantly reduced plaque, improved gum health and reduced aerobic microorganisms in plaque among adults and teenagers tested with plaque-induced gingivitis
- Oil pulling is as effective as mouthwash at improving bad breath and reducing the microorganisms that may cause it
- Oil pulling benefits your mouth, in part, via its mechanical cleaning action. Researchers noted, *“The myth that the effect of oil-pulling therapy on oral health was just a placebo effect has been broken and there are clear indications of possible saponification and emulsification process, which enhances its mechanical cleaning action.”*

Oil pulling-science



What Does Science Say About Oil Pulling?

According to: <http://www.oilpulling.com/oilpullingscience.htm>

Most people believe that the therapeutic effects and the science of oil pulling is the effects caused by the absorption of toxins and chemicals through blood vessels in the mouth and tongue, as well as sublingual/transmucosal absorption of the fatty acids in the oils used for pulling.

The one theory on oil pulling science is

Oil is non polar and attracts non polar molecules. The arrangement or geometry of the atoms in some molecules is such that one end of the molecule has a positive electrical charge and the other side has a negative charge. When this is the case, the molecule is called a polar molecule, That means that it has electrical poles. Otherwise, it is called a non-polar molecule. Whether molecules are polar or non-polar will determine if they will mix to form a solution or that they don't mix well together.

Saliva which is secreted into the mouth when the oil is repeatedly swished and pulled is mainly water, electrolytes, digestive enzymes, anti bacterial, anti fungal, anti viral agents, and is mainly polar and therefore attracts polar molecules.

It is this heterogeneous mixture that works together to rid the mouth and body of unwanted toxins and chemicals.

The most common way for substances to migrate from blood to saliva is believed to be by the unaided, or passive, diffusion. The capillaries surrounding the salivary glands are quite porous for many substances. Materials can pass from the blood system into the space surrounding the glands, and then make their way directly through the membranes of acinus or duct cells. The ability of a molecule to diffuse passively through cell membranes depends partly on its size, and partly on how much electrical charge it carries. If a molecule is of a polar nature, or if it separates into charged ions while in solution, it will have a hard time passing through the membranes, which are made out of neutral fatty compounds called phospholipids. Steroid hormones are relatively small in size, and most of them are fatty, non-polar compounds, so consequently they tend to pass relatively easily by diffusion. On the other hand molecules such as the large protein hormones, or hormones or drugs that are bound to large carrier

proteins while in the blood stream, are too big to enter by this route.

A second pathway used by molecules to enter saliva is by filtering through the tight spaces between acinus or duct cells. In order to do this they must be relatively small. Sulfated steroids such as dehydro-epiandrosterone sulfate and estriol sulfate, are not able to pass through the fatty cell walls because of their electrical charges, are believed to enter principally by the filtration route. Compounds such as DHEA-S are slower to migrate into saliva than the neutral steroid hormones, and when saliva output is stimulated they may move too slowly to keep up with the accelerated flow rates, causing concentrations in saliva to drop.

Blood components can also gain entry into saliva from the outflow of the serum-like gingival crevicular fluid (GCF) from the gums, or from small injuries or burns in the mouth. GCF is believed to be a major route by which certain molecules, would ordinarily be too large to pass by either diffusion or filtration, can find their way from serum into saliva.

It is a fourth pathway for the entry of a substance into saliva and that is by the active transport through the secretory cells of the glands, which is the route used by secretory immunoglobulin A (SIgA). Polymeric IgA is secreted by B-lymphocyte cells close to the salivary cells, then bound and transported across the cells by a Polymeric Immunoglobulin Receptor, and finally released into salivary secretions. It has been shown that secretion of SIgA is increased by nervous stimulation of the saliva glands, but the exact manner in which the transport is accelerated is not yet understood. There must be an upper limit to the speed of transport, since SIgA concentrations in saliva are known to decrease as saliva flow is stimulated.

Also these pathways can give entry to various bacteria and viruses that have the appropriate electrical charges.

The other theory that for understanding oil pulling is not quite as scientific, but more eastern in thinking.

As described above. The polar and non polar molecules of the heterogeneous mixture (saliva and oil) are removing the toxins and various chemicals with the corresponding electrical charges, when they're being pulled.

Acupuncture makes you aware of the many points on acupuncture meridians that become congested and blocked from food, bacteria and environmental toxins which our bodies absorb. The tongue is very important to the function of most of the organs and biochemical reactions taking place in the body.

It is the theory that by removing the toxins and various microbes from the tongue we free the congestion and blockages from the important meridian pathways that interconnect our many organs.

Scientific Studies on Oil Pulling

The Indian Journal of Dental Research found that when compared with mouthwash, swishing with sesame oil or coconut oil reduced plaque, modified gingival scores, and lowered microorganisms in the plaque of adolescents with plaque-induced gingivitis. In 2014 a study published in the Journal of Clinical and Diagnostic Research found that oil pulling with sesame oil helped in reducing oral malodor and the microbes causing it just as much as using a chlorhexidine treatment. A 2011 study published in the Journal of the Indian Society of Pedodontics and Preventive Dentistry found oil pulling to be as effective as chlorhexidine in the treatment of bad breath and gum deterioration.

