Face Reading

The Power of Face Reading

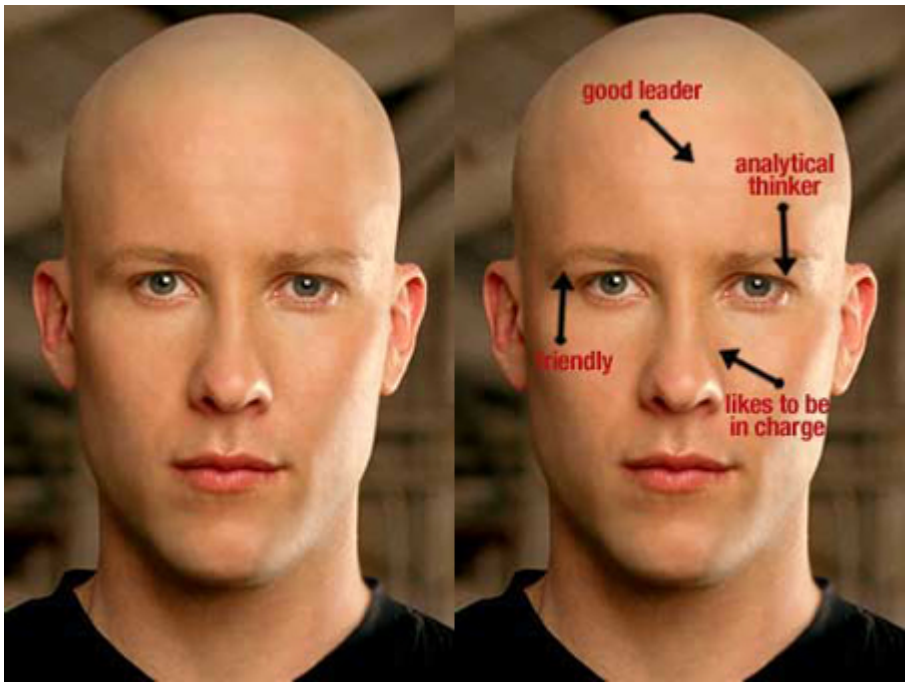
This post is about one of the most fascinating subjects I have studied. A well tuned professional face reader, can describe you and your ancestors so well that it may make you feel that he or she has been involved in your life on a daily basis.It is amazing the accuracy and finesse of the system.

This post is about one of the most fascinating subjects I have studied. A well tuned professional face reader, can describe you and your ancestors so well that it may make you feel that he or she has been involved in your life on a daily basis.It is amazing the accuracy and finesse of the system.
You may know someone whom people adore. Most likely this person isn’t wrinkle free and doesn’t have perfect features.

She was a perfect sample of the radiance, kindness and compasion that read through her beauty.

Yet when he or she walks into a room, everyone’s heart just soars. What they are responding to is the information that radiates out from that individuals face. When people are living according to their true nature, everyone finds them beautiful.

With that been said here we are posting a few facts about face reading there is so much more to it, we will continue to share with you in future articles and your search more information with the links provided.

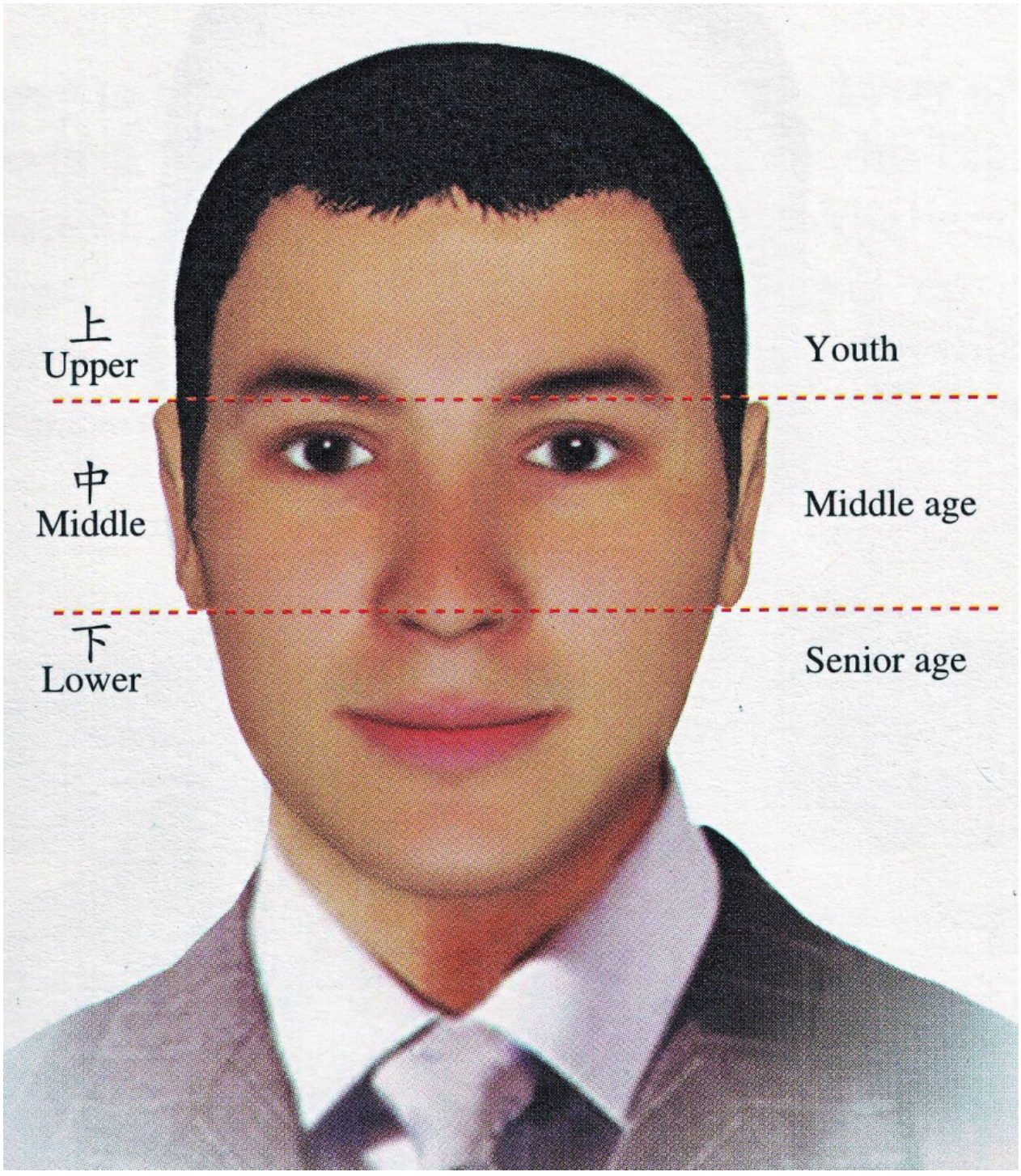


From http://english.eastday.com

Chinese face reading is as relevant today as it was in the past and its use is cross-cultural. We all have a blend of elements and all faces reflect part of nature pattern. Face reading first appeared in China during the 6th century BC, possibly as the specialty of magic it was not affiliated to any religion. It is thought that they were probably Taoist shamans from rural areas such as Szechwan who specialized in non-traditional deviational arts. By 220 BC, the art of face reading was established in Chinese life and classic treatises, such as the Golden Scissors and Bamboo Chronicles, were written at this time.

