



**MUST-KNOW**  
**Answers, Secrets & Tips**  
**on Women's**  
**Health & Beauty**

[www.Hormones-Beauty-Health.com](http://www.Hormones-Beauty-Health.com)

MUST KNOW Answers, Secrets & Tips on Women's Health & Beauty

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# Table of Contents

## MUST-KNOW ANSWERS, SECRETS & TIPS

### ON WOMEN'S HEALTH & BEAUTY

Introduction.....	1
Hormones and You.....	3
Hormone Introduction.....	3
The “Typical” Hormone Level .....	5
Do You Feel Out of Balance? .....	7
PMS – Hormones at War.....	9
Menopause Overview .....	11
The Affect of Stress on Hormone Levels .....	13
Do Perimenopause Symptoms Include Depression? .....	15
Will You Experience Early Menopause Symptoms? .....	16
Strategies Women Suffering from Symptoms of Menopause .....	18
Do You Know the Causes of Night Sweats?.....	20
Hormone Replacement Therapy (HRT) and Alternatives.....	24
Hormone Replacement Therapy – Pros and Cons .....	28
Hormone Replacement Therapy – Natural Options .....	30
<i>Exercise Relieves Menopause?</i> .....	31
Progesterone: An Overview.....	33

Transdermal Progesterone .....	35
Hormone Replacement Therapy and Black Cohosh .....	37
Menopause Relief from Evening Primrose Oil .....	40
Hormone Summary .....	41
Beauty Introduction .....	42
Nutritional Secrets Everyone Should Know!.....	43
The 5 Food Secrets For Beautiful Skin!.....	45
Want Healthy Skin? Try Vitamins! .....	48
Number One Vital Secret For Dry Skin.....	50
Homeopathic Facial Skin Care Technique .....	52
Go All Natural -- Anti Aging Skin Care .....	55
Did You Know the Beauty Secret of Egg Whites?.....	58
Eight Food Secrets for Healthy Skin.....	59
The Vital Bit of Skin Care Advice .....	62
Natural Skin Care Support & Advice.....	64
PMS Skin.....	66
Natural Skin Care Support – Menopausal Skin .....	67
Do You Know How To Have Beautiful Skin?.....	70
Facial Skin Care Makes You Look Years Younger!! .....	73
Keep That Natural Beauty Look Forever!.....	75
The Most Important Health and Beauty Secrets .....	77

Sensitive Skin Care Products For Beautiful Skin.....	80
Skin Care Advice In Your 40's .....	83
Do You Know The Best Scar Treatment? .....	85
Wrinkle Free Skin Care Begins in Your 20's .....	87
Anti-Wrinkle Cures That Really Work.....	88
Successful Anti-Aging Skin Care.....	90
Anti-Aging Skin Care Advice .....	93
Want More Youthful Appearance Through Wrinkle Reduction? ...	96
Over 40? Want Beautiful Skin? .....	97
Wrinkle Free Skin Care.....	99
Anti-Aging Skin Care - Holistic Style.....	101
Skin Care Advice For Damaged Skin.....	104
Skin Care Sun Protection .....	105
Skin Care For Summer .....	106
Fingernail Problems .....	107
Limiting Sun Damage .....	109
Sun Damage .....	110
Sun Damage Free Skin .....	111
White Essence.....	112
Delicate Face Cleanser.....	113
Revitalizing Toner .....	114

Dry, Scaly, or Irritated Skin.....	1155
Treat Your Oily Skin Right.....	116
Treat Dry Skin Right.....	118
Treat your Combination Skin Right .....	120
Exfoliation for Beautiful, Younger Skin .....	121
What You Must Know About Acne Skin Care .....	124
Acne and Hormones Linked?.....	126
Acne Myths.....	129
Slow Or Stop Acne Formation .....	131
Mid-Age Acne Cure .....	133
Blemishes – The Cause, Risks, and Treatments .....	138
Hair Damaged From Stress Or Conditioning? .....	141
Female Hair Loss.....	143
Myths and Truths For Beautiful Hair.....	145
The Top 5 Secrets To Healthy Hair .....	147
Repairative Hair Conditioner.....	150
Gray Hair is Beautiful .....	151
Beauty Summary .....	154
Health -- Living a Long, Happy Life .....	155
Introduction .....	155
Iron Deficiency Anemia .....	158

Colds and the Flu .....	158
High Cholesterol: An Overview.....	160
Eczema.....	162
Eczema: An Overview.....	164
Contact Dermatitis .....	167
Psoriasis: An Overview.....	170
Health and Beauty Tips You Need to Know.....	171
The Latest on Weight Loss and Dieting.....	173
Tips for dieting .....	174
Antioxidants: Make Them Part of a Healthy Diet .....	176
Anorexia Nervosa and Bulimia: An Overview .....	178
Herbal Supplements.....	180
The #1 Best Health and Beauty Plan.....	183
Aromatherapy Lifts Mind, Body and Spirit.....	185
Maintaining a New Exercise Program.....	188
Adenomyosis.....	190
L-Arginie.....	191
Restore Your Sexual Potency .....	192
Breast Cancer: Mammograms .....	195
Leg Cramps .....	196

Post Partum Depression .....	198
Arthritis – Symptoms, Risks, Treatments.....	202
Diseases of the Heart.....	204
Low Sugar Conditions .....	207
PMS Support.....	210
Endometriosis.....	212
Menopausal Information.....	214
Facts You Need to Know About Osteoporosis.....	215
Osteoporosis - Do You Know if You are Susceptible? .....	217
What is Osteoporosis.....	219
A Lost Trace Mineral.....	220
Calcium, the body’s most abundant mineral.....	223
Are You In Depression?.....	225
Constipation .....	227
DIABETES PRIMER.....	227
Low Sugar Conditions .....	234
Head Hurt? Headaches? .....	236
Cluster Headaches .....	239
Tension Headaches .....	241
Migraine Headaches .....	242
Snoring and Sleep Disorders .....	244



The Pancreas .....	246
Dizziness and Balance Disorders.....	248
Multiple Sclerosis.....	250
Progressive Relaxation.....	252
Breathing and Other Relaxation Techniques .....	254
Alzheimer's.....	256
Lip Health, Cold Sores, Canker Sores.....	259
DO YOU KNOW ABOUT GERMANIUM? .....	260
ENDOMETRIOSIS.....	263
Diseases of the Heart.....	265
Yeast Infection.....	267
Health Summary .....	269
Hot Tips .....	271
Health and Beauty Tips You Need to Know.....	273
Nutritious Finger Food .....	278
DOGS IN A SWEATER .....	278
COMFORT FOOD RECIPES .....	290
Coupons .....	295



## Introduction

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Welcome to our collection of essays on women's health and beauty. There have been lots of books written about women's health issues. Some are well-researched, some offer some fly-by-night theories.

We've read some of the information online about women's health, and we understand how confusing this information can be. We know that women continue to have questions about their health and beauty.

That's why we started Hormones-Beauty-Health.com. We wanted a central place that women could go to for information about health and beauty. Hormones-Beauty-Health is the leading provider of informational articles regarding beauty advice, beauty tips, cosmetics, health, natural skin care, anti-aging skin care, and serious skin care products.

Our site is available to help women discover health and beauty secrets. We also help women take an inventory of their health and their bodies. For instance, our Skin Quiz (<http://www.hormones-beauty-health.com/Quiz2.aspx>), helps you find out how to care for your unique skin problems or situation.

This book is a collection of essays and articles written for Hormone-Beauty-Health. We've collected all our articles and organized them so that you can easily find the article that is of interest to you. Of course, as you can imagine, our articles are organized around the three big topics:

- Hormones
- Beauty
- Health

Hormones-Beauty-Health has its origins in providing useful information and contacts to the aging population of women experiencing menopause symptoms. Hormone Replacement Therapy is one of the most controversial topics in healthcare today, the discussion between

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natural hormone replacement therapy and prescription-only medicines to alleviate the symptoms of Menopause.

Hormones-Beauty-Health is an affiliated company of International Health Distribution, a progressive distributor of women's healthcare and beauty products. In some instances, we'll recommend so of our products or natural skin care line. You can find more information about these products at [www.hormones-beauty-health.com](http://www.hormones-beauty-health.com)

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## Hormones and You

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### Hormone Introduction

Remember when you looked at your mother and grandmother and thought “I’ll never be that old.” How time flies! Before you know it, you’ve passed your 20s, 30s, or 40s, and suddenly those far off years don’t seem so far away.

Today, age is more a state of mind than a chronological event. Look at some of our favorite movie stars and actresses – Goldie Hawn, Shirley MacLaine, Sophia Loren, Catherine Deneuve, Faye Dunaway, Michelle Pfeiffer, Halle Berry, Catherine Zeta-Jones, Demi Moore, and Salma Hayek.



What do these actresses have in common? They are all in the 40s, 50s, 60s, even 70s, and all are beautiful, vital, strong women. We celebrate women of all ages, and all stages of their lives.

Whether we want to admit it or not, our bodies change as we become older. The key to these changes seem to be that dreaded word “hormones.”

This chapter features several articles about hormones and changes to your hormones as you age. We have essays about life before menopause, the transition stage referred to as perimenopause, and menopause.

Our goal in these articles is to show you how you can embrace your life at all these stages and how you can enjoy good health. These articles answer your questions about how your hormones change in each stage, and give you examples and suggestions of things you can do to ease this transitional stage. We’ll discuss health issues that result from hormone changes, symptoms of hormone changes, and how you can help or alleviate some of these symptoms.

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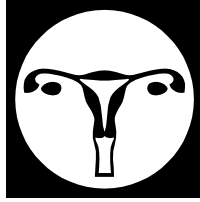
We can all lead happy, healthful lives by monitoring our diet, exercise and sleep. The articles in this section give you insights into your body, your hormones, and how those hormonal ranges change over time.

Throughout this chapter, you'll find hints, tips and suggestions of living a healthy life at all hormonal levels and ages. For your convenience, we've added all our tips to the "Hot Tips" section at the end of the book.

Enjoy the essays about hormones and visit our website:  
[www.hormones-beauty-health.com](http://www.hormones-beauty-health.com) for more information and updated essays and articles.

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## The “Typical” Hormone Level



Our bodies are made up of a complex set of systems that work together every day to keep us functioning and alive. The natural hormones that occur in the body are the gas that keeps the complex engine of our bodies running. Hormones tell the systems of our body how to react, what to do, and what we need. Without hormones, our bodies simply wouldn't function.

So let's start with the typical female and the hormones that occur naturally in the body and regulate our systems.

First of all, there is no “typical” hormone level. We all are unique and our hormones levels are different and constantly changing. In this article, we'll discuss some of the hormones that occur in the female body and what those hormones do to keep our system running. Different glands produce different natural hormones. Let's take a look at some of these hormones.

**Natural Growth Hormone** – Natural Growth Hormone is produced by the pituitary gland. This hormone regulates our growth and our metabolism.

**Insulin** – The pancreas produces insulin which regulates sugar levels in our bodies. When the pancreas isn't working or isn't producing sufficient insulin, diabetes may result.

**Adrenalin** – Most people have heard of the “flight or fight” system. Our body naturally triggers adrenalin (from our adrenal gland) to warn us of possible dangerous situation. What many people don't realize is that the adrenal gland also regulates many female hormones.

**Estrogen** – Ovaries produce the hormone estrogen. Estrogen tells the body when to menstruate, when to ovulate, and when to support pregnancy. Over time, our bodies stop producing estrogen, which begins the menopause period.

**Progesterone** – Progesterone is produced in the ovaries, the brain, and during pregnancy, in the placenta. Progesterone is sometimes

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referred to as “the pregnancy hormone.” It’s essential for successful pregnancies, and brings about lactation after pregnancy. As the ovaries stop working, progesterone levels drop.

**Testosterone** – Surprise! Women also produce testosterone. Again, the ovaries are responsible for producing levels of testosterone. Testosterone is sometimes called the hormone of desire – testosterone is tied to our sex drive. As women enter menopause, the drop of testosterone contributes to a decrease in sexual drive.

These are just a few of the naturally occurring hormones that make our bodies function at top speed. Over time, these hormone levels change, or situations affect their levels. These changes lead to some natural phases of life, and sometimes, when not regulated correctly, lead to further health problems.

Love ‘em or hate ‘em – hormones are a necessary fact of life.



## Do You Feel Out of Balance?

Many of us think our bodies are perfectly in sync all the time. We expect that we'll see some changes to our hormone level, but not before menopause kicks in.

Actually, our hormone levels fluctuate throughout our life. Sometimes that's perfectly natural and our bodies respond to these changes. Sometimes other problems lead to hormone imbalances.



There are a variety of symptoms that could indicate a potential hormone imbalance. Some of these symptoms include:

- Depression and anxiety
- Sleep disorders
- Hair loss
- Increase in facial hair
- Fibrocystic breasts
- PMS
- Endometriosis
- Sudden change in sex drive
- Osteoporosis
- Headaches or migraines
- Foggy thinking
- Uterine fibroids
- Sudden weight gain
- Water retention and bloating
- Sudden changes to skin – acne or wrinkles

These symptoms, and others, could indicate a hormone imbalance between the two female hormones – estrogen and progesterone. Your body's hormone levels will change constantly, due to stress, exercise, or nutrition. But if you experience some of the symptoms above, it may indicate a long-term problem with hormonal imbalance.

Talk to your doctor about the symptoms you are experiencing. A simple blood test can answer a lot of questions and help get to the root of your problems, so you can get back to that hormonal balancing act we call life.

## PMS – Hormones at War

It's estimated that 85% of all women suffer from PMS at some point in their lives. PMS, or Premenstrual Syndrome, is a term that encompasses a number of symptoms – physical and emotional symptoms – that occur prior to menstruation.

PMS is attributed to the rapid changes of hormone levels in a woman's body. Some of the changes in hormone levels lead to physical symptoms, while others trigger emotional symptoms.

Let's take a look at some of the changing hormone levels and how it affects PMS symptoms.

Prior to menstruation, your pituitary gland will secrete prolactin.

Prolactin causes breast tenderness. Too much prolactin may interfere with ovulation and could cause irregular periods.

The adrenal glands secrete aldosterone. During ovulation, Aldosterone levels increase. This hormone may cause fluid retention, which causes symptoms of bloating, breast tenderness, and headaches.