A 2007 study looking into the effect of oil pulling (with coconut oil) on plaque and gingivitis on oral soft and hard tissues. Results found that after 45 days of oil pulling,

subjects showed a statistically significant reduction in gingivitis.

Another study , conducted in 2008 found a “remarkable reduction in the total count of harmful bacteria” in the mouth, and an overall marked reduction in susceptibility in dental cavities. The antibacterial activity of sesame oil was also studied and found to have an effect on the *Streptococcus mutans* in the mouth.

In fact, these studies showed an overall reduction of harmful bacteria from 10 to 33.4% in participants, and after 40 days of oil-pulling, participants were found to show 20% in average reduction in harmful oral bacteria. Moreover, half of all participants in this case study showed a drastic reduction in susceptibility to dental caries.

How To Oil Pull



from: <http://oilpulling.com/oilpullingandoralhealth.htm>

Step1:

Is best done first thing in the morning on an empty stomach and before drinking any liquids, including water, place a teaspoon of sesame oil or coconut oil into your mouth keep it in mind to leave room for the saliva that will mix with the oil when switching it will add to the amount of oil you place in your mouth, you need room to switch without gagging, I place half of teaspoon my self, Children can also do this with less quantity of oil provided they have control and practice not to swallow the oil.

Step 2:

Swish the oil around in your mouth without swallowing it. Move it around in your mouth and through your teeth, as if it was mouthwash make sure not to tilt your head back or forward so the mixture doesn't go to the wrong place, like through your nose or swallow the oil. You'll find that the oil will start to get watery as your saliva mixes with it. Keep swishing. If your jaw muscles get sore while swishing, you're putting too much into it, I divide the switching in sections like the front, sides and back of the mouth that way I make sure I cover all the areas. Relax your jaw muscles and use your tongue to help move the liquid around the inside of your mouth if you prefer. When you do this with ease, you'll feel very comfortable with the process and it will get easier and easier with practice.

Don't focus on doing it right. Do it with very natural movement. Do this gently, not vigorously, in a relaxed way for about 20 minutes. You can start with 5 to 10 minutes and increase the time as you go along, I myself determine the amount of time with the particular challenge that I wish to address, if I have pain anywhere in my body I do short times through out the day (away from the times of eating) so I don't give my body more to do when is in a challenge state, and then I start increasing the time, Oil Pulling works with the Lymphatic system so I don't want to over load it if I am not feeling well, for daily maintance I switch for about 10 to

15 minutes soon as I get up when I am doing chores around the house, I learned early on not to bend forward or backwards when switching oil, so you don't swallow the oil or gets in your nose, is not much fun when that happens.

If you have the unbearable urge to swallow and If it becomes too unpleasant, spit outcome of the oil or all of it and try again, and do so in the toilet don't spit it out in your sinks it can cause problems with your pipes!. It can be a bit unpleasant at first when you're not used to it, but soon won't be bothersome at all, just like brushing your teeth but with a full body benefit!.

When the oil has become saturated with the toxins it has pulled out, it will become a whitish, thinner, milky consistency, depending on the type of oil used it will be more or less. Each time you oil pull, it can take a different amount of time to get to that point, so 20 minutes is a general rule of thumb, but you can experiment with this.

For longer and deeper switching If you spit out before 20 minutes. start again, the process is to make the oil swish enough time in your mouth so that it becomes a white milky substance which is a indication of process completion, like I said before is up to your discretion of what results you wish to accomplish .

Step3:

As the end of the oil pulling session , rinse the mouth with warm salt water . Salt water rinsing isn't absolutely necessary, but is very helpful as an antimicrobial and to soothe any inflammation and proven to be effective in rinsing out any toxins which may be left out in the mouth.

You can do the oil pulling every morning if you like, or several times a week. Because oilpulling method can be detoxifying, you might want to take a break sometimes. One immediate benefit everyone gets is, whiter teeth, clean mouth, and overall great feeling . There's no rule about frequency –

judge according to your own experience, the recommendation is to do it away from meal times at least an hour before and after do to the fact that you don't want to interfere with digestion by pulling the blood away from any of the digestive organs

What Does Oil Pulling Do?



Oil Pulling Benefits

- Cures tooth decay
- Soothes dry throat
- Kills bad breath
- Whitens teeth
- Heals bleeding gums
- Heals cracked lips
- Prevents heart disease
- Improves acne
- Reduces inflammation
- Strengthens gums
- Boosts Immune System
- Prevents Cavities

Multiple scientific studies show the efficacy of oil pulling therapy. One study shows that oil pulling with sesame oil can boost overall oral health. Specifically, using sesame oil as an oral health agent helps to reduce the amount of *S. mutans* (germ) count in both teeth plaque and mouth saliva. Scientists believe that the lipids in the oil both pull out bacteria, as

well as stop bacterial from sticking to the walls of the oral cavity

Bacteria and these toxins have a lipid membrane, and they are ATTRACTED to other oils. (They are repelled by water.)

Oil pulling may also increase saponification in the mouth, creating a soapy environment that cleanses the mouth as vegetable fat is an emulsifier by nature. Most interesting is perhaps the ability of oil to cleanse out harmful bacteria, as well as reduce fungal overgrowth. These oils also possibly help in cellular restructuring, and are related to the proper functioning of the lymph nodes and other internal organs, as you see is very powerful system.