There were also professional face readers during this time that combined the roles of priest, astrologer and counselor. They were well-educated men with great compassion for human frailty. The Chinese understood the concept that the face represents the energies, health and fortune of a person and

they wished to live in harmony with these, and with the prevailing energies of the five elements, yin and yang, and the seasons. This wisdom has seen a huge resurgence in the West during the past 20 years with the growth of acupuncture, Chinese herbal medicine, Feng Shui and Qi Gong.



The Principles of Face Reading: Chart from The Joey Yap Store

The starting principles of face reading are the cosmic energies of the five elements and yin and yang. The elements are symbols and represent qualities of energy within each person that are reflected in the face. An elaborate physical, psychological and emotional profile can be built up, incorporating the energies of the features, the life points of the face, the three divisions from top to bottom (forehead, mid face and lower face) which show the nervous, circulatory and digestive systems and the facial zones which represent the internal organs.

Each face is a map of the past, present and future. The past would be described as our inherited constitution, our mother's pregnancy, our childhood and adolescence, with either difficulties or support in the family, and our early years as we start out in the world. The present reflects our health at the time of the reading. This is something we create ourselves. Coco Chanel said: Inappropriate diet, persistent negative emotions, drugs, toxins and stress all contribute to lines, congestion, and colors on the face.

The facial zones affected are related to the internal organs under stress. In the same way that the feet are a microcosm of the whole in Reflexology, so the face shows the inner health status and the person behind the persona. The future is not predestined in Chinese philosophy: acts of compassion can lengthen one's life, and taking greater care with health can resolve possible future symptoms. Sometimes destiny and the ups and downs of life can be improved by facial surgery?

Correcting squints helps one’s fortunes during the years 35-40. However, nose jobs, which expose the nostrils and shorten the nose can affect the end of the 40s.

Here are some examples of various shapes and qualities of face reading:

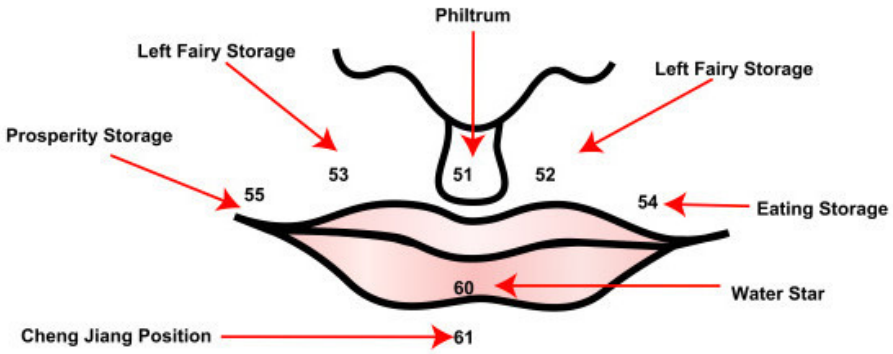
One White Eyes
Center-focused eyes. Grandfather was someone of authority. Does not bode well for physical health, especially the heart.

Lower Three White Eyes
Belong to celebrities or those with socia standing. Tend to be snobbish and arrogant. Are afraid of heights, and pron to legal disputes.

Big Eyes
Typically passionate characters, generous and not calculative. Proactive and easily adaptable, and more in tune with the senses.

Big and Round Eyes
Have expressive talents. Tend to trust people easily, and typically easy communicators who constantly need love.

Mouth 嘴

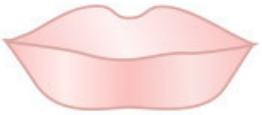


Wide Mouth
Ability to make money no matter where one ends up. They are usually happy-go-lucky and popular, but may tend to lack direction in life.

Small Mouth
Generally good-hearted people, but rarely happy. They tend to be amicable and have many friends, but may whine or complain a lot.

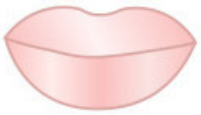
Upper Lips Thick / Protruding
Indicates a personality that feels a need to be wanted and loved by others. Sentimental in nature, and place greater value over emotional bonding than physical love

Lower Lips Thick / Protruding
Indicates a strong character that is independent and self-reliant. A tendency to be self-motivated, and values physical gratification over emotional love.



Thick Lips
This indicates a person of passionate temperament. They tend to be adoring, demonstrative, and enthusiastic when in love.

Square Mouth
Typically a lucky individual who can find success and happiness in all areas of life. Usually an honest and levelheaded personality, and liked by all.



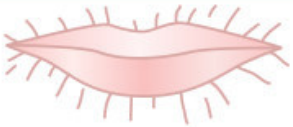
Round Mouth
Indicates a personality with no hidden agenda, and content with what they have. Prone to constant worries, and generally lack a sense of security.

Reverse Boat Mouth
Typically a solitary nature, and may be sad and morose. Lack affinity with friends and loved ones. May also be stingy when it comes to money matters.

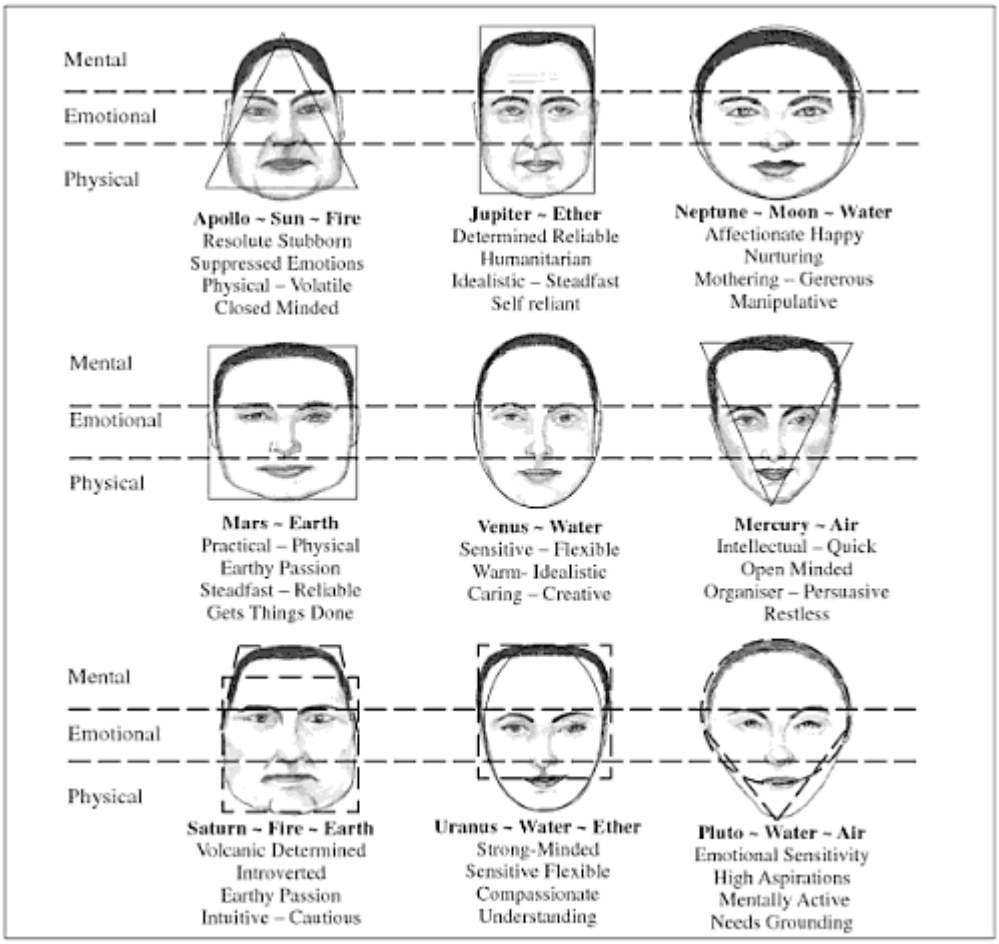
Pearl in the Sea
The 'Pearl' indicates a person who likes to argue, and always argues to win. Good at debating and articulating an argument.