Endorphins are hormones secreted by the pituitary gland. Sometimes if the pituitary gland does not secrete sufficient endorphins, it can lead to depression and increased pain sensitivity.

Occasionally, women suffer from a more severe form of PMS called premenstrual dysphoric disorder, called PMDD. This disorder can be

### PMS Busters

- Practice stress management.
- Exercise regularly.
- Take a daily, non-prescription multi-vitamin.
- Be sure to get an adequate daily intake of calcium (1,200 mg/day)
- Eat a well balanced diet; don't skip meals.
- Reduce intake of caffeine, alcohol, refined sugar, and salt.
- Try to get regular, sufficient sleep.

especially rehabilitating for women and can cause lost time at work as well as severe pain. Unfortunately, few people understand how stressful and painful this illness can be.

It's difficult to say why some women suffer from PMS and others never experience a difficult day. There seems to be some evidence that women may be more likely to suffer from PMS if they have an immediate relative that also suffers from PMS.

## Menopause Overview

Menopause does not occur overnight, but rather is a gradual process of transition. This transition period (known as perimenopause) is different for each woman.

Perimenopausal women may experience similar symptoms to PMS, or no symptoms at all. For some women, the cessation of periods can be the only symptom of menopause they have. About half of women experience slight physical or mental changes while approximately 25% inconvenient and/or distressing problems.

Scientists are still trying to identify all the factors that initiate and influence this transition. Women in perimenopause transition typically experience abnormal vaginal bleeding such as erratic periods or abnormal bleeding patterns. Eventually a woman's periods will completely stop as she completes this transition into menopause.

The average age of onset of menopause process is 51 years old. But there is no single method to predict when a woman will enter menopause. The age at which a woman starts having menstrual periods is also not related to the age of menopause onset. As a rough "rule of thumb" women tend to undergo menopause at an age similar to that of their mothers.

Alternative treatments include optimizing diet, such as increasing calcium intake to protect against osteoporosis. Soy and phytoestrogen-rich food intake can be

### Symptoms of Menopause

- Heart palpitations
- Hot flashes and sweating
- Difficulty sleeping
- Memory problems
- Infections (Frequent bladder or urinary tract infections)
- Headaches
- Sexual problems (Often accompanied by, or worsened by, vaginal dryness)
- Joint pain
- Irritability and mood swings

increased, which are naturally occurring estrogen-like compounds. Natural medicines such as the use of acupuncture and homeopathy have been found by many women to be helpful with symptoms of menopause. Herbs and vitamins can also help with symptoms.

Hot flashes are common among women undergoing menopause. A hot flash is a feeling of warmth that spreads over the body. A hot flash is sometimes associated with flushing and is sometimes followed by perspiration. Sometimes hot flashes are accompanied by night sweats (episodes of drenching sweats at nighttime). The cause of hot flashes is not yet understood.

Recent research theory suggests that women with hot flashes seem to start sweating at a lower environmental temperature than women without hot flashes. There is currently no method to predict when hot flashes will begin and how long they will last. Hot flashes occur in up to 40% of regularly menstruating women in their forties, so they may begin before the menstrual irregularities characteristic of menopause even begin. About 80% of women will be finished having hot flashes after 5 years. Sometimes (in about 10% of women), hot flashes can last as long as 10 years. There is no way to predict when hot flashes will cease, though they tend to decrease in frequency over time. On average, hot flashes last about 5 years.

## The Affect of Stress on Hormone Levels

The question commonly debated is the effects of stress on hormonal responses.

In general, stress is equal in its capacity to harm you as seriously as any environmental pollutant which we normally come into contact.

Quoting Dr. Gary Null, “Stress creates a cascade of powerful hormones and hormonal changes, including cortisol, epinephrine, and adrenaline. These are important factors necessary to a fight or flight response, however, they can be harmful if not abated.”

Null further summarizes pages and pages of discussion by asserting “if you’re under continuous stress, it’s not a matter of if you’ll get sick, it’s a matter of when.”

A survey of significant literature on the subject prescribed three solutions to combating significant stress: (1) exercise; (2) positive mental attitude; and (3) nutrition or nutritional supplements. The first two we can summarize easily. If your medical practitioner gives the green light, exercise a minimum of 20 minutes every day; walk, swim, run, aerobics, it doesn’t matter just do it! On the second prescription, you can only be happy if you think happy thoughts.

The subject of nutrition is much more complex. Dr. Jack Pfeiffer, Director of Vascular Surgery, at a prominent Midwestern Medical Center, is a noted authority on naturopathic, herbal, and vitamin supplements.

His well-studied, documented recommendations for nutritional supplementation for stress start with the use of photonutrient complexes and recommends buying the highest quality you can find, including natural ingredients and a regimen that requires an AM and PM dose. Photonutrient complexes contain a combination of all the ingredients found in nature rather than just the so-called “active ingredients” manufacturers decide to put in their pills. Taking high doses of the synthetic or fractionated beta carotene and other antioxidants commonly sold in stores can actually result in impaired immunity, which is exactly the opposite of what we’re trying to achieve.

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Typically, for stress, Vitamin B1, B2, B6, and B12 blended together with Vitamin A/Beta Carotene, Vitamin C, Vitamin E, and minerals are recommended. Dr. Pfeiffer lectures around the world and his message is to take naturally blended photonutrient complexes that have been scientifically blended for maximum body absorption. He further states that proper dosage is every 12 hours; the body will pass or use in the system in approximately 12 hours the benefits, thus, an AM and PM regimen is required. The dosage should be pre-calculated in the overall formulation of the vitamins (with minerals and herbs) so the individual is not left to guess on dosage.



## Do Perimenopause Symptoms Include Depression?

Recent medical findings have shown that all perimenopausal women are vulnerable to depression. The years leading up to perimenopause are not the only indicator of perimenopause symptoms including actual depression.

A research project studied 450 women with perimenopause symptoms with no history of depression for six years. When menstrual irregularities indicated perimenopause symptoms, the study group became twice as susceptible to depression. Interesting, the theory is that women's brains do not respond well to hormonal flux.

Hormone therapy treats depression but it's not the only choice. And that's important because there are now well-known side effects with hormone therapy. The study further showed that the use of an anti-depressant in women with perimenopause symptoms do just as well on an anti-depressant as hormone replacement therapy – actually, the anti-depressant drug was better at beating perimenopause symptoms of depression, better than hormone replacement therapy.

An excellent informational source for perimenopause symptoms and menopause can be found here. Further research is currently underway and many practitioners have different viewpoints but the use of all-natural progesterone natural balancing creams are working well for a significant number of women. One such product, which can be found at [www.ihd.myarbonne.com](http://www.ihd.myarbonne.com), is a botanical based cream to help the body balance naturally and is conveniently packaged with a pre-metered pump.

Natural balancing creams are applied to the soft tissues, including chest, inner arms, neck, face, palms of the hand, and soles of the feet (with the best results rotating applications to different soft tissues).

Natural alternatives are a growing source of relief to women with perimenopause symptoms, early menopause symptoms, and symptoms of menopause. While the causes of night sweats are not yet fully understood, all-natural balancing creams are showing themselves to be a practical solution.

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## Will You Experience Early Menopause Symptoms?

Did you know early menopause typically means that a woman experiences menopause symptoms before the average age of 47? Symptoms of early menopause may start as young as the 20's, 30's, or 40's.

This time leading up to actual menopause is called perimenopause and is started by fluctuating hormone levels. Typically perimenopause can start in the late 30's or early 40's. Often when people talk about menopause, they're actually talking about perimenopause since this is the time they first begin noticing early menopause symptoms such as hot flashes, sweats, irregular periods, and mood swings.

The actual definition of full menopause is total cessation of periods and an FSH hormone level in an elevated range. The average age for women to have completed menopause is age 51 which means, that if it starts or ends sooner, early menopause has been encountered.

### *Conditions contributing to early menopause symptoms*

Anything that causes premature ovarian failure is a major contributor to **early menopause symptoms**. The two major factors are autoimmune disorder and chromosomal irregularity. In the case of autoimmune disorder, the body's immune system mistakenly attacks itself which, if involve the ovaries, leads to missed periods and early menopause symptoms. Chromosomal irregularities are of a hereditary nature and caused by defects on the X chromosome.

### *Surgery also leads to early menopause symptoms*

Typically, a total hysterectomy drives lower estrogen and progesterone levels and immediate menopause is the result. Removal of either or both ovaries due to cancer, cysts, or tubal ligation also radically alters hormone levels which can lead to early menopause symptoms.

### *Other factors leading to early menopause symptoms*

Family history is a leading factor as women tend to go through menopause at about the same time as their mothers and sisters. Viral infections in the womb can cause the child to be born with a lower number of eggs, which causes symptoms of early menopause later in life.

*Diseases leading to early menopause symptoms*

Thyroid disease is a major disease leading to early menopause as well as pituitary and/or hypothalamic disorders.

Historically, physicians prescribed hormone replacement therapy to offset the unpleasant side effects of menopause. However, results from a National Institute of Health study published on July 9, 2002 showed marked increases in breast cancer, heart attacks, stroke, and blood clots in the test group. The study, which made headlines around the world, led medical organizations and the food and drug administration to revise their policies for hormone replacement therapy.

Currently, the rage is the use of all-natural progesterone creams, which provide the same symptomatic relief, but with all-natural ingredients and without the side effects of hormone replacement therapy. One such product, PhytoProlief, has been recognized as a leading product for its efficacy and limited side effects. It is available online at [www.ihd.myarbonne.com](http://www.ihd.myarbonne.com),

## Strategies for Helping Symptoms of Menopause

Wouldn't it be great to eliminate the symptoms of Menopause altogether?

The first clue for most women that they're in transition to menopause (perimenopause) is that their menstrual cycles become irregular. The true symptom of menopause is that you've gone without a period for 12 consecutive months. A confirmation of menopause is checking the follicle-stimulating hormone level with a blood test. The typical symptoms of menopause include hot flashes, night sweats, and headaches and insomnia.

Until recently, hormone therapy promised to solve the symptoms of menopause, however, in 2002 the women's health initiative study reported that estrogen and progestin, while solving the symptoms of menopause, raised the risk of heart disease and breast cancer.

### *Estrogen Decision*

Visit [www.strategichealthdecisions.com](http://www.strategichealthdecisions.com). This website was actually developed by a noted physician where you can enter all important data about your concerns and medical status and help make an informed decision about whether to take hormones. The severity of your symptoms of menopause will play a large part in any recommendation to take hormone therapy.

### *Natural Hormone Replacement Therapy*

Since the 2002 study, a number of all-natural hormone replacement therapy products have come to market claiming to resolve the symptoms of menopause. One such product that has high market acclaim is PhytoProlief and can be found at [www.ihd.myarbonne.com](http://www.ihd.myarbonne.com). Additional information can be found at <http://www.hormones-beauty-health.com/progesterone.htm>.

### *Lifestyle Changes*

Many women have found that making lifestyle changes, while not totally resolving **symptoms of menopause**, go a long way towards relieving them – starting with diet, exercise, meditation, and water consumption. A good source for recipes supporting reduction of symptoms of menopause can be found at <http://www.hormones-beauty-health.com/pageAppendix03.html>.

Remember, while symptoms of menopause may be obvious, the official sign that menopause is complete is 12 months without a period. The time from when symptoms of menopause start until complete is termed perimenopause. Any decision to take hormone therapy should be considered very carefully; otherwise, symptoms of menopause can be fully or at least partially relieved by lifestyle changes and all-natural hormone replacement products.

## Do You Know the Causes of Night Sweats?

It is commonly believed by most women that the cause of night **sweats** and hot flashes during menopause is due to the drop in estrogen levels produced by the ovaries. Therefore, Hormone Replacement Therapy (synthetic hormones) is often recommended to restore hormonal balance, despite the fact that there is evidence of many adverse effects of artificial hormones. Included in the list of possible adverse effects are:

Holistic practitioners who study the causes of night sweats point out that the estrogen levels remain low after menopause, yet night sweats eventually go away. This, they claim, is because other factors actually contribute to the causes of night sweats. These factors include stress and nutrition issues.

The balance between estrogen and progesterone is vitally important in menopausal comfort. Dietary changes can naturally bring about the balance, rather than depending on synthetic medication found in HRT. Nutritional supplements have been formulated to complement what is normally produced in the body or consumed.

Another way to relieve the causes of night sweats is to use an all-natural progesterone balancing cream – an excellent one can be found at [www.ihd.myarbonne.com](http://www.ihd.myarbonne.com).

Lifestyle changes can also be beneficial because dealing with stress in the proper way places fewer demands on the body. Some of the common lifestyle issues associated with women of menopausal age includes running a household, being caretakers for elderly parents and

### Possible Adverse Affects of Hormone Replacement Therapy

- Increased chance of breast cancer
- Heart attack
- Stroke
- Blood clots
- Alzheimer's disease.

holding down a demanding job. Lifestyle changes might include a modified schedule, yoga/meditation, or even support from someone else who has experienced what you are going through. That, along with better nutrition, will likely be very beneficial.

## Night Sweats Keeping You Up?

With all that has been written about the reason for night sweats, the fact is simple. The reason for night sweats is simply a declining level of estrogen in a woman's body during perimenopause and menopause.

Typically, hormone replacement therapy (HRT) was used to replace estrogen and alleviate the side effects of the menopause process. However, recent studies show serious side effects, including cancer, heart disease, blood clots and strokes, from the use of HRT.



Night sweats technically are called “nocturnal hyperhydrosis” and are defined as a perspiration disorder that occurs during sleep due to lower levels of estrogen. Since the reason for night sweats is chemically driven, the ultimate solution unfortunately is supplementing the hormone estrogen which, as noted above, is dangerous.

The actual specific reason for night sweats is the fluctuating hormone levels cause a malfunction of the heat regulatory part of the brain which detects increased body temperatures and releases chemicals that cause the skin's blood vessels to dilate – causing heavy sweating and the accompanying cold shiver.

Since HRT is no longer considered a safe course of treatment, alternative “band aids” can be employed to lessen the impact of night sweats.

*Things to Avoid* - hot showers, caffeine, hot weather, spicy foods, alcohol, smoking, hot rooms, diet pills, hot drinks, anger, stress, and hot food.

*Things to Do* – take a cold shower before bed, avoid night sweat triggers, keep cold water handy, wear cotton night clothes, use cotton sheets, and lower the temperature in the sleeping quarters.