Other benefits of oil pulling for oral health include:

Overall strengthening of the teeth and gums and jaws

Prevention of diseases of the gums and mouth, such as cavities and gingivitis

Prevention for bad breath















































































Potential holistic solution for bleeding gums

Prevention of dryness of the lips, mouth and throat

Holistic help for TMJ and general soreness in the jaw area

The connection between oral health and overall health

Tooth / Organ Relationship Chart

	Glands	RIGHT BREAST					LEFT BREAST					Anterior pituitary					
		Anterior pituitary	Parathyroid	Thyroid	Thymus	Posterior pituitary	Intermediate lobe of pituitary	Pineal	Pineal	Intermediate lobe of pituitary	Posterior pituitary		Thymus	Thyroid	Parathyroid		
Right Side	Organs	Heart  Small Intestine  Endocrine gland, Pericardial 	Breast  Thyroid  Stomach  Pancreas 	Lungs  Large Intestine 	Liver  Gall Bladder  Eye 	Kidneys  Bladder, Uterus, Rectum, Anus 	Liver  Gall Bladder  Eye 	Lungs  Large Intestine 	Breast  Thyroid  Stomach  Spleen 	Heart  Small Intestine  Endocrine gland, Pericardial 							
	Teeth	 1	 2	 3	 4	 5	 6	 7	 8	 9	 10	 11	 12	 13	 14	 15	 16
Left Side	Upper Jaw	3 rd Molar (wisdom)	2 nd Molar	1 st Molar	2 nd Bicuspid (pre-molar)	1 st Bicuspid (pre-molar)	Canine (cuspid)	lateral incisor	Central incisor	Central incisor	lateral incisor	Canine (cuspid)	1 st Bicuspid (pre-molar)	2 nd Bicuspid (pre-molar)	1 st Molar	2 nd Molar	3 rd Molar (wisdom)
	Lower Jaw	3 rd Molar (wisdom)	2 nd Molar	1 st Molar	2 nd Bicuspid (pre-molar)	1 st Bicuspid (pre-molar)	Canine (cuspid)	lateral incisor	Central incisor	Central incisor	lateral incisor	Canine (cuspid)	1 st Bicuspid (pre-molar)	2 nd Bicuspid (pre-molar)	1 st Molar	2 nd Molar	3 rd Molar (wisdom)
	Teeth	 32	 31	 30	 29	 28	 27	 26	 25	 24	 23	 22	 21	 20	 19	 18	 17
	Organs	Heart  Small Intestine  Endocrine gland, Pericardial 	Lungs  Large Intestine 	Stomach  Pancreas 	Liver  Eye 	Kidneys  Bladder, Uterus, Rectum, Anus 	Liver  Eye 	Stomach  Spleen 	Lungs  Large Intestine 	Heart  Small Intestine  Endocrine gland, Pericardial 							
	Glands				Ovaries	Testicles	Adrenals	Adrenals	Ovaries								
	Element	Fire	Earth	Metal	Wood	Water	Water	Water	Wood	Metal	Earth	Fire					

According

to: <http://www.oilpulling.com/oilpullingandoralhealth.htm>

Scientists at the 87th General Session of the International Association for Dental Research, reported new studies connecting oral diseases with systemic diseases. A recurring theme is the relationship between periodontal (gum) disease and infant prematurity, diabetes, or stroke. Over the years oil pulling users all over the world are giving enough evidence that by oil pulling they were getting benefit in their overall wellbeing.

Your mouth is normally teeming with bacteria. Usually you can keep these bacteria under control with good oral health care, such as daily brushing, flossing and dental cleaning by a professional. Saliva also is a key defense against bacteria and viruses. It contains enzymes that destroy bacteria in many different ways. But harmful bacteria can sometimes grow out of control and lead to periodontitis, a serious gum deterioration.

When your gums are healthy, bacteria in your mouth usually don't enter your bloodstream. However, gum disease may provide bacteria a port of entry into your bloodstream. Sometimes invasive dental treatments also can allow bacteria to enter your bloodstream. And medications or treatments that reduce saliva flow or disrupt the normal balance of bacteria in your mouth also may lead to oral changes, making it easier for bacteria to enter your bloodstream. Some researchers believe that these bacteria and inflammation from your mouth are linked to many health problems in the rest of your body.

If you look at the above teeth chart you can see how teeth are connected to every organ.

Benefits of Oil Pulling Beyond the Mouth

From: <http://www.globalhealingcenter.com/natural-health/benefi>

[ts-of-oil-pulling/](#)

and

<http://www.foodmatters.tv/articles-1/oil-pulling-the-habit-that-can-transform-your-health>

Ancient Ayurvedic health practitioners believed that oil pulling could reduce more than just health challenges of the mouth and throat. Today, many holistic practitioners recommend the use for a variety of overall concerns.

It is believed that these oils help the lymphatic system of the body as harmful bacteria are removed and beneficial microflora are given the ground for a healthy environment to flourish. Because of this holistic perspective, oil pulling has been used as a preventative health measure for many other conditions.