Smiling Mouth
Typically belongs to happy people who are grateful for what they have in life. Clever and straightforward, and also indicates a creative or artistic nature.

Crooked Lips
May have a wagging tongue, and a tendency to be scheming and wily in relationships. Will take advantage of superiors.



Lined Mouth
The lines that appear on a mouth aren't good lines – they are indicators and harbingers of loneliness. May live to an old, lonely age.



Charts from [The Joey Yap Store]

Balance and proportion are important in face reading, as in Chinese paintings. There are needs for harmony between the mountains (the yang element, represented in the face by the bones) and the rivers, (the yin element which is the soft tissue). Although a face may be considered beautiful by society, in face reading terms it may be too yin (upturned nose, large wide mouth, eyes too far apart, thin eyebrows). Many models have this look. In our language we have many expressions to describe character traits: pay through the nose, two faced, keeping one’s nose clean, chinless wonder? We may have forgotten how these came into a language in the first place, the mouth relates to communication, and the chin signifies determination, ambition and practicality among other

traits . So, face reading can be used to sum up a person's energies, to get a health read-out, to assess character,fortune and other a tributes to help gain self knowledge and to plan for good health.

There are numerous ways to read a face in Chinese physiognomy: 3 Quarters, 8 Trigrams, 108 Spots, examining the shapes, the colors, the wrinkles and the moles, just to name a few. A master of face reader usually employs the combination of several techniques to gain multiple perspectives and perform cross-examination.

Following is a brief introduction to the 12 Houses method.

1. Fortune House (Fude Gong)

It gives an overview of your general fortune trend. An ideal Fortune House should be round, full and smooth with no

visible marks, lines or scars. Flaws in these areas reflect challenges in your life, which can be in the form of poor health, distressful relationships or money troubles.

2. Parents House (Fumu Gong)

It is associated with Heaven Luck; in this regard its state is quite a testimony to the situation that your parents were in

and your relationship with them. A forehead that is wide, round and shinning speaks of a good family inheritance, a comfortable upbringing and early achievement, while a small, bony or disfigured one illustrates an uneasy childhood.

3. Career House (Guanlu Gong)

Again, being broad, round and smooth is the basic criteria to identify a good Career House. If on the top of that, you also

have prominent cheekbones and protruding eyebrows, you shall have a great chance to achieve a great success in your chosen field.

4. House of Travel (Qianyi Gong)

If it is in any way disfigured with scars or deep lines, you might be better off sating put. Furthermore, jobs or businesses involving transportation, tourism or import/export are, understandably, not your best choice.

5. Life House (Ming Gong)

The key to your fortune is deposited here. Naturally, being smooth and shinny is ideal, which suggests a trouble-free life

journey. If it is receded, dimpled or scared; or there are permanent horizontal lines between the brows; or eyebrows meet in the middle, you may face a bumping road ahead.

6. House of Siblings (Xiongdi Gong)

Eyebrows and the areas directly above them represent and it also oversees your relationship with your friends and

colleagues. The state of your hair has a direct connection to the physical conditions of your parents at the time when you were conceived, which means it has a lot to do with your genetic make-ups. Brows that are dark, thick, long, smooth, orderly and located high above eyes indicate a healthy hormone level that gives rise to affection, calmness and courage. If they look sparse, thin, pale, short, or chaotic, or too close to eyes, or marked with a scar, you could be tormented by your own physical or emotional states.

7. Assets House (Tianzhai Gong)

Your eyes portray your intelligence and temperament, and the very quality of these dispositions plays important role in your asset acquisition endeavor. Good Asset Houses are constituted with eyes that are long with large pupils and clear whites, and up-eyelids that are broad and full. Recessed or narrow eyelids exhibit impatience. If the whites are colored with red streaks, and worse, if the streaks pass through a pupil, you should brave yourself for challenges in reference to your financial concernes.

8. House of Marriage (Qiqie Gong)

Being full and smooth in appearance indicates a happy marriage. A receded House however rings a bell on extra marital

affairs. If the area bears visible spots, scars, black moles or messy lines, your marriage could have challenges due to some unscrupulous conduct.

9. House of Children (Ernu Gong)

This area is closely related to cerebellum and also governs your love and sex life, so again, being full and round is better

than being flat or receded. Dim moles or slant lines across the area are especially undesirable, suggesting some challenges regarding your own sex life or your children’s future development.

10. Health House (Jie Going)

If the House is broken or marked with horizontal lines, or if it is stained with spots, marks or discoloration, you shall pay extra attention to your health, especially your digestive

system.

11. Wealth House (Caibo Gong)

A nose that has high and straight bridge, big and round tip, full and fleshy wings, and invisible nostrils, not only indicates

sound physical health, a positive mental attitude, also denotes success in career and abundance in wealth. On the other hand, a nose that is low, or crooked, pointed, or narrow, bony, or with contoured bridge, upturned tip, visible nostrils, reveal a problematic personality, a troublesome financial situation or a difficult career path. If blood vessels are clearly visible, or a dim blue color tones the surface, pay attention to blood pressure and heart health. When a nose turns bloody red, which is dubbed Fire in Lounge in Chinese physiognomy, it should be viewed as a to excessive warning sign

12. Popularity House (Nupu Going)

This House rules your relationship with your colleagues, subordinates or younger generations, and foretells your

situation in your old age. When they are round and full, you can expect to enjoy your popularity among your followers. But if it sharps off, or appears crooked or bony, you probably should reconceder your dream about being a politician. And what’s more, you’d better prepare for self-support during old age.