Another tool that is catching on that can offset the true reason for night sweats are all-natural lotions using herbs to supplant the role



hormones played. One such product can be found at [www.ihd.myarbonne.com](http://www.ihd.myarbonne.com) and has a wide and satisfied following. More on this subject can be found at <http://www.hormones-beauty-health.com/progesterone.htm>.

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## **Hormone Replacement Therapy (HRT) and Alternatives**

Hormone replacement therapy (HRT) is an appropriate choice for some, but not all, women. On the benefit side, hormone replacement therapy (HRT) relieves hot flashes, night sweats, vaginal dryness, and it may improve sleep, mood, and concentration. But there are also risks with hormone replacement therapy (HRT), including higher rates of breast cancer, stroke, blood clots in the legs and lungs, and (for older women) coronary heart disease. Moderate to severe symptoms, which affect about one in five newly menopausal women, are the only compelling reason to take hormone replacement therapy (HRT).

Evidence indicates that a woman's age and time since menopause (on average at the age of 51 in the US), along with her personal health status, influence the risk-benefit balance. The best candidate for hormone replacement therapy (HRT) is a younger, recently menopausal woman, one whose final menstrual period occurred less than five years earlier, who isn't at high risk of heart disease, stroke, or blood clots.

To minimize risks, take the lowest dose of hormone replacement therapy (HRT) needed to make your hot flashes or night sweats tolerable. Low-dose preparations often provide relief comparable to standard-dose preparations. Hormone replacement therapy (HRT) is best used for only 2-3 years and generally no more than 5 years. Hot flashes and night sweats often peak in the first few years after the final menstrual period and then taper off, so most women won't need hormone replacement therapy (HRT) for long-term relief.

Hormone replacement therapy (HRT) is not the only way to cool hot flashes. Layered clothing, portable fans, exercise, and paced respiration or other relaxation techniques can be very helpful, as can avoiding cigarettes, caffeine, alcohol, and spicy foods. Alternatives to hormone replacement therapy (HRT) are soy, some botanicals, certain antidepressants, and the antiseizure medication gabapentin may be beneficial for some women. All women should try at least some of these strategies before considering hormone replacement therapy (HRT).

Hormone replacement therapy (HRT) has long been the medical standard, however, hormone replacement therapy (HRT) is now questionable to side effects.

Hormones are messengers that coordinate the various biochemical activities that occur in all the cells of our bodies. They help each cell function properly. Without adequate hormones the cells are not healthy, thus the organs are not healthy. The bottom line is that you will not feel very well. Hormones are vital to staying active for life!

Natural Hormone Replacement Therapy (NHRT) can improve many bodily functions. NHRT can promote bone formation, reduce joint pain and increase flexibility, improve skin condition.

Hormone levels drop with both age and illness - Estrogen, and sometimes Cortisol and Thyroid levels, also decline with age.

The effects of low hormone levels are becoming overweight, loss of muscle mass, and becoming fatigued as you age.

The first step is to determine which hormones require supplementation replacement. Checking the hormone levels in the body provides this information. People already taking synthetic hormones must stop taking them at least 24 hours prior to the testing. Other tests are often run at the same time, which require an overnight fast. We also perform Diet Typing to better assess individual dietary and nutritional needs, which is also done in a fasting state. Therefore, you may wish to "fast" from food (water is okay to drink) on the day of your appointment.  
Hormone Imbalance and HRT Alternatives

Hormone imbalance starts in menopause. Women who make smart choices about hormone imbalance in menopause are more likely to live longer, healthier lives. Hormone imbalance can be offset by becoming more physically active. To offset hormone imbalance, we know many women who began with a few extra steps and now control hormone imbalance by running miles. Hormone imbalance repair starts with you.

A decade ago, women were routinely urged to take hormones (HRT) as a way to protect against heart disease, keep their brains sharp, and

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their bones strong and restore hormone imbalance. Hormone imbalance changed in 2002, when the National Institute of Health abruptly halted a major study of hormone (HRT) therapy called the Women's Health Initiative (WHI). Early results showed that women taking estrogen and a progestin (HRT) were at higher risk of breast cancer, stroke, blood clots, and heart attacks. Hormone imbalance is not offset by HRT.

After the WHI, hormone (HRT) use dropped dramatically. Some women lost faith in conventional medicine (HRT) and turned to natural remedies for hormone imbalance and to adjust hormone imbalance. Doctors say women should make every effort to avoid medication by making lifestyle changes that have been shown to help hormone imbalance – stepping up physical activity, reducing stress, losing weight, and stopping smoking are key ways of restoring hormone imbalance.

More than 3/4 of American women suffer from hot flashes due to hormone imbalance during the menopause transition. No one knows exactly what hormone imbalance happens to your body during a hot flash, but it appears that changes in our brain chemistry have something to do with it.

While you might think everyone gets a little irritable during the hormone imbalance caused by menopause due to hormone imbalance, research proves that hormone imbalance and menopause do not cause a major mood problem in most midlife women. Some women's moods are much more sensitive to hormone imbalance changes than others, and they have a particularly rough time during perimenopause, when zig-zagging hormone imbalance is the rule. Hot flashes, night sweats, and insomnia have been known to leave more than a few women moody and depressed (the most common side effect of hormone imbalance).

Anyone can develop osteoporosis due to hormone imbalance, but you're at higher risk if you're a woman over 50. Some other risk factors caused by hormone imbalance are:

- A history of fractures – especially from low-impact trauma
- Caucasian or Asian descent

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- Smoking
- Family history of osteoporosis
- Weighing less than 127 or a BMI under 20
- Low estrogen after premature or surgically induced menopause
- Anorexia or bulimia
- Temporary stopping of menstruation because of excessive exercise
- Sedentary lifestyle

Learning about menopause and hormone imbalance will help you weigh some of the health choices you'll have to make (hormone imbalance, natural, or HRT supplements). Many questions regarding hormone imbalance have no clear answer because what's right for one person may be wrong for another (i.e. HRT or natural supplements). You have to familiarize yourself with the hormone imbalance issues so that you can be active in deciding what's best for you. That's certainly true of menopausal hormone therapy (HRT), the subject of hormone imbalance is a contentious debate in the medical community and among women themselves.

## Hormone Replacement Therapy – Pros and Cons

A recent study, called the Women's Health Initiative (WHI), found that risks outweigh benefits. The WHI found that Hormone Replacement Therapy (HRT) drugs caused increases in breast cancer, heart attacks, strokes, and blood clots.

The risk to an individual woman may be small, but the number of cases occurring in the population at large is significant. The study concludes that the risks outweigh the drugs' actual benefits. Benefits include a small decrease in hip fractures and a decrease in cases of colorectal cancer. The WHI study was released four years earlier than expected because of researchers' concerns. The WHI was established in 1991 by the government to address the most common causes of death, disability and impaired quality of life in postmenopausal women. It is the first-ever long-term randomized controlled clinical trial (considered the gold standard by medical researchers) of hormone replacement therapy.

The Women's Health Initiative is a 15-year multimillion-dollar endeavor, and one of the largest US prevention studies of its kind. The study was designed to look at the effects not only of HRT, but also diet modification and vitamin and mineral

supplements. Some 67,000 women from across the country, ranging in age from 50 to 79, are participating in the WHI clinical trials. In addition to those women, the study is also following the medical history and health habits of an additional 100,000 women to examine the relationship between lifestyle, health and risk factors with specific disease outcomes. Final results are due out in 2006.

“A decreased risk of coronary heart disease had been hypothesized for women on active hormone therapy, so the finding of slightly greater risks for women on the active hormone therapy was unexpected.” In summary, the health risks for women taking combined estrogen plus progestin therapy were found to outweigh the benefits. The trial was actually stopped due to the risk-benefit ratio, as indicated by a global indicator of overall risk, which was unfavorable and the breast cancer risks crossed what were predetermined safety boundaries.”

*Researcher – WHI Study*

Actually, early problems associated with heart disease and strokes were suggested several years ago, whereupon women in the study were informed about previous studies. The breast cancer risks have also been suspect. The magnitude and numbers of risk seem to be the same today as they were then.”

It is true that the risk is relatively small for individual women, and the WHI results tell us that during one year among 10,000 postmenopausal women with a uterus, (as opposed to those who have had their uterus removed) and who are taking estrogen plus progestin, eight more will have a stroke, and 18 more will have blood clots, including eight with blood clots in the lungs, than will a similar group of 10,000 women not taking these hormones. This is a relatively small annual increase in risk for an individual woman,” said the acting director of the WHI.

Update: the WHI has now continued with the estrogen-only portion of the study. Scientists have known that progestin can act to influence breast growth and development while reducing the risk of uterine cancer. Actually, an article in the January 26, 2000 *Journal of the American Medical Association* reported that researchers at the National Cancer Institute had found that women who are current or recent users of combined estrogen and progestin had a higher relative risk of breast cancer than women who only take estrogen.

Although these early findings from the WHI raise some cautions and pose some questions, “The most important thing about what we know is that women need to understand the risks and benefits so they can make informed choices. Advice: talk to your physician or health care provider.

## **Hormone Replacement Therapy – Natural Options**

It is generally agreed by many physicians that the primary reason for Hormone Replacement Therapy (HRT) is symptom relief from menopause, with less emphasis on using hormone therapy for disease prevention.

It is important that the woman know all risks and benefits associated with HRT and reminded that the risk for breast cancer does increase naturally for all women as they age, as does the risk of heart disease and osteoporosis.” “Women with a uterus who are currently taking estrogen plus progestin should have a serious talk with their doctors to see if they should continue it. If they are taking this hormone combination for short-term relief of symptoms, it may be reasonable to continue, since the benefits are likely to outweigh the risks. Longer term use or use for disease prevention must be re-evaluated, given the multiple adverse effects noted in Women's Health Initiative (WHI).”

One physician associated with the WHI says, “always cautions patients about the potential for increased breast cancer risks.” First, she rules out women who are not candidates for HRT – those with bleeding problems of an unknown cause, suspected breast cancer or history of breast cancer, history of endometrial cancer or certain cancers of the uterus, chronic liver disease such as cirrhosis or a history of blood clots.

She further tells her patients who want to stop HRT that they can certainly quit anytime. First of all, with menopause, we're not treating a disease, and stopping HRT has no major consequences, except perhaps a return of the original menopausal symptoms.



For both women who want to stop taking HRT and for women who choose not to start HRT, there are alternative therapies. For almost everyone, there are other treatment options. For instance, women they can reduce their risk of heart disease by stopping smoking and by keeping their weight, cholesterol levels and blood pressure under control. Prozac and some other antidepressants can relieve hot flashes.

Prescription drugs such as Fosamax help protect against osteoporosis. Also, the drug Evista (raloxiphene HCl), prevents osteoporosis and further claims to lower total cholesterol and prevent breast cancer. However, because women on Evista may experience more hot flashes, it raises questions about how that might affect the brain. Research now suggests a link between hot flashes and Alzheimer's. Evista belongs to a class of drugs called SERMs, or Selective Estrogen Receptor Modulators. A SERM being used in Europe Tibolone, may be more effective without the side effects found in Evista.

### **Exercise Relieves Menopause?**

*German researchers have evaluated the impact of mixed high-intensity exercise on bone mineral density (BMD), body composition, blood lipids, physical fitness, and menopausal symptoms in early menopausal women with osteopenia.*

*The study consisted of 48 women who underwent an exercise program for 38 months, as well as 30 control women. The exercise program included high-intensity aerobics, jumping exercises, rope jumping, and strength training. Women in the exercise group either had gains in BMD or smaller decreases than women in the control group. The women who exercised also had significant gains in strength and V<sub>O</sub>2 max. Their body composition, blood lipids, and menopausal symptoms--such as insomnia, migraines, and bad moods--all improved.*

*A mixed high-intensity exercise program can help lessen most of the negative changes that occur during menopause.*

As women have become more doubtful about HRT, many are investigating herbal remedies. However, just because a product is derived from plants doesn't necessarily mean it's 100% safe or without side effects. Some herbal remedies work to various levels, but some actually don't work; many have potentially dangerous side effects, especially when used at the same time as a prescription drug or in the presence of another health condition. There is even less data on herbal remedies (which are not regulated by the government) than there is on HRT."

A popular herbal remedy is Black Cohosh, which seems safe for most women. Soy is another favorite, however it is not the panacea women would like to think it is, say noted physicians. To get any relief from hot flashes, you'd have to consume a high quantity (about 40 grams per day), and that raises serious calorie intake issues.

Soy has gained popularity in the United States because it's such a staple in the Japanese diet, where women generally have lower rates of breast cancer and menopausal symptoms. However, Asian women seem to be at a higher risk for osteoporosis. Other widely used remedies for relief of menopausal symptoms are St. John's Wort and wild yam. With St. John's Wort, women typically take three tablets a day for two to three months before finding relief. Yams contain a protein or protein-like substance that is similar to the progesterone hormone.

But studies show that by itself it can't have a hormone-like effect because the body lacks an essential enzyme necessary to unlock potential beneficial attributes. Some natural creams, especially those delivered transdermally and containing natural progesterone, are actually very effective in mitigating the symptoms of menopause. Natural progesterone with black cohosh is particularly effective.

Although these early findings from the WHI raise some cautions and pose some questions requiring further investigation, the most important thing about what we know is that women need to understand the risks and benefits so they can make informed choices – talk to your health care provider for further information.

## Progesterone: An Overview

Progesterone is a hormone naturally produced in the ovaries of ovulating women with the primary function of supporting pregnancy. Progesterone-like substances, called progestogens or progestins, can be currently found in either natural or synthetic forms. Synthetic progesterone is commonly used in supplement due to the tendency of natural progesterone to be broken down by the liver when taken orally rather than be absorbed in the bloodstream. Progestogens can be found in birth control pills, menopausal hormone replacement therapy, or for other situations where hormone control and regulation can be beneficial.

Progesterone can be taken orally (as a pill), as a shot, as a vaginal suppository, or as a cream or gel. Each method varies in terms of thoroughness of absorption, duration of effects, price, availability, and personal opinion of convenience.

### *Benefits*

Progesterone supplementation has been very helpful in infertility treatment and in helping women with premature ovarian failure. On the flip side of the coin, progesterone is also used in contraception devices such as birth control pills or birth control injections. When used in hormone replacement therapy (HRT), progestogens can reduce the risk of uterine cancer that would otherwise result from the replacement of estrogen alone. Progesterone has also been used as therapy for PMS and to help regulate irregular or abnormal periods.