Many holistic practitioners tribute other benefits of oil pulling. It is believed that oil pulling stimulates the lymphatic system and aids in the transport of toxins away from vital organs. The reported benefits of oil pulling include:

Teeth whitening

Clear skin

Improves digestion

Weight loss

Promotes normal sleep patterns

Helps kidney and liver function

Migraine headache relief

Correcting hormone imbalances

Reducing inflammation

Aids in the reduction of eczema

May reduce symptoms of bronchitis

Helps support normal kidney function

May help reduce sinus congestion

Some people report improved vision

Reduced hangover after alcohol consumption

Aids in reducing pain

Reduces the symptoms of allergies

Helps detoxify the body of harmful metals and organisms among other benefits

Sesame Seed Oil



From: <http://youthingstrategies.com/sesame-oil/>

Sesame oil has been used as a healing oil for thousands of

years. Sesame oil is mentioned in the Vedas, (the Vedas is a large body of texts originating in ancient India) as excellent for humans. It is naturally antibacterial for common skin pathogens, such as staphylococcus and streptococcus as well as common skin fungi, such as athlete's foot fungus. It is naturally antiviral. It is a natural anti-inflammatory agent.

Research shows that sesame seed oil is a potent antioxidant. In the tissues beneath the skin, this oil will neutralize oxygen radicals. It penetrates into the skin quickly and enters the blood stream through the capillaries. Molecules of sesame seed oil maintain good cholesterol (HDL) and lower not so good cholesterol (LDL).

In an experiment at the Maharishi International College in Fairfield, Iowa, students rinsed their mouths with sesame oil, resulting in an 85% reduction in the bacteria which causes gingivitis.

Internally, the oil molecules attract oil soluble toxins and carry them into the blood stream and then out of the body as waste.

Sesame seed oil absorbs quickly and penetrates through the tissues to the very marrow of the bone. It enters into the blood stream through the capillaries and circulates. The liver does not sweep sesame seed oil molecules from the blood, accepting those molecules as friendly.

Sesame seed oil helps joints keep their flexibility. It keeps the skin supple and soft. It heals and protects areas of mild scrapes, cuts and abrasions. It helps tighten facial skin, particularly around the nose, controlling the usual enlargement of pores as skin ages chronologically.

Coconut oil



From: <http://oilpulling.com/oilforoilpulling.htm>

Coconut oil is a familiar taste for many people. It has a cooler energy than sesame oil, so it's good for people who tend to have a warmer constitution or condition of heat. Some people have reported that coconut oil is more strongly detoxifying, which isn't always a good thing for some people, so it's best to be cautious and go slowly when having a high toxic or infectious condition.

from: <http://articles.mercola.com/sites/articles/archive/2014/05/05/oil-pulling-coconut-oil.aspx>

Coconut oil has antibacterial and anti-viral activity that makes it especially well suited for oral health. In fact, coconut oil mixed with baking soda makes for a very simple and inexpensive, yet effective, toothpaste and research suggests it may be a valuable tool for fighting tooth decay.

Researchers at the Athlone Institute of Technology's Bioscience Research Institute in Ireland tested the antibacterial action of coconut oil in its natural state and coconut oil that had been treated with enzymes, in a process similar to digestion.

The oils were tested against strains of Streptococcus bacteria, which are common inhabitants of your mouth. They found that enzyme-modified coconut oil strongly inhibits the growth of most strains of Streptococcus bacteria, including Streptococcus mutans, an acid-producing bacterium that is a major cause of tooth decay.

It is thought that the breaking down of the fatty coconut oil by the enzymes turns it into acids, which are toxic to certain bacteria.⁷ Enzyme-modified coconut oil was also harmful to the yeast Candida albicans, which can cause thrush. So when oil pulling is combined with the antimicrobial power of coconut

oil, I believe it can be a very powerful health tool.

Oil pulling common questions:



Q: Is it necessary to use cold-pressed, unrefined oil? I am seeing only refined oil in the stores Can I buy refined oil

for oil pulling?

It is recommended that organic, unrefined, cold pressed oils with the life force of the core substances in that oil are intact. Use the best quality you can get –unrefined, cold-pressed, which will not contain harmful ingredients residues. If you have access to only refined oil, start with sesame oil.

Q: Which oils shall be avoided for oilpulling method?

Avoid all poor quality oils that you wouldn't want to eat. Those include corn oil, canola oil, cottonseed oil and soy oil, and those that go rancid very quickly such as flax oil.

Q: In most stores I am only seeing expeller pressed oils, but not cold pressed. What is your recommendation?

Cold-pressed, or expeller-pressed oil is just a better quality oil that doesn't contain harmful chemical residues, and is better nutritionally. Refined oils are high heated which damages the quality to some degree, you can always order a good oil on line Amazon carries a great selection of them.

The expulsion process used for expeller pressed oils does generate a certain amount of heat, depending on the type of seed or nut and how much pressure it takes to get the oil out of it. But this is very low compared to the high heat method used for refined oils. Look for a brand of oil with unrefined, Coconut or sesame oil.

Q: Can we use toasted oils for oil pulling?

Try to avoid toasted oils, as the high heat damages them.

Q: Should I brush before Oilpulling?

No, there's no need to. It's important to brush after oilpulling and clean the mouth thoroughly after toxins are drawn out with salt and water or warm water with baking soda as explained before.

Q: When oil becomes white after 5 min? 10 min? 15 min?

There's no rule of thumb different oils will behave

differently, so don't pay too much attention to when the oil becomes white relax and switch.