Marks, spots, scars on, and even shapes of your face can change over time, meaning your fate can alter through the years. You can utilize your Man Power (your attitudes – good deeds, better learning and hard work) and the Earth Power (your environment – favorable Feng Shui) to neutralize the Heaven Power (your time of birth – what you have inherited

from your parents and your previous lives). Ultimately, you are the real creator of your own fate. When you change your heart, you change your face; when you change your face, you change your fate.

A Guide to Concealer – Tips and Tricks

Hello again,

We wish to thank you for all the support and likes. It is crucial for your opinion and support, it tells us that our hours of research and work serves you.As per popular request, we are starting a series of posts about application, tips and different kinds of concealers and their qualities. w We are not claiming to know each one that is offered in the market, just the ones we have experienced in years of working with the different textures and skin. Further more, I often tend to use (when it allows for it) foundations of different shades to conceal due to the fact that I believe the textures and formulation get along with each other. Ultimately it is an individual choice and skill to blend and try what works for

you.
Enjoy and feel free to email us with requests and comments, we love to learn. Thank you once again from all of us at Isabel's Beauty Blog.

Different kinds of concealers and their uses :

Concealers are probably one of the greatest factors in creating the illusion of a flawless finish look in make up. The product formula is critical. With that being said, concealer formulas and texture give you a different coverage and lasting time on your skin, and all skins are different in that matter. Another consideration is the fact that we mix concealers with foundation and in many cases with powders or matting agents and all the products should get along with, not to mention, the difference in tones and textures that we must blend to give the appearance of natural flawless look. All of these factors should be taken in consideration to achieve a successful outcome.

Now lets talk about a few kinds of concealers and their qualities

Stick concealer:

Is one of the most common and popular, do to the fact that it is easy to carry and for the most part is used without a brush. I don't recommend that habit do to contamination of your product, I will leave that up to your discretion.

Lets continue with the description of our product.

Stick concealer gives you great coverage, and usually the formula is moist enough yet has enough pigment that gives you coverage and correction on discoloration and hyper

pigmentation. Always make sure that the texture goes well with the rest of the make up you are using and if you use concealer without foundation just for correction, make sure that it is well blended and it doesn’t look like a patch.

Glo Minerals Brightener Highlight Concealer

Phyris Time Control Concealer 50ml

Osmosis Colour Age Defying Treatment Concealer

DERMABLEND QUICK FIX CONCEALER SPF 30

VICHY DERMAFINISH CORRECTIVE FOUNDATION STICK

Tube concealer:

Usually it is a more moisturizing formula due to the nature of the ingredients. It is very versatile due to its texture. It can give you a lot of coverage or you can sheer it out to give it a lighter amount of coverage. It all depends on the look you wish to achieve. Tube concealer is more likely to blend with other products that you may use to achieve a full makeover.

You can layer this product to accomplish the coverage that you desire, make sure you blend it well and take in consideration the texture and formula of the foundation, blush, and if you use powder or a matting product that should work together as

well.

Tip:

If you use a powder foundation or a non oil foundation tube concealer, it must be addressed in a very gentle and skillful way. If you don’t want a demarcation or an unnatural look, that screams poorly done make up, adding more attention to the area that you want to conceal in the first place.

Rockin Beauty Full Cover-Xtreme Anti-Age Concealer Light 8ml

DERMABLEND SMOOTH INDULGENCE REDNESS CONCEALER SPF 20

Pot concealer:

Now this formula gives you a fuller coverage. The formula varies from creamy all the way to dry. So it greatly depends on the texture of your choice and the other product that will be used with and what you wish to cover, smell, color, matching with skin etc.

Tip:

You may want to try it with the rest of the products you wear to see that they all get along and the duration of it on your

skin is what you desire. That is a very important consideration, so in an hour or two the product doesn’t separate or overwhelm the rest of your make up and is sitting on top making a big statement on creases or details that you don’t wish to emphasize.

100% Pure Fruit Pigmented Long Lasting Concealer

Emani HD Corrective Concealer

YoungBlood Ultimate Concealer

Colorescience Mineral Corrector Palette – Light to Medium

Wand concealer:

I consider this product to be one of the sheerest of all the formulas. It gives you the least coverage, on the other hand it is easy to blend and a great choice for people that want to conceal details and don’t wear foundation or minimally so.

Tip:

Make sure you discard product after a month of use, due to contamination. In my experience it starts to dry out and no longer does what it was set up to do in the first place.

100% Pure Fruit Pigmented Brightening Concealer w/ SPF20

Glo Minerals LUXE Liquid Bright Concealer

Mavala Concealer

DERMABLEND QUICK FIX ILLUMINATOR

Here we mention a few products that we have experienced and feel comfortable recommending. We will do a post on how to choose the ideal match for the different color skin and foundations undertones to aid with blending.

We wish to thank all of you for your support and likes, we couldn’t make it without you, please sign up and like us, it keeps us going.