### *Side Effects*

There are side effects and cautions that come along with the use of progesterone. Progestogens should not be used by women with blood clots in the legs or by women who have had liver disease. Some medical conditions, such as migraines, heart failure, asthma, and epilepsy, can worsen with use. Too much progesterone can cause sedation, vaginal dryness, or the cessation of menstrual periods (for pre-menopausal women). Natural progesterone tends to have fewer side effects than synthetic. Because synthetic progestogens are chemically different than natural progesterone, there can be some alternative side effects. Synthetic progesterone can sometimes affect HDL (good cholesterol) levels or blood pressure.

All effects of progesterone therapy vary according to the unique chemical nature of each woman taking it. A physician can help determine dosage, assist in choosing a method of absorption, and spot any potential reasons for caution for each case.

## Transdermal Progesterone

Dr. John Lee, a modern women's healthcare advocate, recommended use of progesterone cream in menopausal and pre-menopausal women to alleviate symptoms and in place of conventional hormone replacement therapy. Unfortunately, he passed away last October, but his studies are still the benchmark for menopausal care. To best reproduce the natural physiologic release of hormones by the body, the Transdermal Delivery System was developed. Progesterone is combined with other natural ingredients and applied to the thin skinned areas of the body where it can be easily absorbed. Transfer agents can be used but they are not easily or effectively absorbed – they are not recommended because by chemistry they disrupt or interfere with the progesterone absorption process.

Dr. Lee further suggested that progesterone and other hormone levels be measured to develop a personal baseline. Hormones can be measured at home, with just a swab of saliva. The levels should be monitored until you find the right one for you. Keep a record of your findings, along with how you're feeling, because often a doctor only reads the lab test results when, in reality, it's how you actually feel which determines a course of treatment. The dose of progesterone that your body most likely produced in your twenties and thirties is about 20-24mg.

Progesterone can be taken orally, but usually less than 20% can be effectively utilized by the body. It must be absorbed by the intestines, pass into the portal vein system and go through the liver, where it is metabolized and excreted in bile. Thus a much higher dose is needed, probably between 100-400 mg per day. When a dose that big is consumed it results in a surge of progesterone that peaks in one or two hours, followed by a rapid decline and low levels for the rest of the day, which is not effective. Levels of progesterone peak even faster when sublingual drops or suppositories are used. The blood progesterone level spikes upward within 20 minutes because it is absorbed quickly through the membranes. Again, within an hour and a half levels fall drastically. Most importantly, the above two methods do not reflect the (natural) way progesterone is actually delivered in the body.

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The level of progesterone in the saliva is maintained for eight or more hours when the Transdermal method of delivery is used. Optimal results are seen if the cream is applied twice a day. The pump on the container administers a consistent amount of progesterone cream. The product is never exposed to the environment until it is on your skin, so it remains pure.

Progesterone creams delivered transdermally are found to provide the following major benefits:

- Protection against endometriosis
- Acts as a natural antidepressant
- Restores sex drive
- Protects against bone loss and osteoporosis
- May help prevent breast cancer
- Helps use fat for energy
- The following benefits may also be available:
- Facilitates thyroid hormone action
- Protects against fibrocystic breasts
- Normalizes blood sugar levels
- Normalizes zinc and copper levels
- Improves sleep patterns
- Normalizes blood clotting
- Restores proper oxygen cell levels
- Acts as a natural diuretic
- Reduces post partum depression

Transdermal means through the skin absorption and is thought to be the most effective delivery method for progesterone cream formulations.

## Hormone Replacement Therapy and Black Cohosh

Modern experience with Black Cohosh dates back to the mid-1950s. In Europe, doctors concerned with finding an alternative to hormone replacement therapy (HRT), which even then had recognized unwanted side effects, reported success surrounding the treatment of menopausal symptoms. In the early 1960s many medical reports (although not controlled clinical trials) involving over 1,400 women were published in Germany.

Health care practitioners documented benefits in premenopausal and menopausal symptoms including reduction in hot flashes and improvement of “depressive moods.” Furthering the advancements, five clinical studies since 1979 have compared Black Cohosh extracts with placebo and estrogen replacement in the treatment of menopausal symptoms.

One study that was done in several clinics with information on 629 patients reported favorable results in more than three quarters of the participants after six to eight weeks of treatment. Improvements included relief of stereotypical problems: hot flashes, sweating, headache, dizziness, and rapid heartbeat. Some side effects that were not documented were reported in less than 10% of participants, but were not significant enough to stop taking the Cohosh.

Black Cohosh also has antispasmodic properties and helps relax muscle spasms, including those associated with premenstrual and menstrual cycles and stages.

Black Cohosh was actually introduced into medicine by Native Americans, who placed a high value on it. American Indians boiled the Cohosh roots in water and drank the beverage for a variety of conditions ranging from rheumatism, diseases of women, and the pain of sore throats. Black Cohosh was subsequently used, especially by the Indian medicine man, for all these conditions but mostly for so-called uterine difficulties (regularity of cycles).

Scientific studies have shown that a methanol extract of black cohosh contains substances that bind to estrogen receptors of rat uteri. Cohosh extract also causes a selective reduction in luteinizing (luteinizing is a female hormone produced by the anterior lobe of the pituitary gland) hormone levels in rats. These results are generally universally interpreted to mean that Black Cohosh possesses some degree of estrogenic (stimulating and leveling) power.

A 1991 study confirmed an LH secretion inhibitory effect in both ovariectomized rats and in 110 menopausal women, demonstrating that the extract selectively suppresses luteinizing hormone secretion in menopausal women.

A recent Asian study reported positive effects of two Asian Cohosh species, on calcium and phosphate levels plus bone mineral density in rats. The findings concluded that certain Black Cohosh extracts have potential for the treatment of osteoporosis, particularly in menopausal women.

Black Cohosh was actually introduced into medicine by Native Americans, who placed a high value on it. American Indians boiled the Black Cohosh roots in water and drank the beverage for a variety of conditions ranging from rheumatism, diseases of women, and the pain of sore throats.

Black cohosh is recommended in Europe for various conditions, including symptoms associated with premenstrual syndrome (PMS), dysmenorrhea, and menopause. Reported activities include an estrogen-like action, binding to estrogen receptors, and suppression of luteinizing hormone. Occasional stomach pain or intestinal discomfort has been reported.

In North America, it is thought that Black Cohosh balances estrogen by stabilizing it. In European herbalism it is thought to have an estrogenic action, which actively works to reduce progesterone and promote estrogen levels in the body. It is therefore used where there is a lack of estrogen and an excess of progesterone. In the musculoskeletal system it is used as an anti-inflammatory in arthritic conditions. Its sedative qualities have applications in other systems, for example in



lowering blood pressure, in reducing spasm and tension, and in the respiratory system.

Native Americans used the rhizome of this cohosh as a cure for rattlesnake bites (hence its common name, rattle root) and for menstrual and labor pain. The root was also chewed as a sedative and to alleviate depression. A tea made with the herb was sprinkled in rooms to prevent evil spirits from entering. In herbalism, the root is still used as a diuretic, a cough suppressant, and to reduce inflammation and rheumatic pain.

### *Black Cohosh Summary*

Black Cohosh is native to Canada and the eastern states of the US, growing as far south as Florida. Black Cohosh prefers shady spots in woods and shrubby areas. The herb is now grown in Europe and can be found in the wild, having self-seeded from cultivated plants. Black Cohosh is grown from seed, and the root is harvested in autumn.

Female applications – Native Americans have long used Black Cohosh for female problems, for which it was also known as “squawroot.” Black cohosh is used today for menstrual pain and problems where progesterone production is too high and for menopausal symptoms, especially hot flashes, debility, and depression.

Inflammation – Black Cohosh is useful for inflammatory arthritis, especially when it is associated with menopause, and it is also an effective remedy for rheumatic problems, including rheumatoid arthritis.

Sedative properties – the sedative action of Black Cohosh makes it valuable for treating a variety of conditions, including high blood pressure and tinnitus (ringing in the ears). Black Cohosh is also valuable for whooping cough and asthma.

More and controlled studies are warranted on Black Cohosh. A health care practitioner should be consulted prior to administering any herbal products.

## **Menopause Relief from Evening Primrose Oil**

The British are conducting in-depth studies to support the menopause and evening primrose oil theory. First, the oil has a wonderful, sweet fragrance that is actually not related to primrose at all. If you look at primrose that grows in the garden, this comes from the Primula family. The evening primrose oil is a biennial plant that often has woody stems, willow-shaped leaves that taste somewhat like pepper, and a strong root system. When the primrose unfolds at night, it reveals a lemon-colored flower that has an amazing sweetness. However, by dawn the next day, the flower already starts to wilt and die, thus the name.

For help with menopause, evening primrose oil is made from the plant's seeds, which contains special oil comprised of gamma linolenic acid. When taking in capsule form, as described at the start of the article, women state they feel better, noticing the menopausal symptoms to be less intense. The fats and oils found in the plant are essential to overall health, along with the prevention of many chronic diseases. Since the body needs to maintain a healthy dose of monounsaturated and polyunsaturated fats, the primrose provides this.

The problem is that most menopausal women simply do not get an adequate supply of essential fatty acids. These fatty acids help by producing compounds similar to hormones that help maintain membrane function, cut down on swelling and inflammation, constrict blood vessels, control pain, support the body's natural immune response, prevent blood clots, and so on.

## Hormone Summary

There's no doubt that hormones can be something that causes a bit of a roller-coaster in our lives. Fortunately, all the changes we go through are completely natural.

There's no reason why we can't embrace our hormones as our bodies change. With simple nourishment, organic treatments, vitamins and supplements, we can easily overcome any problem our hormones through at us.

We are always on the look out for the most current information about Hormones, Beauty and Health. We'll continue to update our articles and essays at [www.Hormones-Beauty-Health.com](http://www.Hormones-Beauty-Health.com) Keep coming back to find out more as we update and add more information.

In the meantime, enjoy our articles and essays on beauty in the next section.

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## BEAUTY FROM THE INSIDE

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### Beauty Introduction

Women spend millions of dollars every year in the United States on beauty products. We are all interested in finding that fountain of youth, the perfect beauty serum, the right diet, the secret exercise, or the perfect hair care products.

We think beauty care is fascinating too. That's why we are always on the lookout for interesting articles on beauty – specifically skin care, diet, hair and nail care.

On our site, you'll find lots of information about incorporating natural products to help your appearance. We've taken the informative and interesting articles and essays for this beauty section. Have fun exploring our articles on maintaining your natural beauty – because beauty really does start on the inside.

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## Nutritional Secrets Everyone Should Know!

Anti-aging experts agree that healthy skin starts on the inside of the body. Although there is a place for anti-aging skin care cream lotion in a beauty regimen, well-nourished and -hydrated skin will require application of less product than skin that has been deprived of nutrition and water. A good place to begin is to drink 8-10 glasses of water each day. Next, eat foods rich in antioxidants.

Antioxidants will protect against, and possibly even reverse the effects of damage caused by free radicals. Nearly everyone is exposed to the unstable oxygen molecules known as free radicals because they are produced by pollution, sunshine, and cigarette smoke. It is definitely possible to incorporate antioxidants into the diet, thereby minimizing the need for anti-aging skin care cream lotion.

Buckwheat is a high-protein antioxidant known to improve the strength of blood vessel walls because it reduces blood pressure. The fact that it is so high in protein, compared to other grains, makes it ideal for people who are trying to maintain a healthy weight, because the protein contributes to a full feeling.

Olive oil, especially extra virgin olive oil, contains polyphenol, an antioxidant compound. In many cases this delicious, beneficial oil can be used in place of - or as a substitute for part of - the butter or cooking oil called for in a recipe. It is wise to keep the olive oil from burning in order to maintain the maximum nutritional value

### Antioxidants Are Your Friend!

#### Fruits:

Blueberries, strawberries, citrus fruits, peaches, cantaloupe, and apricots.

#### Vegetables:

Sweet potatoes, green and red peppers, squash, broccoli, cauliflower, spinach and other leafy greens.

#### Other Sources:

Olive oil, nuts, grains, fish and fish-liver oil, chicken, eggs, and beef.

Tomatoes are rich in lycopene and vitamin C, two important antioxidants. There are many ways to incorporate tomatoes into the diet year round, using them either fresh or canned, depending on availability.

Some of these foods are fat soluble, while others are water soluble, so it is important to eat a wide variety of them. Eating fruits, vegetables, legumes and oils as close to their natural state as possible makes it unlikely that you will consume a quantity of nutrients that might be toxic. Additionally, eating whole food products and steering clear of 1-nutrient supplements will help you consume nutrients that are complementary.

Processed sugar has been shown to speed up the aging process. It is possible to satisfy your sweet tooth by eating fruits, which are high in natural sugar. Packaged foods may contain fructose, sucrose, corn syrup, mannitol or molasses, all of which mean added sugar.

The wide swing in blood sugar levels caused by raisins should make you think twice before consuming too many. Huge changes in the sugar levels can inflame and damage the skin. However, if something as sweet as a raisin is eaten in combination with protein (such as cottage cheese) or a heart-healthy fat (such as nuts), the spike in sugar levels is greatly reduced.

Bacon and other processed meats have been shown to age the skin and cause wrinkles, because of the high levels of saturated fat and preservatives.

Processed meats, frozen meals and restaurant foods may be comprised of ingredients that are harmful to the body, skin in particular – it is probably best to avoid eating something if you do not know what exactly is in it.

Consequently, if you still need anti-aging skin care cream lotions, you can find excellent, all natural, products at [www.ihd.myarbonne.com](http://www.ihd.myarbonne.com).

## The 5 Food Secrets For Beautiful Skin!

Food secrets for beautiful skin are your very own personal security program made up of an intricate group of cells, proteins, tissues, and organs.

The immune system shields our bodies from dangerous aggressors. But what's its connection to our skin; it's food secrets for beautiful skin. Ultimately, as we age, the overall effectiveness of our body's immune system decreases, leading to "cellular and connective tissue breakdown, resulting in fine lines, wrinkles, skin discoloration and loss of elasticity," explains a leading dermatologist.

Food secrets for beautiful skin factors are influenced by the following health and beauty secrets:

### *The Attackers*

Free radicals are unstable oxygen molecules produced by the body during oxidation. "Typically, when free radicals are in our blood, they increase to let our body know we are fighting an infection. Furthermore, these free radicals cause a reaction called lipid peroxidation, breaking down natural fatty acids that protect our skin.