Q: I was only able to do it for about few minutes, Is it normal?

It is very common for many. Because we are not tuned to have oil in our mouth and for the first few times there would be some different feeling that is all the importance is in the consistency of doing your switching. But please note you would be amazed by how quickly you can get used to it! It helps if you think about keeping the oil around your teeth and not toward the back of your mouth. Keeping the head tilted down a bit can help with that. Five minutes may be all you need, but you may also be able to increase the time because it will become more comfortable. Experiment and you'll find out what works best for you.

Q: I can't help swallowing a little during OP. Is that harmful?

If you need to swallow a bit during oilpulling, the toxins being drawn out can usually be handled by the digestive system and eliminated properly try not to make it a habit, you have plenty control of your swallowing ability or you would have drawn or choke many times already. When you feel the urge to swallow, just spit the whole thing and restart. Practice makes perfect.

Q: I could only do OP for a few minutes, as my mouth was getting tired?

You're probably doing it too vigorously. Just Relax and do the swishing in a more relaxed way. You can make the process fun just think on how much you are helping your system to a state of supreme wellbeing!!

Q: Reasons for doing oilpulling on empty stomach.

First, it helps not to have a full stomach if you get a little queasy from the oil pulling experience before you get used to it. Second, the detoxifying effect is a bit stimulating,

whereas digestion involves the parasympathetic nervous system, so those are opposite functions. Eating something light may not be a problem, and you can judge by how you feel. If you can oil pull first thing in the morning, that takes care of that problem. We can all go without eating for at least 20 minutes a day don't you think?

Q: After oil pulling it never turns in to white.

The idea is , The viscosity and color should change significantly, but the color depends on so many factors, and can even be slightly different each time. A milky or creamy color is fine. It works regardless just don't switch for less than 5 minutes witch is a small time to start anyway.

The Benefits of Tongue Cleansing



From The Chopra Center

by: Sheila Patel, M.D

<http://www.chopra.com/ccl/the-benefits-of-tongue-scraping>

The ancient Ayurvedic recommendation of tongue scraping is one that is often overlooked. There are many benefits to this daily practice as far as oral health, and overall physical, mental, and spiritual health. Since the oral cavity is one of

the main gateways between your mind/body and the environment, maintaining the health of this connection is critical to general well-being.

In the *Charaka Samhita*, an early Ayurvedic text, it says that by cleaning the tongue, “(this) removes foul smell, tastelessness ... and by taking out dirt coated on the tongue, teeth and mouth brings relish immediately.” No doubt, people who clean their tongue on a daily basis can validate the invigorating effects this practice has. In fact, by removing the coating and stimulating the tongue this helps to balance the heavy and dulling qualities of Kapha dosha in your physiology.

Scraping the tongue daily removes any build-up on the tongue, which, if left untreated, can lead to bad breath and may house a significant number of bacteria. This simple practice is a direct way of removing Ama from your physiology. In Ayurveda, Ama refers to any accumulation of toxic residue in the mind-body. This can result from improper eating, poor digestion, or a reflection of an imbalance somewhere in the gastrointestinal system.

In addition, from an Ayurvedic perspective, by removing this coating you improve your ability to taste your food, which makes it more satisfying. By increasing your taste reception, not only do you eat less, you also eliminate the need to add more sugar, salt, or excessive spice to the food to make it more flavorful. Many of the beneficial phytonutrients and “body signals” that your food contains are first interpreted by the mind-body upon contact with receptors on the tongue. You want to improve this communication between your food and your body by removing any coating that is interfering with that connection. Also, many herbs have their beneficial effects from the initial contact with receptors on the tongue. Hence, you need a clear tongue to receive this healthy information.

Keratin Balance

Western medicine is also beginning to acknowledge coating on the tongue as a sign of poor health. According to the American Academy of Oral and Maxillofacial Pathology (AAOMP), a coated or hairy tongue is a sign of imbalance of keratin on the tongue. Under normal circumstances, the amount of keratin produced, and the amount that is “knocked off” by eating, is balanced. When the diet is too soft or the oral cavity is irritated in some way keratin can accumulate. When bacteria grow on this layer of keratin, it can lead to discoloration of the coating, which many people notice.

It's easy to see how a healthy diet that consists of plant roughage and fiber, and where food is not overcooked or too soft, will help maintain this balance. It's therefore important to get healthy “textured” food in your diet, such as fiber from fresh fruits and vegetables and whole grains, as well as nuts and seeds. While the AAOMP does recommend tongue scraping to address this issue, they also regard the coating as “harmless.” However, when you incorporate an Ayurvedic view of health into this picture, you have an increased awareness of how this coating can ultimately affect many aspects of your physical and emotional well-being.

What Kind of Tongue Scraper to Use

The *Charaka Samhita* states that “tongue scrapers should be made of gold, silver, copper, tin and brass and should be non-sharp and curved, so as not to injure the tongue”. [Stainless steel scrapers](#), which are now widely available and resist corrosion, are effective as well.

How to Scrape Your Tongue

The tongue should be gently scraped from back to front for 7 to 14 strokes. The scraper may be rinsed off between strokes if there is a lot of accumulation. Some people report

stimulation of the gag reflex during scraping, which may indicate that the scraping is too aggressive. If this occurs with gentle scraping, begin slightly more forward on the tongue to avoid the gagging reflex.