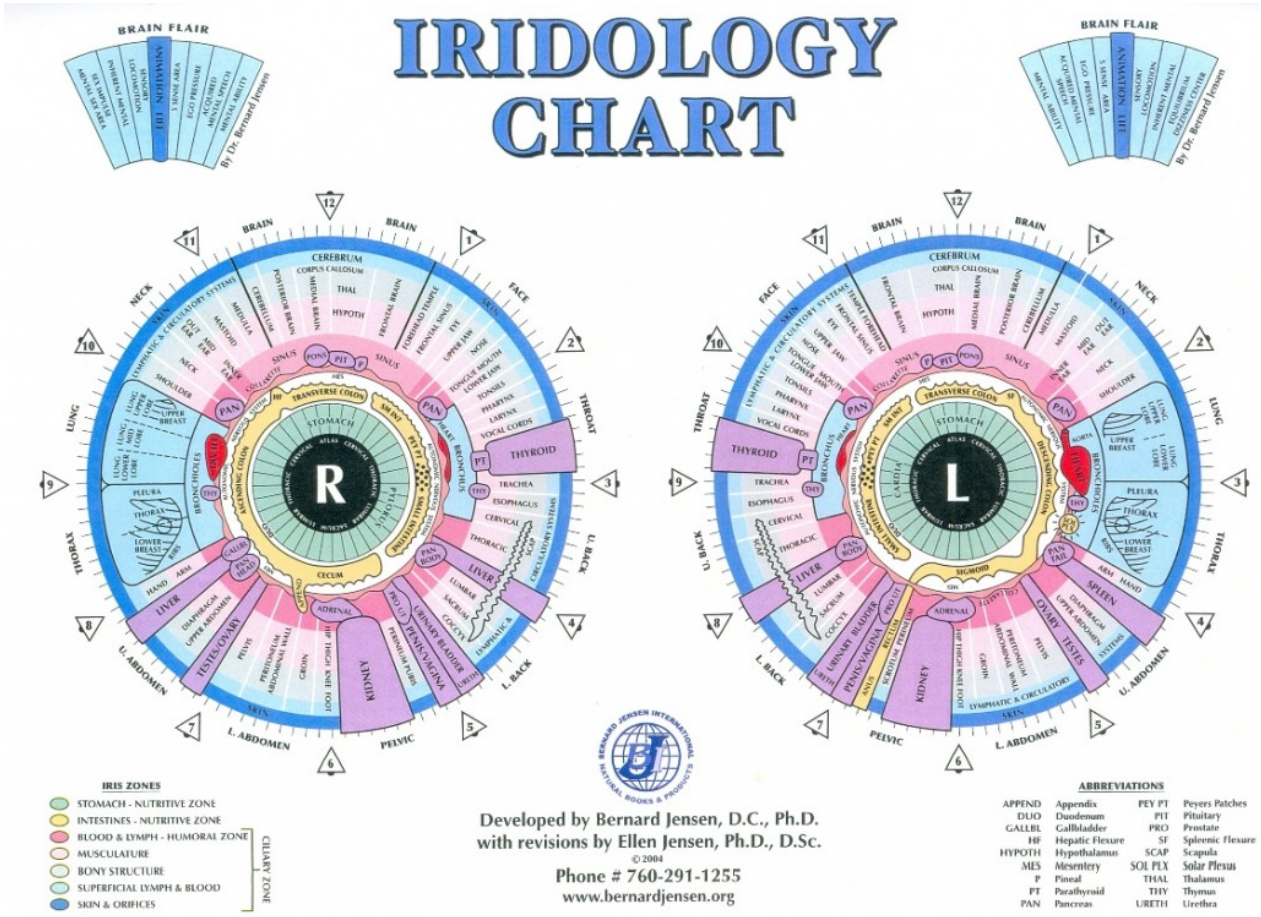
Eye Longevity Tutorials

Wishing you all the health, happiness and wealth. We are sending you much gratitude for all the support and likes, they are well appreciated by all of us.

We are here with our post about the eyes, I had a problem 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. 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 I felt 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! Enjoy.

The Eyes are the doorways to the soul

They are connected to the entire nervous system, Which gives them a special importance. In Taoism the eyes are regarded as yang energy that guides all the chi flow in the body. The different areas of the eyes correspond to different organs of the body so they reveal the health of your entire body: you can tell which organs are weak or toxic by looking at your eyes. Nowadays people use their eyes much more than in the past to read, watch television, and work with computers, other electronic devices, and microscopes. 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.



How do children inherit eye color? Can a child’s eye color be predicted? Why are an albino’s eyes pink? How can two brown eyed parents produce a blue eyed child? Why are my eyes a darker blue than my sibling’s? 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 question 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 about 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 bey 2 gene on chromosome 15 contains a brown and blue allele. Also on chromosome 15, the bey 1 gene is the central brown gene. On chromosome pair 19 the gey 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 bey 2 gene if a person has a brown allele then they will have brown eyes. In the gey 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 produces 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 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 gray eyes, the dark pigment is distributed in the front layer of the iris and over the blue background it appears gray. 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, gray-blue eye colors are produced by different amounts of pigmentation and the pattern in which the pigment is placed. Albino eyes are 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 color 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 color.

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 filed 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 Gall bladder 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.

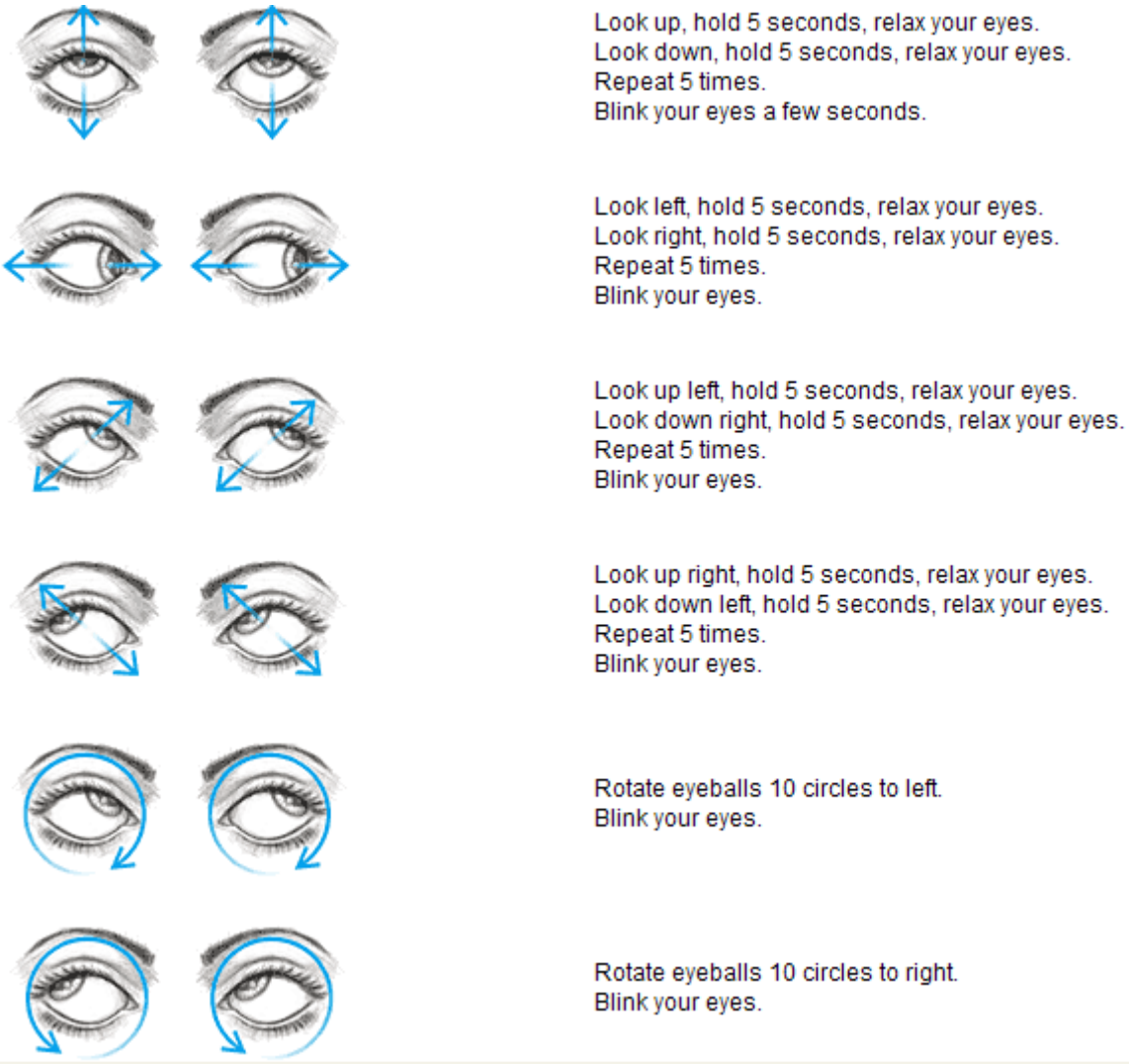
2.Pull up the eyelids to increase the fluid. Use the thumb and index finger to gently pinch and pull up the eyelids, then release them. Do this six times.