### *Your Main Defense*

Free radicals have the capability to increase uncontrollably unless they are stopped in their tracks through the regular daily use of antioxidants and/or other immune-boosting nutrients. "The foremost defense mechanism against inducing the formation of free radicals is to avoid sun exposure and use a sunscreen containing titanium dioxide and zinc oxide.

### *Fortify Your Immune System*

Your body's first line of defense is healthy skin. "By improving the integrity of the skin's immunity, the body can be better protected from diseases, while reducing the visible signs of aging".

Food secrets for beautiful skin is a three-pronged approach that will protect, renew, and nourish the skin.

*The 5 food secrets for beautiful skin every woman must know:*

**Carotenoids** – The National Institutes of Health states that approximately 26% of vitamin A consumed by men and 34% of vitamin A consumed by women in the United States is in the form of provitamin A carotenoids. Carotenoids are in foods that come from plants high in beta-carotene (like carrots, sweet potatoes, spinach, kale, and tomatoes). The carotenes possess antioxidant properties. Beta-carotene is converted into retinol, which is essential for vision and is subsequently converted into retinoic acid, which is used during cell growth.

**Plants** – Plants play a vital role in boosting our skin's immunity. Plant elements contain vitamins, minerals, enzymes, and proteins that penetrate the epidermis, warding off skin problems including blemishes, wrinkles, redness, and age spots.

**Vitamin E** – Vitamin E is a common immune system stimulant and free-radical fighter that keeps skin cells safe from deterioration. Vitamin E is found in vegetable oils, nuts, green leafy vegetables, fortified cereals, supplements, and topical skin-care products.

**Essential Oils** – Essential oils are found in multiple skin-care products. They play an important part in keeping your immune system healthy. The soothing properties of chamomile assist in healing irritated skin conditions, while lavender may stimulate cell activity, warding off infection and other skin conditions.

**Omega-3 Fatty Acids** – Dietary sources of omega-3 fatty acids are found in mackerel, tuna, salmon, fish oil, avocados, olive oil, flax seeds, and walnuts.

“First, one must renew and protect the skin topically, then reduce stress by finding an activity that you find pleasure in and, finally, adequately feed the immune system, which will boost your body's ability to fight invaders. A diet rich in immune-boosting foods help to increase the number of white blood cells in your system, as the cells help ward off infection and disease.”



In summary, the 5 food secrets for beautiful skin every woman must know starts with understanding how our skin ages, the role of free radicals, and the key food beauty secrets that unleash powerful forces to aid in the preservation of beautiful, youthful, healthy skin.

## Want Healthy Skin? Try Vitamins!

A youthful glow reflects healthy skin that has been well-nourished. Healthy skin can be accomplished with vitamin-enriched anti-aging cream products when your diet alone does not provide enough of certain vitamins, minerals, and antioxidants.

Here are some vitamins that can help make your skin healthy:

Vitamin C has been shown to reduce the damage caused by free radicals. Sun exposure, smoke, and pollution all contribute to the breakdown of collagen and elastin, thus, leading to a wrinkled appearance and other signs of aging. Ingesting foods with a high concentration of Vitamin C, including citrus fruits and vegetables, and taking Vitamin C supplements of 500-1,000 mg are beneficial. Anti-aging moisturizing cream that contains Vitamin C will help achieve healthy skin by forming new collagen.



Vitamin E helps reduce sun damage to the skin, as well as reducing production of cancer-causing cells. It is also an effective way to reduce wrinkles and make the skin look and feel smoother. As an oral supplement more is definitely NOT better: take no more than 400 I.U. to avoid serious harmful side effects. When combined with Vitamin C in lotion form, Vitamin E is very useful in protecting against sun damage.

Vitamin A is necessary in maintaining healthy skin tissue. Fruits and vegetables are good sources of dietary Vitamin A. Used as a component in OTC anti-aging creams (retinol), or in prescription form for treatment of acne (Retin A), Vitamin A is notable for decreasing the amount of lines and wrinkles seen in the skin.

Vitamin B Complex, including the very important B vitamin, biotin, can be found in many foods such as bananas, eggs, oatmeal and rice. The body makes biotin too. Anti-aging creams that contain B vitamins contribute to healthy looking, well-hydrated skin. It is useful in lightening dark spots as well.

Vitamin K, when used as a cream, is most valuable in reducing the appearance of dark circles under the eyes. It becomes even more beneficial when used in a formula that combines it with Vitamin A.

## Number One Vital Secret For Dry Skin

The number one vital secret about facial skin care you need is to cure dry skin.

Avoid the use of tap water when cleansing dry skin as the deposits are too drying for the best facial skin care. Use mineral water to freshen your face. Don't use a washcloth-a rough texture can irritate. Instead, mist some mineral water on your skin. Lightly pat dry.

Dry skin has a low level of sebum and can be prone to sensitivity. The skin has a parched look caused by its inability to retain moisture. It usually feels "tight" and uncomfortable after washing unless some type of moisturizer or skin cream is applied. Chapping and cracking are signs of extremely dry, dehydrated skin and not a part of good facial skin care.

Dryness is worsened by wind, extremes of temperature and air-conditioning. This type of skin is tightly drawn over bones. It looks dull, especially on the cheeks and around the eyes and there may be tiny expression lines on these spots and at the corners of the mouth.

Facts about dry skin and good facial skin care:

- The oil glands do not supply enough lubrication to the skin. As a result, the skin becomes dehydrated.
- Skin gets exposed to the elements especially in winter.
- Dry skin could be due to a genetic condition.

### Dry Skin Tips

- Drink 8 glasses of water daily.
- Avoid direct sunlight.
- Get sufficient sleep as the skin's cellular repair activity is at its optimum during this resting phase.
- Exercise benefits skin as it boosts circulation and encourages blood flow. Regular exercise will nourish and cleans your skin from within.

- Poor diet. Nutritional deficiencies, especially deficiencies of vitamin A and the B vitamins, can also contribute to dry skin.
- Environmental factors such as exposure to sun, wind, cold, chemicals, or cosmetics, or excessive bathing with harsh soaps.
- Conditions such as dermatitis, eczema, psoriasis, or seborrhea.
- Dry Skin Could Also Be From:
  - An under-active thyroid
  - Serious skin complications can arise for people with diabetes
  - Certain drugs, including diuretics, antispasmodics, and antihistamines, can contribute to dry skin

Dry skin needs plenty of thorough but gentle cleansing, regular stimulation with massage and generous quantities of oil and moisture. It also needs extra careful protection. Washing dry skin with soap and water not only removes grime but also the natural oils protecting the skin. A moisturizer increases the water content of the outer layers of the skin and gives it a soft, moist look.

Use non-detergent, neutral-pH products to cleanse your skin. Avoid using any commercial soap. And always touch your face gently. Double-cleanse with a cream, leaving a light, thin trace of it on the skin after the second cleansing.

Follow a bath or a shower with a mild application of baby oil. Massage your face with home-made nourishing cream every night before retiring. Be generous with the cream in the areas surrounding the eyes where tiny lines and crows feet are born.

Avoid contacting highly alkaline soaps and detergents like washing sodas and powders which contain highly alkaline and drying ingredients.

Moistening with water, then applying a thin film of air-excluding moisturizer restores the suppleness of the dry skin.

## Homeopathic Facial Skin Care Technique

Interested in putting together some of your own skin care products? There are lots of great things you can do for your skin, simply by opening up your cupboards or your refrigerator. These homeopathic treatments will keep your skin clear, nourished, and beautiful.

Let's take a look at some sample treatments:

### *Morning Sin Cleanser/Rejuvenator*

Every morning, 15 minutes before taking your bath:

- 1 egg yolk
- 1 teaspoon orange juice
- 1 teaspoon olive oil
- Few drops of rose water
- Few drops of lime juice

Mix the above ingredients together and apply on your skin

### *Beauty Masque For Dry Skin*

- 1 egg
- 1 teaspoon of honey
- ½ teaspoon of olive oil
- Few drops of rose water

Mix the ingredients thoroughly and use as a masque

### *Night Moisturizing*

After you clean and tone your skin, apply a splash of water or a water-misting. Pat almost dry with a soft towel, then smooth moisturizer from bosom to hairline. Allow five minutes for immediate absorption (cover your face and throat with warm washcloths to hasten penetration), then blot off excess moisturizer with a tissue.

Men can skip the toner but should moisturize the delicate skin around the eye area.

### *Day Moisturizing*

Apply a touch of your normal moisturizer over the freshly cleansed, toned, and dampened skin on your throat, cheeks, and around your eyes. Men should follow a two-step process. Apply moisturizer immediately after shaving. Wait ten minutes, then moisturize again.

### *Milk Bath*

Once a week, take a milk bath. It will nourish and smoothen your skin. Warm your bath water and put in 250 grams of powdered milk, half tablespoon of almond oil, and a few drops of your favorite perfume. Then just lie in it and let your mind wander while the wholesome foam works wonders on your dry skin.



If your lips chap, peel, or crack, the best remedy is to massage them with a little cream of milk to which a few drops each of rose water and lime juice has been added every night before going to bed. Before applying lipstick, use a soft piece of towel for removing rough bits of chapped skin and rub a piece of raw beetroot gently on them. After applying lipstick, add a little Vaseline to keep your lips soft and pretty.

### *Natural Pick-Me-Uppers*

To nourish and smooth the skin, mash half an avocado and mix with a few drops of fresh lemon juice and spread over the cleansed skin. Leave on for 15-20 minutes, then dab off the excess with a soft tissue. Splash the skin alternately with cold and warm water.

For a quick and easy skin pack, mash a ripe banana with a fork and spread it thickly onto the face and throat. Leave on for 10-15 minutes and then rinse with lukewarm water.

### *Herbs For Dry Skin*

*Aloe Vera* – is soothing, healing, and moisturizing. It also helps to remove dead skin cells. Apply aloe vera gel topically on affected areas.

*Calendula and Comfrey* – have skin-softening properties. They can be used in a facial sauna or to make herbal or floral waters. Comfrey also reduces redness and soothes irritated skin.

Add 5 drops of lavender oil or oat extract to bath water. After the bath, apply diluted evening primrose oil or aloe vera cream.

Drink teas of chamomile, dandelion, or peppermint.

Borage, fennel, coltsfoot, or calendula tea also helps improve the skin. Add 1 teaspoon of herbs to 1 cup of boiling water and drink daily.

Tea tree oil has been known to penetrate into the skin's cellular level. Add 1 drop of oil to your favorite day or night cream to help moisturize and smooth skin.

In summary, the most important secret about facial skin care is to avoid drying out the skin and using diet, exercise, and homeopathic techniques to keep facial skin balanced and healthy. Much more information, including healthy recipes, can be found at <http://www.hormones-beauty-health.com/articles.htm>



## Go All Natural -- Anti Aging Skin Care

All natural anti aging skin care products are becoming the most advertised products in women's health care. Why not go all natural? You can make your own anti aging skin care product formulations using plants, essential oils and other natural ingredients. Even foods from your kitchen! Try these homemade formulas to create beautiful skin, glowing with health and vitality.

Garden herbs are featured in these natural anti aging skin care product formulas:

### *Organic Aloe Vera*

Aloe Vera juice or gel is effective in clearing up and healing acne infections. The pulp of the Aloe Vera plant can also be used as a gentle skin cleanser.

### *Organic Basil*

Crush fresh basil leaves and steep in boiling water for 5 minutes. Cool the mixture, strain, and apply to the affected areas with a cotton ball. Leave on for 20-30 minutes, then rinse off.

### *Organic Oregano*

Crush fresh oregano leaves and mix with water to form a strong astringent. Using a cotton ball or Q-tip, apply a few drops to blemishes.

Get out your juicer or blender to make these natural anti aging skin care products:

### *Organic Carrot Juice*

Carrots contain vitamin A, B-complex vitamins, and essential oils that aid digestion and discourage the development of acne.

### *Organic Cucumber*

Peel and liquefy a cucumber in a blender. The juice can be applied with a cotton ball directly on the affected area, or it can be consumed as a beverage. If you drink the juice several times a day, it will cleanse the lymphatic system and clear up acne blemishes.

### *Organic Oatmeal*

Grind organic oatmeal in a blender, mix with a small amount of water to form a thick paste, apply to the face, and let set for 15-30 minutes. Rinse gently with warm water.

More fun ways to use healthy foods to create your own natural anti aging skin care product treatments:

### *Organic Apple Cider Vinegar*

First cleanse your skin. Then, apple cider vinegar can be combined with lemon juice and applied with a cotton ball. This will deep clean pores and remove excess oil. It also kills bacteria and normalizes the skin's pH.

### *Organic Green Beans*

Boil green beans in a few inches of water for 10 minutes. If you add a couple tablespoons of dried flowers, e.g. organic chamomile, it will give the tea a gentle, relaxing aroma. Then, cover, steep until cool, and strain the mixture. Use it as a face wash twice daily.

### *Organic Range Fed Egg Whites*

Egg whites contain an astringent property that can be used to help clear acne. Using a cotton ball or Q-tip, dab the egg whites directly on blemishes. Let dry for several hours (or overnight), then gently rinse with warm water.

Natural anti aging skin care product formulations that are anti-bacterial, anti-viral and anti-microbial:

### *Colloidal Silver*

Colloidal Silver is an anti-bacterial and anti-viral agent. High quality colloidal silver products can be used to cleanse skin and reduce inflammation. For severe acne, cleanse the skin in the morning and evening; for mild acne (or the occasional blemish) dab colloidal only on affected areas with a cotton ball or Q-tip.

### *Organic Grapefruit Seed Extract*

This is a powerful anti-bacterial and anti-microbial agent to be used to deep clean the skin. You would apply directly to blemishes 2-3 times daily.

Other natural anti aging skin care products that are great for treating treat skin disorders:

### *Witch Hazel*

Witch Hazel is a gentle cleanser that will dry blemishes and reduce their visibility. Saturate a cotton ball and apply to blemishes 2-3 times daily.

### *Organic Burdock*

Burdock is one of the most frequently used herbs to treat skin disorders. You can make it into a tea and use it as a gentle skin cleanser. To receive the maximum benefit, use it at least twice a day.