A Daily Practice

From an Ayurvedic perspective, tongue scraping should be performed on a daily basis. This ancient practice helps to stimulate the internal organs through energetic connections with the rest of the body, improve digestion by increasing your sense of taste, and cleanse the body by removing Ama and bacteria from your oral cavity. In addition, it increases clarity of the mind by reducing heaviness and Ama from the head. When your physical and emotional bodies are balanced, it allows you to expand your spiritual awakening as well.

The tongue is the mirror to all the organs of the body, and thus, a daily look at the tongue prior to scraping gives you a clue to your general health. In Ayurveda, a good tongue examination is a useful way of evaluating the health of the entire body. When you examine your tongue, it's an opportunity for self-awareness, where you can reflect on the choices of the last several days, months, or years and see how those choices have affected your health. If a thick coating is noted, you are accumulating toxicity. By noting this, it gives you the opportunity to become more self-aware and make new, healthier choices.

Coconut Oil Pulling Chews



from: <http://wellnessmama.com/25057/coconut-oil-pulling-chews/>

An easier way:

The other day when making coconut oil chocolates in little heart molds, I realized that I could simplify the oil pulling process by making pre-made, bit-size oil pulling chews, and that worked out great.

The result was simple-to-use pre-mixed oil pulling chews. I

keep these in the fridge so they maintain their shape and also so that they are cool when I use them since it helps with the texture at the beginning, with the oils the texture becomes secondary.

Ingredients

1/2 cup coconut oil

20-30 drops of essential oil (peppermint, cinnamon, clove, etc- check with a doc or midwife if you are pregnant)

Instructions

Melt the coconut oil until just barely liquid in a double boiler at low flame, it melts very quickly make sure not to boil it.

Remove from heat and add essential oils if you choose to use any, when cooling down.

Pour into silicon candy molds and put in the fridge or freezer to harden.

When done, remove from molds and store in a jar.

Use one per day as needed for oil pulling

And Happy oil pulling !!.