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.

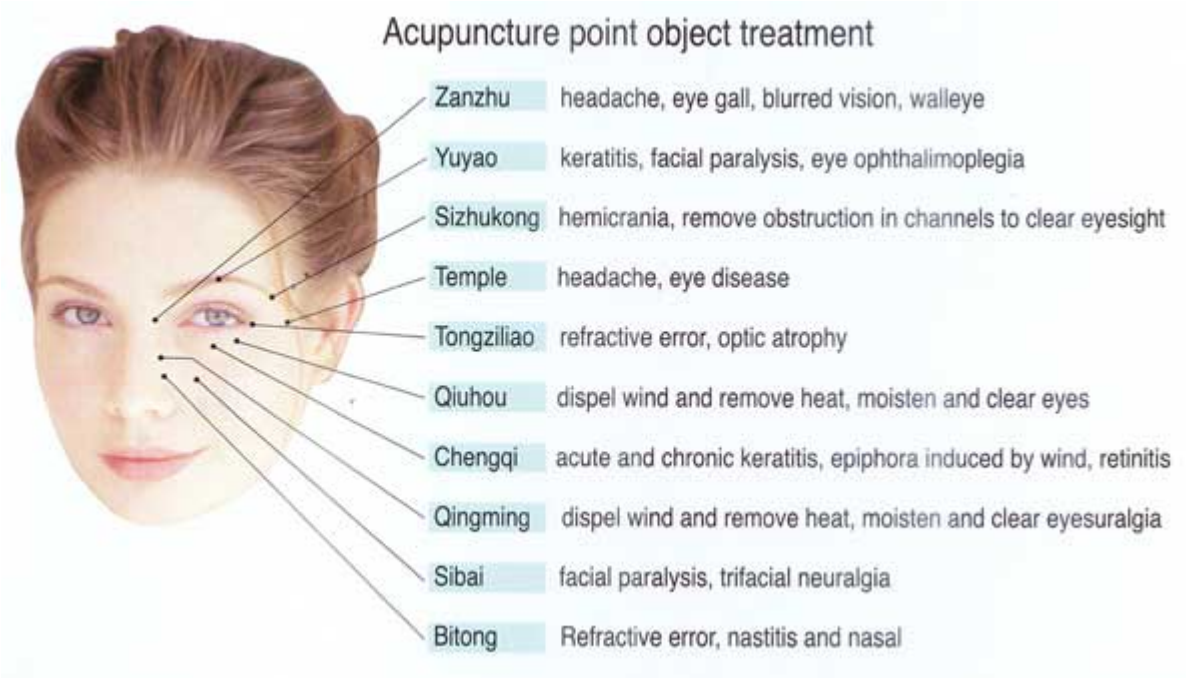
5.Bring chi to your eyes by rubbing your hands until they are warm, then closing your eyes and covering your eye sockets with your palms. Feel the chi from the hands being absorbed into the eyes. Rotate your eyes six to nine times, first in a clockwise direction, then counterclockwise.

Eyeball exercise



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.



Chrysanthemum Tea

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.

According to http://www.healthydunia.com, 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 Vitamins

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 in 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 through 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 health 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 is the Western medical diagnosis of retinitis pigmentosa and color-blingness. In this circumstance color perception is not clearly distinguishable through the eyes, indicating poor liver function. When a person is experiencing any chronic and /or degenerative problem with 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

[pangaO 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 vital reasons for drinking water

Hello and thank you from all of us at Isabel’s Beauty Blog. Your support is well appreciated, it helps us to continue to research and invite new contributors. We take the time to

bring you quality information, products and authorities in the subjects we post. We wish for you, family and friends to enjoy and share, your choices with others.
Here we are in the subject of water, the post would have been too long if we wrote al the information we gathered, so with that been said, we decided to do a few posts on this subject with the point of view of a few experts, enjoy.

Wishing you health, happiness and wealth form all of us at IsbelsBeautyBlog.com

Contributor Paul Pitchford from HEALING WITH WHOLE FOODS

Water is the most abundant nutrient in the body, comprising two-thirds of the body's mass. People make efforts to obtain unadulterated food but neglect to find water of similar quality. Every type of water has its own unique quality. Rain water tastes lighter, well water is more mineralized, river, lake, and spring water each has their own qualities.

One of the most important principals regarding our personal water consumption I believe is listening to the wisdom of our body, and drinking accordingly to our own thirst. So often we are told drink 8 glasses of water a day and other recommendations that perhaps are not for every individual constitutions or needs, not to mention any reference to the quality of water and the temperature of it when consumed.

If large amounts of water are ingested for reasons such as hard work or internal heat, is best done at least thirty minutes before or one hour after meals. Otherwise digestive enzymes and secretions are diluted, and food nutrients are not effectively extracted. When water is taken with meals it is best to drink small amounts and warm perhaps a warm tea is a great idea.

The optimal water intake varies widely, every persons requirement is different.Thirst is an important indicator of the need for water, this not always a conscious choice.

Key Factors that Influence Personal Water Needs

Water requirements are lessened by:

Sedentary lifestyle

Consumption of fruit, vegetable, and sprouted foods

Cold deficient conditions

Cold and damp climates

Water requirements are increased by

Physical activity

Consumption of more meat, eggs, or salty foods

Fever, heat, or excess conditions

Dry, hot, or windy climates

Major properties of water

Relaxing

Moistening

Soothing

Cooling

and dispersing

Too much water from any source can cause coldness sensations, actual dehydration, lost of minerals, weakness in digestion and lost of energy of the hole body. In Chinese healing traditions, states that an excess of water depletes the

Digestive Fire of the spleen- pancreas and hinders the kidney-adrenals ability to provide warmth energy (yang qi).This applies especially to cold water and cold foods (salads, fruits etc)

In the other hand insufficient water consumption causes toxicity of the body as well as constipation, tension, tightness, overeating,inflammation, dryness, and kidney damage.

When drinking water it is recommended to drink slowly, this helps the body to absorb it better.