### *Organic Tea Tree Oil*

Tea tree oil is very effective in cleansing the skin due to its antiseptic compounds. It can also soothe the irritation and redness of acne. Using a cotton ball or Q-tip, apply a small amount to the skin twice daily.

Use these homemade natural anti aging skin care products and watch how they create beautiful skin, glowing with health and vitality.

## Did You Know the Beauty Secret of Egg Whites?

Practitioners in natural beauty secrets have propagated the line beauty is only skin deep. Beautiful skin starts with healthy skin --- natural beauty secrets start with a healthy diet.

DID YOU KNOW.....One 8 ounce cup of liquid egg whites supplies 26 grams of pure 100% bio-available protein with only 2 carbs., 0 fat, 0 cholesterol, and only 120 calories.

Some have termed egg whites the world's best protein for your complexion, losing weight, managing sugar, and firming muscle tone. Chemically speaking, egg whites have the advantage that none of its amino acids are wasted.



DID YOU KNOW.....In order to support natural beauty and a clear firm complexion, the average active woman requires about 1 gram of protein per pound of lean body weight per day. Most of us never get close to that much protein in one day. The best way to ingest egg whites to support natural beauty and anti-aging skin care are liquid egg whites. Be sure they are 100% pure liquid egg whites and are heat pasteurized and salmonella tested (when we cook an egg white to the point of being scrambled, the overcooking deletes protein and de-natures the true value of the protein).

DID YOU KNOW.....The key to egg whites as a natural beauty secret are that they should be taking at least twice per day; as your first meal in the morning and just before bed.

It is always better to drink the liquid egg whites at the same time that you mix them in your drink. It takes 3-4 hours to fully digest proteins and twice/day ingestion of egg whites keeps your metabolism working to burn fat and will actually have the side benefit of giving you more energy.

Skin must be properly nourished and hydrated to look its best. A long-term anti-aging skin care program starts with natural beauty secrets like using liquid egg whites twice daily as a diet staple. All natural skin care products, particularly for anti-aging skin care and wrinkle-free skin care, can be found at [www.ihd.myarbonne.com](http://www.ihd.myarbonne.com).

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## Eight Food Secrets for Healthy Skin



Want Smooth, Supple, Wrinkle-Free Beautiful Skin? Try super food secrets for healthy skin. Here are eight secrets in seven super foods that will keep your complexion glowing and give you beautiful skin.

Scientific Skin Care, Lotions and Potions...they're all great, but have you ever heard the phrase "Beauty Come From Within?" Eat super foods for healthy skin and you'll look younger and feel better.

Incorporate these Eight Super Foods into your diet and help erase lines and "glow" up your skin.

*The First Super Food Secret* for Healthy Skin is Egg Whites for protein to produce collagen!

Egg whites have long been known as an immunity booster. Recent studies show that egg whites are a great source of zinc, an essential mineral that keeps the skin young, firm and vital. If you're zinc deficient, all the skin care applications in the world won't cover basic healthy, youthful skin.

*The Second Super Food Secret* for Healthy Skin is Pomegranate to soften your skin!

A glass of natural, pure pomegranate juice is great, but try to have at least a cup of pomegranate seeds - not just the juice. This fruit is packed with Vitamin C. The juice in pomegranate seeds contain both ellagic acid and punic alagin. The first is a compound that fights damage from free radicals. The second, is a super nutrient that increases your body's ability to preserve collagen, the connective tissue that makes your skin look younger, smoother and soft.

*The Third Super Food Secret* for Healthy Skin is Olive Oil for a healthy glow!

Have at least one tablespoon a day. Olive Oil has "good fat." It contains heart healthy omega-3's, which improve your circulation, leaving skin rosy and supple.

*The Fourth Super Food Secret* for Healthy Skin is Watermelon for a dewy complexion!

Eat as much as you like of this healthy, sweet fruit. Watermelon contains lots of Vitamin C, Potassium and Lycopene. These ultimate antioxidants help to regulate the balance of water and nutrients in cells. Hydration is the secret to vibrant, healthy, youthful looking skin and super food secrets for healthy skin is the key.

*The Fifth Super Food Secret* for Healthy Skin is Blueberries to smooth fine lines!

Blueberries are truly a Super Food. They contain more fiber and antioxidants than any other food. Enjoy eating at least one half cup of berries and give your skin the benefit of protection from skin damaging free radicals that come from over-exercising, emotional stress and too much sun exposure. Blueberries prevent cell-structure damage that can lead to fine lines, wrinkles and loss of skin firmness.

*The Sixth Super Food Secret* for Healthy Skin is Green Tea to diminish brown spots!

Drink at least one to two cups per day. Not only is this healthy brew great for your diet and boosting your metabolism, it contains "catechins," an effective compound for preventing premature aging and effects of sun damage. Green Tea is rich in antioxidants that fight off free radical damage and may reverse the effects of aging.

*The Seventh Super Food Secret* for Healthy Skin is Cold-Water Fish to reduce redness!

Eat six, 6 oz. portions of Salmon, Sardines or Mackerel per week. Cold-Water Fish naturally contain Omega-3 Fatty Acids which strengthen skin-cell membranes, which helps to hydrate the skin. Adding supplements to your diet will also help with inflammation such as Eczema, Rosacea and Psoriasis.

*The Eighth Super Food Secret* for Healthy Skin is Spinach & Kale for Firming!

Eat your green veggies daily! These two Super Foods contain vital Phytonutrients also referred to as antioxidant compounds that help guard against damage from the sun. Try to have at least three cups per week of spinach or kale. These two leafy greens are loaded with beta-carotene and lutein. These two important nutrients are noted to improve skin elasticity and firmness. Also, adding Spirulina supplements to your diet is a great way to get in your nutrients if you aren't eating enough of your green, leafy vegetables.

In summary, beauty secrets start with super food secrets for healthy skin. First, and foremost, drink water, drink water, drink water, green tea, or even black tea, in place of coffee. Super food secrets for healthy skin are sure to help you look and feel your best!

## The Vital Bit of Skin Care Advice

Skin care advice starts with the most basic element in the process. You wash carefully, put on plenty of moisturizer, and still it feels tight, looks flaky, and refuses to be soft. So what is the deal? Is there some hidden factor you are missing?

It is very likely that you are. Many people take their usual shower, follow their favorite skin care advice routine, use their specific products, and never consider the single, largest thing they are constantly putting on their skin – water.



Is hard water hard on your skin?

It can be extremely annoying when troubled skin does not seem to want to go away. Even more annoying is when you are unable to figure out why. Your skin just seems to be unable to retain moisture or stop breaking out, even with the amount of pampering done.

Skin care advice starts with knowing what type of water you have. Still, others not even aware they have a water type. Most people, however, do have a water type that they might want to know about. In your case of continuously dry skin or unexplained breakouts, you definitely will want to find out.

There are, in fact, two different types of water; hard and soft. If you find that your skin continues to be dry or break-out even after all the work you put into it, the problem may lie in the fact that you have hard water and it is helping to keep your skin dry or causing adult acne breakouts

Water that is considered to be hard means the water contains a large amount of calcium, magnesium, and iron deposits. If you notice your shower or tub slowly but constantly building up deposits, such as rust, soap scum, and lime, you probably have hard water.

Many articles are written about products that contain harsh chemicals that dry the skin and cause adult acne breakouts and millions of advertising dollars are spent on products that claim to do the opposite.

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However, one often overlooked dry skin factor is the hardness or softness of our water. Using natural products free of substances that cause dry skin is vital, but hard water will continue to exacerbate the problem.

Clinical studies conducted to determine the influence of water on the skin have also found that hard water irritates the facial skin and blood vessels. Study participants noted an increase in irritation, redness, dry skin, and clogged pores from the elements in hard water. The skin becomes thinner, and the irritated blood vessels removed – the deposits are no longer left on the skin, cleansing products are easily rinsed off, and the blood vessels and skin tissue begin to thicken and heal.

There is an overwhelming amount of anecdotal evidence that suggest that softened water can help considerably in reducing flare-ups and other problems associated with this condition. A water softener cannot be guaranteed to work with all people and on all types of skin conditions but it will remove a major source of irritant from the equation and also give you all of the other many benefits a water softener will bring to your home.

In summary, any worthwhile skin care advice starts with understanding the hardness of the water you are using to wash your skin with daily. Specifically, hard water, which is found in the majority of the 50 states, contains harsh chemicals and actual contaminants that not only aggravate the skin but often unnecessarily actually plug pores, causing minute infections and resulting in pimples, blemishes, and unsightly skin.

## Natural Skin Care Support & Advice

Natural skin care support starts with an understanding that too much work and too little relaxation can have a detrimental effect on the body's largest organ – the skin.

### *Lifestyle*

Set aside time for yourself, whether for meditation, reading, or another hobby you enjoy. You can also supplement your diet with antioxidants such as vitamin C that may help protect the skin cells from internal and external stress.

### *Skin Care*

There are many products designed to help the skin cope with symptoms of stress, ranging from redness and irritation to breakouts and dullness. Free radicals cause damage to the surface as well as the supportive layers of the skin. Topical antioxidants used in the morning (in addition to sunscreen) can help ward off free radicals. Free radical quenchers include products containing vitamin C, green tea, or coenzyme Q10 (a significant antioxidant). If your skin can tolerate retinoids, Retin-A or products containing retinol can help skin turn over faster and increase blood flow to the skin.

### *Treatments*

Your natural skin care provider can help alleviate the visible effects of stress with a series of low-risk, downtime-free treatments to rejuvenate the skin and stimulate collagen production. If stress has you scowling, RE9 Facial Serum Day and Night found at [www.ihd.arbonne.com](http://www.ihd.arbonne.com), can be used to minimize the muscle movement that causes frown lines and other facial furrows.

### *Stop Skin Damage*

Natural skin care advice starts with understanding overactive sebaceous glands (which lead to breakouts), dullness, and pale skin.

### *Stress*

Our bodies react to stress by releasing adrenaline, which redirects blood flow away from the skin and sends it to the muscles. Tension also slows the skin's rate of cell turnover, so it takes longer for fresh, new cells to reach the skin's surface

### *Lack of Sleep*

Ever wonder why you get dark circles under your eyes when you don't get enough sleep? Fatigue leads to pallor that makes blood flow beneath the skin more visible, and this is most apparent under the eyes. A 2001 article in the Journal of Investigative Dermatology found that the stress placed on the body from lack of sleep can lead to skin issues, including acne.

### *Alcohol*

Anyone who's ever had a hangover knows that alcohol dehydrates the body, and that includes the skin. Alcohol also depletes the body's supply of vitamin A, which not only lowers skin's defense against bacteria and infections, but also plays a role in skin-cell turnover by maintaining collagen production. Alcohol also makes the skin more prone to redness and blotchiness, and overindulging may even trigger psoriasis.

### *Smoking*

First and foremost, smoking constricts the blood vessels, reducing blood flow (and the supply of oxygen and nutrients) to the skin. Research has also shown that nicotine may increase production of the enzyme that breaks down collagen, thus, accelerating the formation of wrinkles. When collagen breakdown is coupled with repetitive lip pursing and the squinting associated with shielding the eyes from smoke, fine lines and wrinkles become even more apparent. Even secondhand smoke exposure has a detrimental effect on the skin since a smoky environment has a drying effect on the skin's surface. Food for thought: Smokers in their 40s often have skin as wrinkled as nonsmokers in their 60s, and smokers are twice as likely to develop skin cancer as nonsmokers.

## PMS Skin

If you experienced pre-period breakouts or oiliness, you have your hormones to blame.

### *The Symptom*

A surge in oil production and pimples before your period.

### *Natural Skin Care Solution #1*

Lifestyle – Although scientific evidence on nutritionally-related causes for skin conditions is scarce, try foods containing soy because of their estrogenic component. Exercise helps mainly by increasing oxygenation to the tissues. Skin is a living organ, so without adequate blood flow, it gets sluggish too. But don't forget to hit the shower before leaving the gym. Sometimes bacteria from sweat can irritate the pores and spur breakouts. Some women even say that vitamin E supplements help with premenstrual anxiety and depression.

### *Natural Skin Care Solution #2*

Skin Care – If PMS breakouts are as regular as your period itself, consider using 2% salicylic acid products for the week or so before you're due. An at-home zit-zapping device may help as well, as long as you catch the pimple in time. You hold it against the lesion for about 2½ minutes and it generates heat-shock proteins that reduce inflammation.

### *Natural Skin Care Solution #3*

Treatments - To proactively keep PMS breakouts to a minimum, a series of ClearLight or other light-based treatments can help regulate the skin, but periodic maintenance is necessary for long-term results.

Pimples are colorblind, so to speak, so it's no surprise that acne ranks among the top complaints from women with darker skin. When it comes to treating acne in those with darker skin, retinoids help keep skin clear, although it can take a few months to see results. Creams tend to leave a white residue, so clear retinoid gel formulas may be better for darker skin.

## Natural Skin Care Support – Menopausal Skin



Hormone changes related to menopause affect the skin. At this time of life, signs of aging become more apparent.

Food For Thought: Your skin loses 1% of its collagen each year after age 40.

The loss of estrogen causes a decrease in the skin's natural oil production, in turn making the skin drier. Falling estrogen levels also accelerate loss of collagen and elastin, which is why lines and wrinkles begin to become more prominent with menopause. Menopause may also result in hair loss where you want to keep your hair and hair growth where you don't want it – mainly on the face.

### *Natural Skin Care Solution #1*

Lifestyle – Increase your intake of skin-friendly foods such as berries (known for their anti-wrinkle potential), carrots, and spinach, which contain carotene.

### *Natural Skin Care Solution #2*

Skin Care – Increase moisture, but not necessarily with oil, since hormonal changes can lead to breakouts (look for products with hyaluronic acid).

### *Natural Skin Care Solution #3*

Treatments – To rejuvenate menopausal skin, natural skin care products such as **NutriMinC® RE9 RElease Deep Pore Cleansing Masque** (<http://ihd.myarbonne.com>)

As we live in a society that is producing more and more waste and pollution, many people are trying to find ways to help reduce their consumption. Many people do this by recycling in their community, and working to reduce the amount of waste that they have. Another important way to play your part for the environment is to use natural skin care products. As well as using less resources to produce, natural

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skin care products will not cause undue pollution once you are finished using the product and it moves on back into the ecosystem.

One factor that separates natural skin care products from the others is that you can trust what is going into your body is natural. Did you know your skin absorbs what is in the products you put on the surface of your skin?