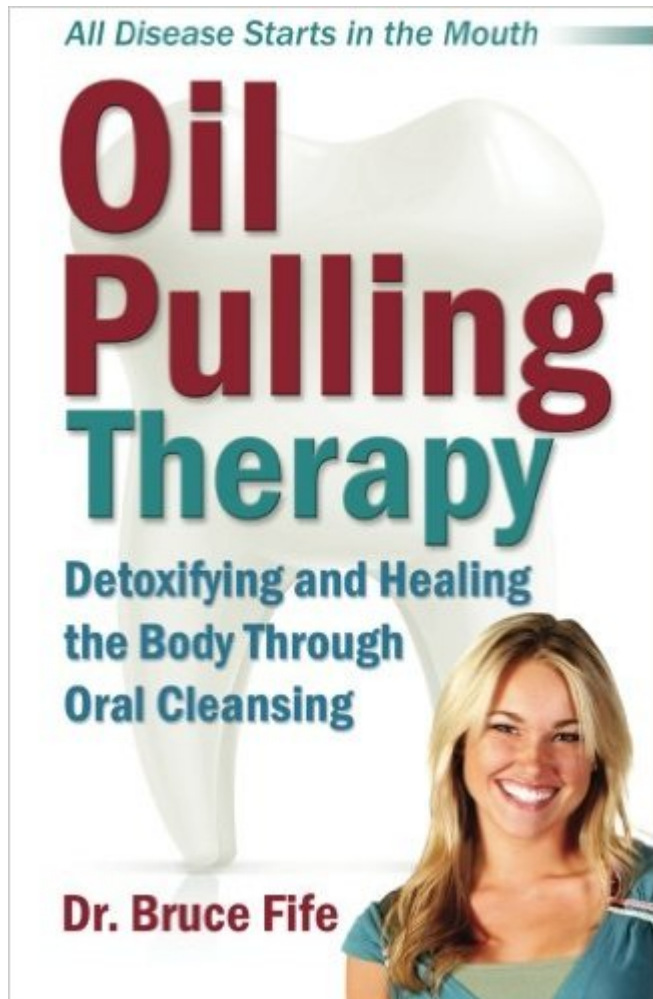
Words From The Experts

Dr. Mercola Discusses a Simple Oral Health Technique

The Truth About Oil Pulling By Dr. John Douillard

Coconut Oil Pulling Benefits and How to do Oil Pulling By Dr. Josh Axe

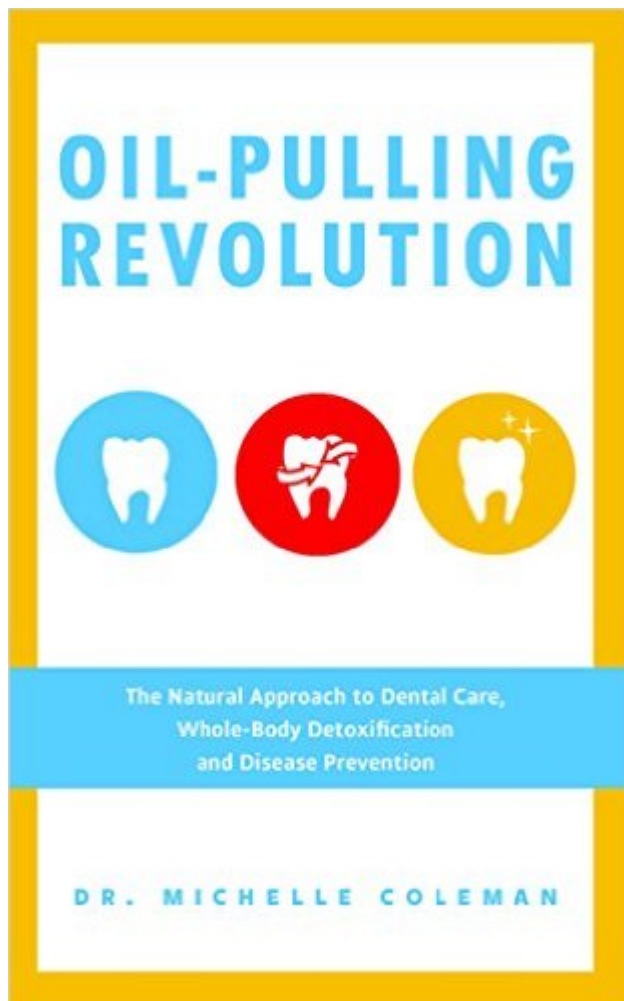
HOW TO OIL PULL: for naturally white teeth & a healthy body from [holistichabits](http://holistichabits.com)



[Oil Pulling Therapy: Detoxifying and Healing the Body Through Oral Cleansing](#)

If you have bad breath, bleeding gums, cavities, or tooth pain—you need this book! If you suffer from asthma, diabetes, arthritis, migraine headaches, or any chronic illness, and have not found relief, this book could have the solution you need. All disease starts in the mouth! As incredible as it may seem, most of the chronic and infectious illnesses that trouble our society today are influenced by the healthy of our

mouths. Our mouths are a reflection of the health inside our bodies. If you have poor dental health, you are bound to have other health problems. Despite regular brushing and flossing, over 90 percent of the population has some degree of gum disease or tooth decay. Most people aren't even aware they have existing dental problems. Recent research has demonstrated a direct link between oral health and chronic illness. Simply improving the health of your teeth and gums can cure many chronic problems. More brushing, flossing, and mouthwash isn't the solution. What will work is Oil Pulling Therapy. Oil pulling is an age-old method of oral cleansing originating from Ayurvedic medicine. It is one of the most powerful, most effective methods of detoxification and healing in natural medicine. In this book, Dr. Fife combines the wisdom of Ayurvedic medicine with modern science. The science behind oil pulling is fully documented with references to medical studies and case histories. Although incredibly powerful, Oil Pulling Therapy is completely safe and simple enough for even a child.



Oil Pulling Revolution: The Natural Approach to Dental Care, Whole-Body Detoxification and Disease Prevention

Holding and swishing organic oil in your mouth is an amazingly simple yet powerful technique for cleaning your teeth and detoxing the entire body. *The Oil-Pulling Revolution* combines ancient teachings and modern techniques to incorporate this healthy habit into your daily routine. Using the tips and instructions provided here you can:

- Remove harmful bacteria
- Eliminate cavities
- Reduce plaque
- Whiten teeth
- Freshen breath

Beyond dental care, this book details how oil pulling benefits your entire body for glowing skin, more energy, improved heart health, fewer migraines and a healthier overall lifestyle.

Eye Lashes Health and Beauty Part 1

Eye Lashes Health and Beauty



Welcome once again to our blog, this week 322, we are sharing our findings on eyelashes not just for vanity also for you to know what their purpose is and how to protect them, I am sure that all of you are interested in protecting your eyes and help your eyelashes to thrive.

Thank you for your visits and likes we appreciate the loyalty and all your shares and likes, with that said let's move on to

the post.

Eyelashes are small hairs on the upper and lower eyelids. Both eyelids have layers of eyelashes within a row, most healthy people have three to five layers of eyelashes in each eyelid, they are there to protect and frame the eyes. Is similar to the anatomy of the human body hair. Lashes are anchored to the eyelid by an individual root. There are small muscles located in the eyelids which, with a muscular contraction, (an automatic response), make the eyes blink and close before an external threat, like particles of dust, or any foreign particle which could cause damages to the eyes.

With every blink, the eyelashes like curtains close access to the eyes, protecting them. Also with every blink, the eyes are irrigated with a lubricant secretion that is generated from sebaceous glands (tear glands) that run along the edge of the eyelid, which openings are located between the eyelashes. This very important lubrication ensures that the eyes don't dry out, keeping them wet, healthy and protected.

The lashes on the upper eyelid are longer than those of the lower eyelid. The upper eyelashes can reach a length of an average of 8 mm. and tend to curve upwards. The upper eyelid has more eyelashes: around a seventy to one hundred fifty lashes and the lower eyelid has generally a row of sixty to eighty eyelashes, smaller and they curve downwards. This curved shape of both rows of eyelashes helps to slip sweat and foreign particles out of the eyes.

Like all the hair in the human body, eyelashes are a biological polymer, made up of about 10 percent of water and 90 percent of proteins, such as keratins, and melanins, the substances that give hair its color.

like all human hair, lashes are fed by follicles, located below the skin. Those follicles have also three phases of growth: first the growing phase, that lasts about 45 days,

and is followed by the declining phase in which the growth stops, for about three weeks, with the last phase of two weeks, the time of rest, when the lashes shed, the hair falls out. After this period, a new cycle begins and the hair is regenerated once again.