The amount of water intake will significantly influence longterm health

Figure: Water composition in different parts of human body

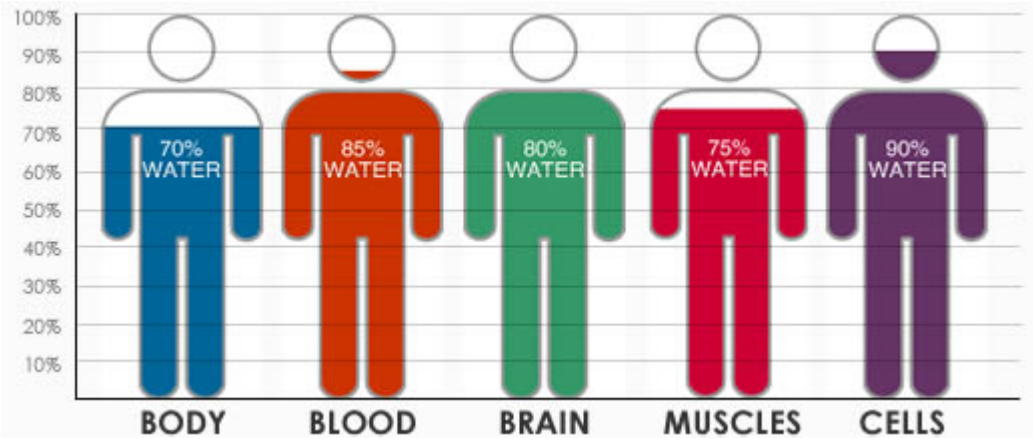
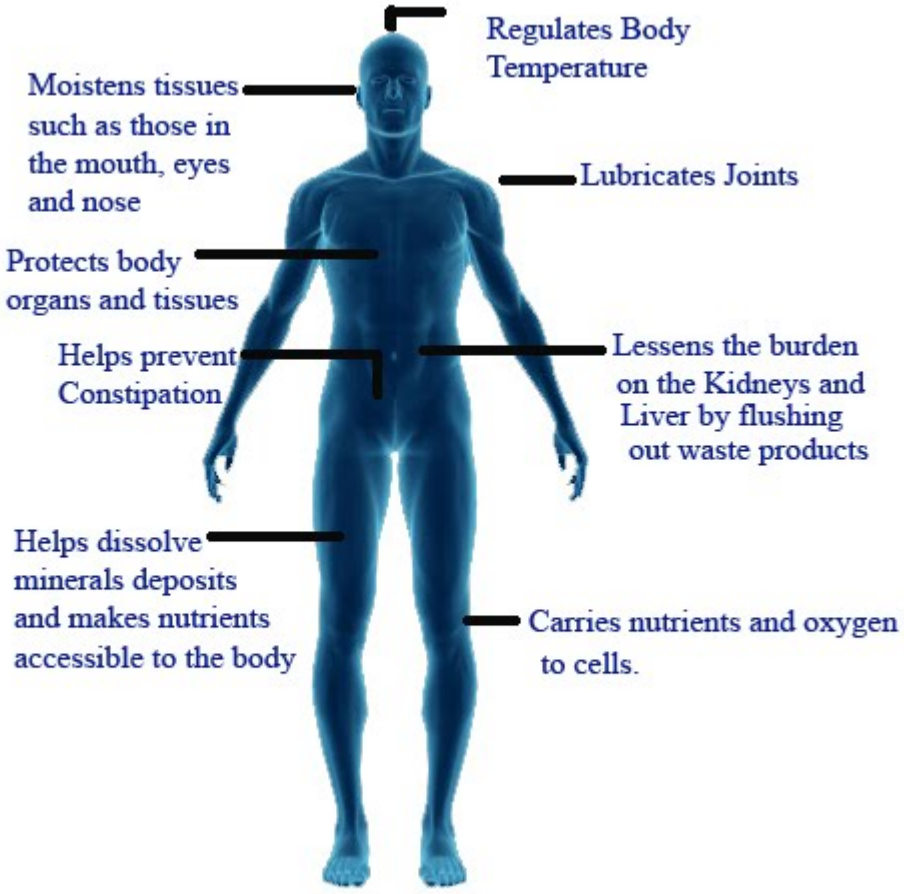
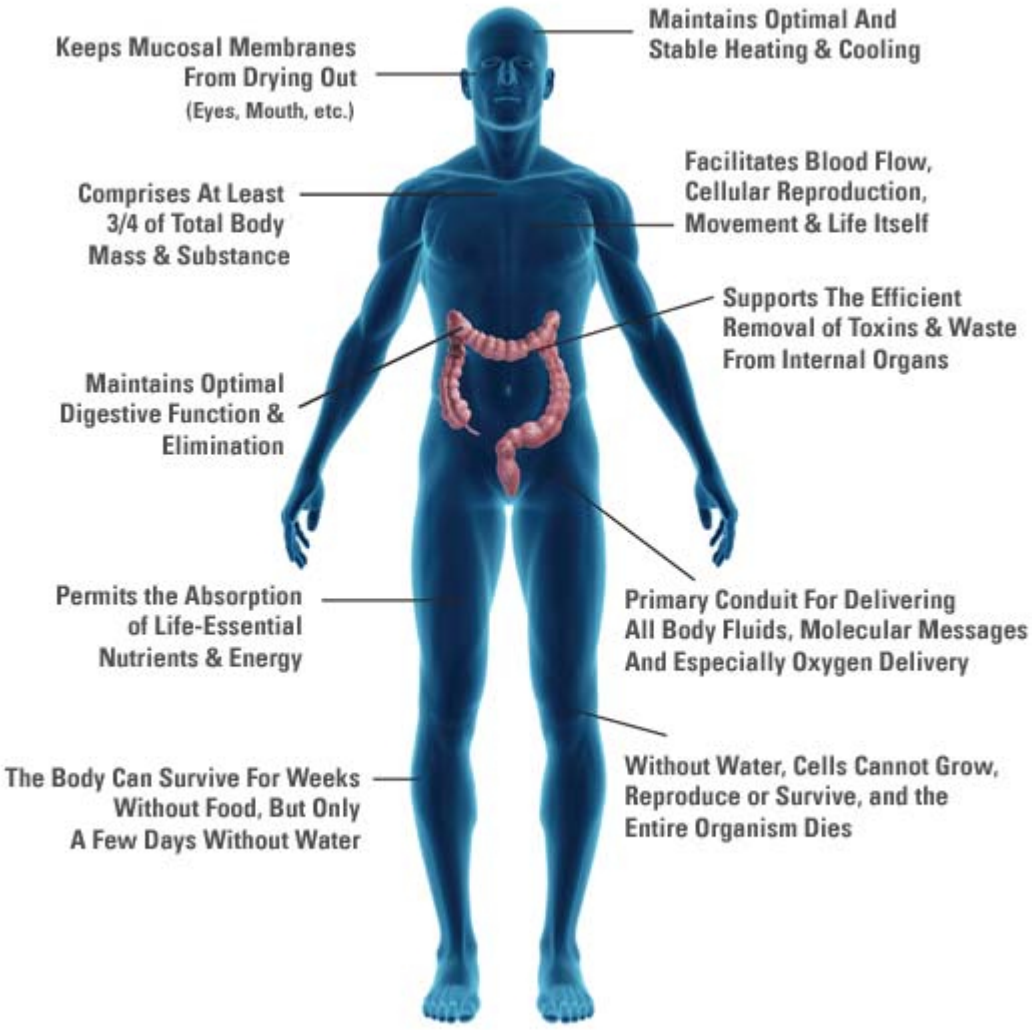


Photo courtesy to soulutionsfitness.ca

Water is responsible for dissolving most of nutrients, minerals, and substances in the biological processes in human body. It transports the required amount of essentials to different parts of body and also provides a moist environment for our ear, nose and throat tissues. Water is also play a vital role in flushing waste and toxins out of bodies.