When you look at the synthetic and artificial ingredients that make up other skin care products, it is hard to determine the exact effect these ingredients will have on your skin. When looking at anti aging skin care products, it is much easier to know how the ingredients will interact with your body.

Another plus for natural skin care products is that there is less likelihood of having an allergic reaction or irritation to your skin. When you begin putting chemicals and ingredients you cannot even pronounce on your skin, you are increasing your chances of reacting to something in the product. Anti aging natural skin care products help to prevent this by using ingredients meant to nourish the skin and help it to look younger and more radiant.

If you are like most people, you have gone to your favorite retail store looking for the natural skin care products that will help you nourish, moisturize, and soften your skin without any side effects. However, the reality is that most of the popular skin care products you are exposed to are not safe to use.

There are some products that use petrolatum and mineral oil as ingredients and some people might feel that it works on their skin, but the truth is that it only hurts your skin because it can irritate or dry the skin and ultimately cause more wrinkles. Other filler creams use alcohol to cover-up wrinkles but it does not work effectively in the long run and it dries your skin, thus, causing more wrinkles, so you have to be careful. The best natural skin care products are made of plant derivatives, flowers, water, seeds, vitamins, etc. For example:

- Cynergy Tk stimulates the natural production of collagen and elastin in your body.

- CoEnzyme Q10 is a very effective moisturizer and antioxidant.
- Vitamin A and C have very important properties that help diminish wrinkles and boost collagen production.

When you are looking for new products, whether they are anti aging skin care products, or acne treatment products, to just every day moisturizers – look for natural skin care products that won't irritate your skin and ultimately cause more harm than good.

It's true it may cost a little more for the better, natural products – but your skin is your largest organ and you owe it to yourself to treat it the best you can, with natural skin care products that actually nurture your skin.

## Do You Know How To Have Beautiful Skin?

The older you are, the more important it is to get started with a quality skin care regimen right away. Here's three things you can do to make your skin start looking beautiful today.

How to have beautiful skin?

*Cleanse Daily* – but gently. Too many professional skin care products strip your facial skin of the natural elements it needs to keep your skin soft and supple. Using a mild cleanser with a very light, delicate scent that won't leave your face feeling tight and dry after washing is a basic way to leave you glowing all day.

*Exfoliate Your Face Daily* – Many exfoliating products can be too harsh to use daily, but there are many excellent products that give you gentle exfoliating for your face that can be used daily. There are some great natural skin care products that are used at night before bed, which not only exfoliate the grime and pollution of the day from your delicate facial skin, they also moisturize, soften, and supplement your body's collagen and antioxidant production.

*Moisturize Daily* – Use a dry skin care anti aging lotion each morning after cleansing. Excellent high quality moisturizers such as those available from [www.ihd.myarbonne.com](http://www.ihd.myarbonne.com) not only replace vital moisture in your face that leaves it feeling very soft and smooth, but it will also supplement the antioxidants your skin needs to stay looking healthy and young. If you use an SPF of 25, it will also help protect your face from sun damage throughout the day. This moisturizer goes on with a wonderfully light feeling, and you'll actually start seeing results from it within minutes.

Most cleansers, makeup, and other beauty products are full of harsh synthetic chemicals that may be harmful to skin. Natural solutions for healthy skin care are better for you, support a cleaner environment and natural techniques work at least as well.

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Essential oils are some of nature's best helpers in almost every aspect of health. Many times more potent than dried herbs, essential oils contain all the healing properties of a plant in a very concentrated form. For this reason, they are best used in tiny amounts and are often diluted for skin care.

Fatty oils restore skin's moisture and flexibility. Part of the benefit of the salt scrub recipe is the apricot or almond oil it contains, which leaves a nice glow and moisture in the skin.

Using an oil cleansing method, surprisingly, is a simple and effective way to clean your face. Using olive oil, castor oil, and hot water leaves a lasting glow. Fatty vegetable oils can be used as moisturizers, makeup remover, cleansers if you want to stay all natural.

In summary it's not enough to get a facial to keep your skin clear and beautiful. You need to have a great home skin-care routine.

Get a professional facial to deep cleanse your skin at least four times a year, as the seasons change. Every 4-6 weeks is ideal.

### Sea Salt Exfoliant

*The minerals in sea water are known to nourish and heal skin. The same minerals can be found in unprocessed, mineral-rich sea salt, and the coarseness of salt makes it a perfect exfoliant. Try the following whole-body sea salt scrub.*

- 1 Cup Sea Salt
- 2 Tablespoons Apricot or Almond Oil
- 5-6 Drops Peppermint Essential Oil
- Put salt in a bowl and add the oils.
- Mix well.
- Store in covered container until ready to use.

*This recipe is best used in the shower after washing. Rub a small handful of the salt scrub all over your body in brisk circular motions. Afterwards, use a moisturizing anti aging skin care product.*

Throw away the soap and use quality skin care products that are right for your skin type. Take the skin care quiz at <http://www.hormones-beauty-health.com/Quiz2.aspx>.

Wear sunscreen, even on cloudy days and in the winter. Use a good quality, high-SPF sunscreen. Sun damage is the single most important cause of premature aging.

Cut out skin-damaging habits like smoking, excessive drinking, and tanning booths.

## **Facial Skin Care Makes You Look Years Younger!!**

They say beauty is only skin deep. Facial skin care is where it all begins and beauty doesn't have to fade with age. Beautiful skin is still available to all ages of women.

Facial skin care is affected as we grow older, our body slows down on the production of collagen which, together with elastin, supports the skin and gives it its youthful natural beauty and tone.

Here are three things you can do with facial skin care to give nature support, aid collagen production, and firm up your facial tone.

### *Facial Skin Care Tip #1*

Vitamin C, together with vitamin E, helps with natural collagen production. As the body produces its new collagen in the first two hours of sleep it makes sense to take supplements of vitamins C & E an hour before going to bed.

High doses of Vitamin C are needed; research has shown that 2000 mg taken in two doses of 1000 mg, once in the morning and again an hour before bedtime may produce the best results.

### *Facial Skin Care Tip #2*

Professional skin care products, especially those using all natural ingredients, are very helpful. Be careful to use only those skin care moisturizer creams and wrinkle creams that do not include oil or oil-related byproducts. Check [www.hormones-beauty-health.com](http://www.hormones-beauty-health.com) for numerous skin care advice, articles for facial skin care products, tips, an interactive blog, and complete anti aging skin care programs.

### *Facial Skin Care Tip #3*

Facial exercises can help natural beauty for all women. All the facial muscles determine the expression of the features. Chewing exercises the face.

Your face will get older long before your body. The muscles in your face react negatively to stress, emotion, and tension. It's easy to get

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into the habit of grimacing, frowning and raising eyebrows and this leads to lines and wrinkles that become more defined each year.

Cigarette smoking is also another habit that should be discontinued; if not you will develop unwanted fine lines and wrinkles around your mouth.

If you want to smooth out your frown lines, visibly tighten up your wrinkly neck and lose your saggy cheeks simple facial exercises are the answer.

In summary, women seeking good facial skin care should take vitamins C and E for natural collagen production, drink plenty of water to help keep skin taut and supple and practice facial exercises to maintain youthful contours and natural beauty as well as use professional skin care products and get great up-to-date skin care advice such as that found at [www.hormones-beauty-health.com](http://www.hormones-beauty-health.com).

## Keep That Natural Beauty Look Forever!

Sophia Loren is a great example of an aging star that still is considered as one of the most beautiful women in the world. You too can keep that natural beauty look forever.

A lot has been written about natural beauty and most articles talk about natural beauty being related to drinking water, eating vitamins, exercising, and so on. It is commonly said the natural beauty look starts from within. While mature natural beauty is a complicated and detailed subject, a in depth review of the literature really boils it down to the following items.

- Not drinking coffee, and certainly to excess, is a major contributor to long-lasting natural beauty. Drink tea instead, which actually promotes healthy collagen and a youthful look.
- Using all-natural cosmetics and enhancers, such as those found at [www.ihd.myarbonne.com](http://www.ihd.myarbonne.com), are critical.
- If you want to have natural beauty and the look last forever, avoid, avoid, avoid direct sun on your skin. Always wear a hat or other skin covering to protect the skin's collagen. Never leave the house without at least SPF 8-15 that protects from all of the sun's harmful rays.
- Not smoking may be the most significant thing you can do to enhance natural beauty. As we know, smoking has a number of other critical health issues as well.
- Eat healthy and natural beauty will enhance mature natural beauty over your lifetime. We all know not to eat deep-fried greasy foods, an excess of meat, and foods high in sugar and poor carbohydrates.

Recent studies indicate the two most significant factors leading to premature skin aging are cigarette smoking and drinking coffee. In order to keep that natural beauty look forever, avoiding the direct sunlight is an absolute must. Direct sunlight, in combination with smoking and coffee, are a guaranteed recipe for early age skin wrin-

pling, puffiness, and rough texture. To keep that natural beauty look forever, it is imperative, even while we are young, to carefully plan for our later years.

While we probably all should have started all of the above items sooner in our lives, we can improve our natural beauty immediately by embracing the five steps to mature natural beauty. All natural anti-aging skin care cream, lotions, acne treatments, sun block enhance the natural beauty tips and advice so readily given. While healthy skin does start within, anti-aging skin care products are the final touch.

A significant number of quality articles related to anti-aging skin care, sunburn, all natural skin care products, and healthy recipes for natural beauty can be found at [www.hormones-beauty-health.com](http://www.hormones-beauty-health.com).

## The Most Important Health and Beauty Secrets

Best kept health and beauty secrets is an internet topic that is constantly in print. What does best kept health and beauty secrets really mean?

Best Kept Health and Beauty Secrets often is a catch-phrase used to attract attention to drive a reader to a product offering. At [www.hormones-beauty-health.com](http://www.hormones-beauty-health.com), they share with you the actual health and beauty secrets that give you alluring, supple, provocative looking skin without the hype.

The first Best Kept Health and Beauty Secret is to use the correct pH of all products used on your skin. The recommended pH is 5.5 and certified dermatologist-tested at that level.

The next beauty secret is that skin care products are 100% formulated without animal products or by-products. Only plants and herbs together, improved through science and technology, offer superior benefits.

Natural beauty is individuality. It is also glowing health and vitality, it is awareness and action, it is science and technology and, of course, well groomed looks, perfectly nourished skin, and a toned and balanced body. We are no longer interested in finding quick cover-up effects but want long-range anti-aging natural beauty secrets to make us look and feel younger.

There's a whole lot more to being beautiful than just your physical looks alone. It is true, natural beauty is making the most of what you have by looking after yourself and showing off your best.

### Why use Natural Skin Care Products?

- *Will not dry your skin by removing the moisture.*
- *Doesn't cause inflammation on your skin.*
- *Do not have harmful residues and chemicals.*
- *Are natural and look and feel exotic.*
- *Non-allergenic on your body.*
- *Stay on your body all day.*
- *Do not have to be expensive.*

Some of the most satisfactory beauty secrets are those you can make yourself with familiar ingredients. Old-fashioned beauty recipes handed down through the years, added to and improved upon, often turn out to be the most valuable of all beauty secrets. It will take time to determine which ones are the best for your particular skin type.

The traditional smoky-eye makeup colors are, of course, black or grey. You are, however, not limited to these color choices, you can also use less intense colors such as violet, chocolate, coffee, dark pink, copper, dark green, dark blue, or purple. Remember, when choosing eye shadow shades that colors should be chosen keeping in mind your eye color, hair color, and skin tone, and not the color of the clothes you wear. For smoky-eye makeup, you will need to choose 2 color coordinated eye shadows.



Since the days of antiquity, the aloe vera plant has been a popular healing remedy for many different types of diseases and conditions, and also as an aid in the promotion of greater health. Without a doubt, aloe vera's most popular use is in the promotion of health and healing for the skin.

Anti aging starts on the inside, we all age at different rates depending on how well we look after ourselves. You can have control over your aging process, all you need to do is use anti aging skin care products and follow a few simple guidelines. Pursuing natural beauty secrets for anti aging is not vanity; it is an essential way to build-up confidence without which there is little achievement in anything.

Beauty advice that is not strictly guided by products 100% without mineral oil are not beauty secrets to be used. Mineral oil is occlusive that interferes with skin functions and otherwise scientifically advanced delivery systems. Think about smearing mineral oil on skin that is already even slightly oily and how the outcome could only be an oilier complexion.



If you are truly passionate about caress able skin, a best kept beauty secret is the total avoidance of products including dyes or chemical fragrances.

In summary, the best kept health and beauty secrets have to do with being committed to reversing the aging process; with a balanced diet (a good source for recipes for your health and beauty can be found at <http://www.hormones-beauty-health.com/recipes.htm>), drink plenty of water, and use the helpful home remedy tips we suggest above.

## Sensitive Skin Care Products For Beautiful Skin

Sensitive skin care products are now in vogue! More and more people exhibit skin sensitivity and have adverse reactions to cosmetics, environmental issues, and toiletries.

Sensitive skin care products are being sold more and more because there are very few people in the world who have perfect skin. Most of the time skin problems are the result of the products we use on our skin. Most sensitive skin care products on the market today are sold as all-natural and many are quite effective in helping most sensitive skin problems.



There are many places that you can get a professional facial as well as a skin type analysis. These places often offer free facials and trials of their sensitive skin care products. It gives you the chance to try out different sensitive skin care products to find the ones that are most appropriate for your skin. You can find out more information about all-natural skin care products and sensitive skin care products at [www.hormones-beauty-health.com](http://www.hormones-beauty-health.com).

A survey recently showed that 50% of women and 40% of men regard themselves as needing sensitive skin care products. Scientific studies show that later life sensitive skin issues are correlated with a weakening of the outer most skin layer called the skin barrier. Further, it's been shown that the sooner an individual uses sensitive skin care products and strengthens the skin barrier, the healthier and younger looking skin will be later in life.

If you aren't sure if you need sensitive skin care products, there are several signs:

First, the skin becomes oily and broken-out in the summer but then dry, red, and tight during winter.

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When emotionally stressed, the skin becomes red and puffy or breaks out in a case of adult acne.

Many people needing sensitive skin care products find that they blush or become flushed more easily than most.

As for skin care products, people needing sensitive skin care products, will likely have experienced rashes or irritations from several products, especially those that are heavily scented. In cases of extreme sensitive skin, this extends to household products as well – detergents, kitchen or bathroom cleaners, and hand soaps can all cause various reactions, even spicy foods and too much exercise can lead to skin irritation.