When an eyelash is pulled out or drops out, it needs about two months to be regenerated that is why it is important to keep in mind that false lashes and pulling mascara off the lashes can cause much damage to the lashes sometimes permanently.

<https://youtu.be/yF6BKZH0a5M>

At the annual Society for Integrative and Comparative Biology gathering, scientists from the Georgia Institute of Technology presented the findings of a study on lash length, they had examined the eyes of 22 mammals, from hedgehogs, the smallest animals, to giraffes, which were the largest study.

When measuring the lashes and eyes of each individual animal, regardless their size, the researchers found that in every case, their eyelash length was about one-third the width of the animal's eye, all across the board. This proportion, they found, is the optimal one for retaining moisture and keeping the corneas of their eyes clean. When they tested the measurements on eyes that were wearing synthetic lashes and exposed them to a small wind tunnel, the eye wearing false lashes reduced moisture evaporation and particle deposition, that means that wearing the false eyelashes allowed debris to get in the eyes, not allowing the eyes to

protect themselves, no so good right? I love my eyes and wish to keep them safe.

The purpose of the study is a step toward creating effective dust and debris control mechanisms for the optical sensors, but for you, so with that said that lash-lengthening serum adds unnatural length to the lash. The researchers also discovered that lashes longer than the one naturally created by your eye it will actually funnel air toward your eyes, increasing dryness and the likelihood that airborne dust or dirt will get stuck to your eyeballs, I learned a long time ago that the body is a genius and knows exactly what to do. Wearing lashes occasionally is one thing but every day it will definitely cause a few drawbacks.

How many eyelashes do we have?

How many **eyelashes** are on each lid range widely as the top eyelid usually accommodates approximately 150 to 200 individual hairs, the bottom eyelid averages somewhere between 75 and 100 hairs. A lifestyle that is healthy will result in faster growth of hair in general.

Here are some questions that we have received.

Why are eyelashes so important?

Is so many particles in the air, dust, sand, which can get into your eyes and harm them. **Eyelashes** help to communicate with the eyelids when they need to shut and protect the eyes. Along with your eyebrows and forehead, your eyelashes also help to shield your eyes from the bright light of the sun and wind.

Can eyelashes fall out from stress?

I found plenty of other reasons that **eyelashes** might **fall out** like excessive eye rubbing, nutritional deficiencies, and

hormonal imbalances. pulling, eyelash curlers, etc, **stress** was named among the top reasons for unhealthy hair and full body.

Is many reasons, lash extensions, burns, and chemotherapy may lead to eyelash loss also. According to the American Academy of Ophthalmology, if the eyelashes get burned as long as the hair follicles are still intact, the lashes will usually grow back in 6 weeks. If the hair follicles were damaged, the eyelashes might not grow back.

Do eyelashes grow back after cutting them?

It takes roughly 2 to 3 weeks for the eyelash to grow from nothing to its full length! So if you cut your eyelashes, they will actually not grow back but you will have to wait about to 3 months for them to fall off and the new ones to take their place.

Do Eyelashes stop growing with age?

Eyelash growth has four stages: growth, resting, shedding and re-growth that is the process As we age, eyelash follicles (the openings in the skin through which the lash grows) can slow or stop producing, especially with poor health.

Lash extentions, burns, and chemotherapy may lead to **eyelash** loss. According to the American Academy of Ophthalmology, if the **eyelashes** get singed but the hair follicles are still intact, the lashes will usually **grow** back in 6 weeks. However, if the hair follicles were also damaged, the **eyelashes** might not **grow** back. May 18, 2018

Eyelash Growth Serum



A natural way to make lashes look as long as fake lashes using only natural ingredients.

These natural “eyelash extensions” use:

Castor oil– Natural source of Omega-6 fats, proteins, and vitamins that helps encourage dramatic hair growth

Emu oil– “highly anti-inflammatory, moisturizing, anti-wrinkle, penetrating, a transdermal carrier, promotes skin regeneration, non-comedogenic (does not clog pores), nourishing, anti-aging and bacteriostatic.”

Coconut oil

Vitamin E oil

Castor oil alone would give noticeable results, as it has been extremely helpful for lengthening and thickening my hair, but the addition of emu oil, coconut oil, and vitamin E give this serum a wider range of fatty acids and nutrients to help speed eyelash growth.

Eyelash Growth Serum Ingredients

1 teaspoon castor oil

1 teaspoon emu oil (optional, can use extra castor oil instead)

1/2 teaspoon coconut oil

2 capsules Vitamin E oil (optional)

Eyelash Growth Serum Instructions

Mix all ingredients and store in a small dropper bottle.

To use, squeeze one drop on to your finger or a cotton swab and gently massage into the lash line. I prefer to do this at night to let it work overnight before washing my face in the morning.

Use daily for best results.

TIP: This can also be used on eyebrows to help with thinning eyebrows.

This will last up to a year as long as it is kept in an airtight container and not contaminated with a liquid since it contains to water, aloe or other liquid ingredients that will spoil.

How to Make a Natural Eyebrow & Eyelash Growth Serum