Regulates Body Temperature
Moistens tissues such as those in the mouth, eyes and nose
Lubricates Joints
Protects body organs and tissues
Helps prevent Constipation
Lessens the burden on the Kidneys and Liver by flushing out waste products
Helps dissolve minerals deposits and makes nutrients accessible to the body
Carries nutrients and oxygen to cells.


Maintains Optimal And
Stable Heating & Cooling
Keeps Mucosal Membranes
From Drying Out
(Eyes, Mouth, etc.)
Facilitates Blood Flow,
Cellular Reproduction,
Movement & Life Itself
Comprises At Least
3/4 of Total Body
Mass & Substance
Supports The Efficient
Removal of Toxins & Waste
From Internal Organs
Maintains Optimal
Digestive Function &
Elimination
Permits the Absorption
of Life-Essential
Nutrients & Energy
Primary Conduit For Delivering
All Body Fluids, Molecular Messages
And Especially Oxygen Delivery
The Body Can Survive For Weeks
Without Food, But Only
A Few Days Without Water
Without Water, Cells Cannot Grow,
Reproduce or Survive, and the
Entire Organism Dies

The Health Benefits Of Drinking Water :
Helps To Lose Weight
Healthy Skin
Kind To Teeth
Fight Infection
Get Rid Of Body Toxins
Healthy Hearth
Prevent Joint Pain And Arthritis
Boost Energy
Prevent Constipation
Reduce The Risk Of Kidney Stones
Improve Productivity
www.guptaranjan.com

H_2...OH REALLY?

THIRST

Thirst is a useful indicator of daily fluid requirements. Unfortunately, it's not fully reliable since the body is already mildly dehydrated by the time an average person starts to notice thirst.[1]

MENTAL

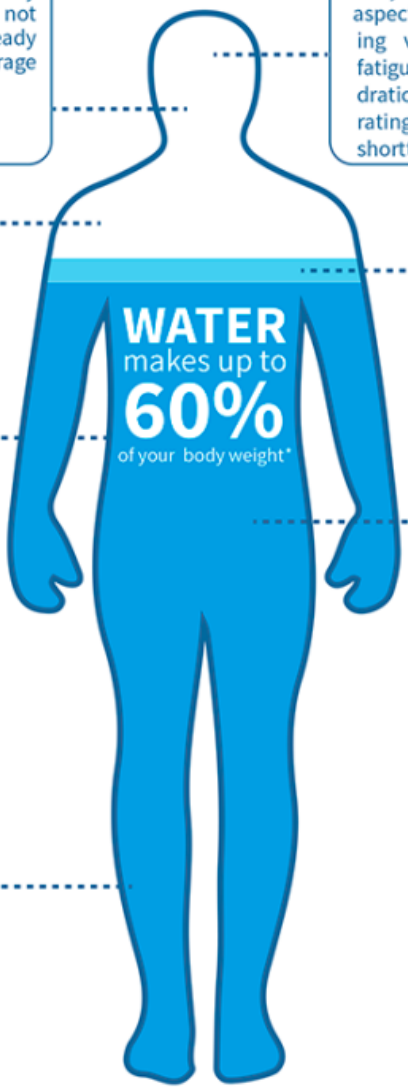
Dehydration can degrade specific aspects of cognitive performance including visual vigilance, tension, anxiety, fatigue and visual working memory. Dehydration was also linked to negative mood rating, impaired motor performance and shortterm memory.[6]

SKIN

Dehydration results in dry skin and wrinkles.[2]

DEHYDRATION

A 1% loss of body mass due to fluid loss is defined as dehydration.[7]



KIDNEYS

Higher water intake is shown to have a protective impact on the kidneys, and there is initial evidence that CKD (Chronic Kidney Disease) may be inversely related to higher water intake.[3]

A study by Dai et al found a strong protective effect of fluid intake in preventing kidney stone formation in men.[4]

WEIGHT LOSS

Opting for water instead of sugary drinks can help reduce body weight and fat levels. According to Stookey,[8] just drinking 500 ml (17 oz) of water increases energy expenditure by 100kJ. Findings in the same study indicate that an absolute increase in drinking water to to ≥ 1l (34 oz)/day was associated with ~2 kg or 5 lbs weight loss over 12 months.

PHYSICAL

Studies have shown that the modest level of dehydration (2% of body mass) can result in around a 20% decrease in physical performance levels in temperate climates and up to a 40% decrease in hot temperatures.[5]

*WATER

Water plays crucial roles, in transporting nutrients and waste products between our major organs and helping regulate temperature.[9]

caktos

www.caktus.me

1) Kolasa, K.M., Lackey, C.J. & Grandjean, A.C. Hydration and Health promotion. Nutrition Today. 2009; 44: 190-201
2) Atlanta dermatologist Kenneth Ellner, MD.
3) Sontorp et al. (2013) Am. J. Of Nephrology
4) Dai et al. (2013). J: of Renal Nutrion (23) 2
5) Péronnet F PhD(2010) Healthy Hydration for Physical Activity. Nutrition Today, Volume 45, No. 6S
6) Ganio et al., 2010; D'Anci et al., 2009; Smith et al., 2012
7) Kleiner SM. Water: An essential but overlooked nutrient. J Am Diet Assoc 1999:99:201-7.
8) Stookey, J. D., Constant, F., Popkin, B. M. and Gardner, C. D. (2008) Obesity, 16: 2481–2488.
9) Jequier E & Constant F (2010) Eur J Clin: Water as an essential nutrient.

How much should you drink every day?

This question looks very simple but there are no easy answers. Over the period of time multiple recommendations are available to this question:

Before answering the question, let see what are factors involved for calculating daily intake of water:

1. The climate, where do you live?
2. What is the nature of your work?
3. How is your health status?
4. How active are you?
5. Does your activity make you sweat?
6. Are you an athlete?

After considering the above points, there isn't specific formula available at this moment, which can fit to everyone. Multiple research and studies have been produced on this subject, with different recommendations over the period of time. Here are some of them:

Daily Water Requirements: Drink 50-75% of your body weight in Ounces (Oz).

Sedentary people: 50%

Active people: 75%

See example for a person with 150 Pound

	Sedentary People	**Active People**
Body WeightFor example take 150 Pound	50% of 150 = 75 Ounces(2.2 Liters or 9 Cups)	75% of 150 = 112.5 Ounces(3.3 Liters or 14 Cups)
Hot or humid weather	+16 Oz(½ Liter or 2 Cups)	+16 Oz(½ Liter or 2 Cups)

	Sedentary People	Active People
Strenuous Exercise	+16 Oz(½ Liter or 2 Cups)	+16 Oz(½ Liter or 2 Cups)
Total per day	**107** Oz(3.2 Liters or 13 Cups)	**144**.5 Oz(4.3 Liters or 18 Cups)

Note: This is only an estimate. This may very person to person.

10 Benefits To Drinking Water

by Gerek Allen

10 Health Benefits of Drinking Lemon Water Every Morning

by GirlyTipsEtc

Why Drink Coconut Water? | Health Benefits of Coconut Water | The Healthy Grocery Girl® Show

by HealthyGroceryGirl

Alkaline Water

by Alka Viva