In summary, sensitive skin care products that are made from all-natural ingredients are your best bet for resolving generally sensitive skin or occasional flare-ups.

### *#1 Dry Skin Care Tip*

Got dry skin? A dry skin care anti aging lotion is the optimal solution for dry skin care problems.

In order for any dry skin care anti aging lotion to actually improve a dry skin condition for more than a few minutes, the lotion must get below the second major layer of skin. Independent lab testing shows shielding lotions are the most effective anti-aging skin care products.

Typically, the only moisture that is ever really going to reach deep enough in sufficient quantities to resolve a dry skin problem over the long-term, is the skin's own natural moisture.

So the solution is to assist your skin in producing more natural moisture and not allow it to be lost. Until now, all that could be done to alleviate a dry skin condition is apply conventional lotions like artificial moisture. These products were designed to just temporarily fix dry skin, placing artificial moisture over the top layer of skin.

A dry skin care anti aging lotion, which is termed a shield lotion, is the key to actually improving dry skin. All natural antiaging skin care products available from [www.ihd.myarbonne.com](http://www.ihd.myarbonne.com) are the type of products that should be used for effective anti aging skin care.

A major factor to consider is that many households and workplace chemicals, even cosmetics and fragrances, are absorbed directly into the skin, which can cause skin disorders or just plain cracked dry skin. When cooking, cleaning, or being active in activities from gardening to painting, skiing to fishing, or any exposure to harsh weather, you are further drying and irritating your skin. A dry skin care anti aging lotion, which provides a shielding lotion protection layer, is the product that is effective with dry skin. A shielding lotion will rapidly absorb into and bonds with the outer layer of skin, which creates a protective layer while retaining the natural moisture from within. This makes it the perfect antiaging skin care product.

An effective shielding lotion will not wash off, but comes off naturally with exfoliated skin cells and just needs to be reapplied every 4 hours.

In summary, taking proper care of your skin can do more to enhance your appearance than all the lotions and creams that can be applied to cover-up unhealthy skin. The summer months pose unique challenges, constantly switching between dry indoor air and summer heat outdoors removes moisture from the skin. While creams and lotions replace some of the lost moisture, it is far better to take steps to prevent moisture loss in the first place. In the event a dry skin problem is present, a dry skin care anti aging lotion, termed a shielding lotion, is the fix.

## Skin Care Advice In Your 40's

Skin care advice at 40 starts with daily maintenance.

Once women hit 40, it becomes easy to tell who's been taking care of their skin and who hasn't, say leading dermatologists. Skin is drier, thinner, and less firm. Skin care advice experts say that's because lipid and estrogen levels have dropped.

Skin care advice starts with the understanding that elasticity is losing its bounce and fluctuating hormones can still cause occasional acne breakouts.

### *SKIN CARE CONCERNS AT 40*

Problems with the skin around the eyes become more prevalent at 40. There are bags, drooping lids, and/or under eye hollows to be dealt with. Also, there is a lot of skin care advice about the neck, which starts to show telltale signs of neglect. The neck starts to develop rings that give away your age.

### *DAILY MAINTENANCE*

Use products with retinol 2-3 times per week, since they're proven to stimulate collagen growth. A topical antioxidant, like vitamin C serum, will brighten the complexion. Cotemporary skin care advice suggests fighting the forces of time internally with supplements like super greens, including green tea and omega fatty acids.

### *KEEP IT SIMPLE*

Day – you should wash your face and neck with an antioxidant cleanser and use a hydrating antioxidant day cream with an SPF15 or higher. A super wash we recommend can be found at [www.ihd.myarbonne.com](http://www.ihd.myarbonne.com).

Evening - your protocol should include washing your face and neck with an antioxidant cleanser, using a retinol serum, and then use, use, use a night skin care moisturizer cream - that means use skin care moisturizer cream.

As we said eyes, after 40, is the major problem. After tons of research, the skin care advice offered by leading experts is the cheapest, easiest way to preserve your youthful looking eyes is with sunscreen and eye cream. When started early, these topical products protect the delicate eye area skin from environmental damage, while giving it the moisture and vitamins skin needs to stay supple. The common name for the 40 year old eye wrinkles is crow's feet. Crow's feet, or under area lines, are caused by years of smiling and squinting as well as mild skin drooping. Using products that boost collagen production deep within the skin to smooth the appearance of lines and crepey skin are recommended. The earlier you begin intervention, the more successful you will be but if you don't stick with it every day the treatments will not be successful.

The site, [www.hormones-beauty-health.com](http://www.hormones-beauty-health.com), provides free health and beauty information and skin care advice because a beautiful complexion is your birthright - no matter what your age, they give you the pro and all-natural tips to keep your skin looking radiant – always!

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## Do You Know The Best Scar Treatment?

Did you know the best scar treatment of all is prevention? A scar is a natural part of the healing process. Skin scars occur when the deep thick layer of skin is damaged. The worse the damage is, the worse the scar will be.

Effective acne skin care is the key to avoiding acne scars for life. Most acne skin scars are flat, pale, and leaves a trace of the original zit that caused them. The redness and swelling that often follow a zit may not be a scar and is generally not permanent. The time it takes for the zit to go away may, however, range from a few days to several weeks.



**Rule #1** with good acne skin care is never, ever, ever squeeze, press, or handle an active zit. The act of squeezing, ripping, or scratching often causes a scar, and perhaps for life, because it further damages the already affected dermis. To understand scar treatment is to know that the body cannot rebuild the tissue exactly as it was prior to the formation of a blemish and manipulating the tender skin in any way significantly increases the risk of scarring. Also, picking at scabs is a terrible form of scar treatment and should be avoided at all costs. Scabs are formed as part of the healing process that is going on underneath them at a deeper level of tissue. Pulling a scab off before it is ready, totally interferes with the healing and remodeling process, prolonging the time that post-inflammatory changes will be visible and increasing the risk that serious scar treatment will be needed later on.

**Rule #2**, use professional anti aging skin care products and always assure they are as natural, or all natural, as possible. Do not use any products on your face as part of a good acne skin care regimen that includes any oil or petroleum-based products. Wash your face and do not scrub it with a rag, loofah, or anything other than your bare hands and always, always wash your makeup off at night and use an anti aging skin care cream lotion at night with acne-fighting properties.

*Rule #3*, avoid the sun – period! Especially if you have adult acne or a flare-up of acne. The direct rays of the sun will totally worsen adult acne or acne flare-ups and, under any condition, getting sunburned may lead to permanent irrevocable scarring. The best advice for effective scar treatment is wear a hat or covering that keeps the direct sunlight off the face.

*Rule #4*, use anti aging skin care cream lotions when outbreaks occur. Generally over-the-counter all natural products, which include corticosteroids, alpha-hydroxy acids, beta-hydroxy acids, or certain antihistamine creams are effective. Scar treatment starts by gently and effectively eliminating pimples, zits, blemishes without poking, prodding, or squeezing. Give the anti aging skin care cream lotions time to do their job without being overly impatient and causing a scar that may stay for life.

An absolutely outstanding acne package of products is available from [www.ihd.myarbonne.com](http://www.ihd.myarbonne.com) called Clear Advantage. The post-inflammatory changes caused by acne are part of the skin's natural healing package and will be detrimental for effective scar treatment. Following simple rules will provide scar treatment in advance that will eliminate the scars to begin with.



## Wrinkle Free Skin Care Begins in Your 20's

Obvious signs of poor skin care show up when a person starts to age, but wrinkle free skin care should begin in youth. Skin damage is primarily caused by exposure to harmful ultraviolet rays of the sun, but there are also other causes, i.e. time, smoking, and environmental factors such as wind.

It's very important to protect against sun damage and provide moisture to all skin that is exposed to the sun, including behind the knees, tops of feet, and tops of ears and neck.

Wrinkles appear when the skin loses moisture, fat, and elasticity. Skin damage involves the breakdown of elastin (a network of elastic fibers within skin cells). Collagen (a protein in the skin) also breaks down and fat cells are lost as the skin ages. Without these things, skin cells lose their plumpness and fail to retain moisture. Without adequate wrinkle free skin care, fine lines and shadows begin to appear and, eventually, wrinkles form. Fortunately, there are anti-aging skin care products available that can repair some of the skin damage and reduce the wrinkles by providing collagen and elastin.



A healthy diet, including vitamin/mineral supplements, is essential. Some products that are especially helpful for repairing skin damage have formulas that incorporate hormones (estrogen) and minerals, which are able to remove free-radicals from the skin. Besides anti-aging skin care cream lotions, there are various masques and peels available.

If you start taking care of your skin earlier in life, i.e. using good moisture retaining products, this process will not be as drastic later in life.

## Anti-Wrinkle Cures That Really Work

Here are some tips and home remedies to get you started on the path to an anti-wrinkle plan and make your skin look youthful and healthy again.

### *Anti-Wrinkle Tip #1 – Avoid the Sun*

The first place to start is to stay out of the sun. Sun tanning damages and ages your skin and it also leads to cancer more and more since the ozone is wearing away from pollution.

### *Anti-Wrinkle Tip #2 – Facial Massage*

Massage increases the blood circulation and causes muscle and tissue tightening. This reduces the fleshiness of the skin and restores a youthful look. You can apply coconut oil on the portions of your skin and face where wrinkles set in and gently massage at bedtime.

### *Anti-Wrinkle Tip #3 – Vitamin E*

Open three capsules of vitamin E and drain into a small bowl. Add 2 teaspoons plain yogurt, ½ teaspoon of honey, and ½ teaspoon of lemon juice. Apply this mixture to your face with a cotton ball and leave on for about 10 minutes and rinse off.

### *Anti-Wrinkle Tip #4 – Eat Healthy*

Incorporate healthy doses of natural antioxidant foods like leafy green vegetables and brightly colored fruit for maximum free radical elimination. Free radicals are the number one cause of collagen breakdown, which is a direct cause of wrinkles.

### *Anti-Wrinkle Tip #5 – Go Bananas*

Try bananas as an anti-wrinkle treatment. Mash ¼ of a banana until it becomes very creamy. Spread all over your face and leave on for 15-20 minutes before rinsing off with warm water, followed by a dash of cold water. Gently pat dry.

### *Anti-Wrinkle Tip #6 – Smokers Beware*

Smoking robs the complexion of oxygen, decreasing blood circulation to facial skin and resulting in premature lines and wrinkles. Also, anyone puffing on a cigarette is essentially doing a lot of repetitive facial movements that add even more wrinkles. So kick the habit if

you want those wrinkles to disappear. This is the most important anti-wrinkle tip!

*Anti-Wrinkle Tip #7 – Get a Humidifier*

Air conditioning and heating systems are known to dry out the skin, making the aging process occur more rapidly. Try using a humidifier. This equipment will help to keep air moist and, therefore, keep your skin moist too.

*Anti-Wrinkle Tip #8 – Sleep On Your Back*

When you sleep on your side or belly with your face on the pillow, wrinkles are formed. People who sleep in this posture usually get a diagonal crease on their forehead running above their eyebrows. Sleeping on your back helps this problem.

In summary, while there are expensive beauty treatments, cosmetics, and products, the most basic anti-wrinkle program starts at home with activities of daily living. A final anti-wrinkle tip is that egg whites produce proteins and amino acids that are very helpful in an anti-aging skin care regimen. Good luck!

## Successful Anti-Aging Skin Care

Many women over the age of 40 are aware that special attention is required to help them retain natural, healthy skin. Things such as increasing circulation through exercise, consuming water to hydrate the skin from within, and eating nutritious foods are just the beginning steps in maintaining healthy skin. Anti-aging can be further enhanced by consuming Omega-3 supplements, which not only assist in repairing skin cells, but is also beneficial for the immune system.

It has been noted that aging skin is drier than in youth, therefore, cleansing should be done with a product that doesn't strip away natural oils, yet is thorough enough to remove makeup. A product with natural extracts such as aloe and chamomile will help skin retain moisture.

Moisturizing is essential for older skin that may have become parched over time. A high concentration of silicone in skin care products will allow makeup to slide on (filling little creases), help the makeup stay smooth, and seal in moisture. Besides silicone, moisturizing cream should contain antioxidants, which neutralize skin damage caused by the sun and pollution. Some common antioxidants used in moisturizing creams include green tea, vitamin C and E, and a man-made antioxidant called idebenone. Vitamin C has the additional benefit of brightening dark spots. Retinoids are useful for diminishing fine lines, increasing turnover of skin cells and lightening brown spots. Besides being available as a prescription (Retin-A), retinoids are found in many common over-the-counter preparations.

Exfoliation is necessary for an anti-aging regimen because the cell renewal process slows down as we age, which causes rough patches. Glycolic acid treatments are excellent for exfoliating and reducing the size of pores. There are numerous exfoliating products available without prescription for home use.

Use Anti-Aging Skin Care Moisturizing Cream to Keep your Skin from Aging

*Intrinsic Aging* is something a person has very little control over. Wrinkles and sagging are, in part, pre-determined by one's heredity or genes. Our actual age cannot be altered, and more years equal less plumping by fat cells. But how we treat our bodies, the skin in particular, can be changed.

Good skin care, including the use of anti-aging skin care moisturizing cream, greatly enhances the appearance of the skin.

Hormones become depleted, a normal part of aging, and they can become imbalanced, possibly because of problems with glands such as the pituitary, thyroid and adrenal.

Anti-Aging skin care moisturizing cream can help delay an older appearance simply caused by nature, but you have much more control over the effects of extrinsic aging.

*Extrinsic Aging* is a lifestyle factor, rather than genetic factor. Here are some factors that can be controlled:

Pollution is harmful to the skin because of the free radicals involved. Free radicals damage collagen and elastin in the skin, allowing wrinkles to form and permitting the sagging of the skin.

Another factor that influences the effects of free radicals is damage by the sun's ultraviolet rays, something which can be prevented by using UVA/UVB sunscreen every day, whether or not the sun is shining.

Smoking definitely ages the skin, and it is something that can be eliminated by practicing self-control.

Not enough sleep and too much stress can be dealt with for better-looking skin.

Don't forget the importance of a well-balanced diet, something that can be most beneficial in achieving younger-looking healthy skin.

The effects of extrinsic aging can most definitely be ameliorated by altering unhealthy lifestyle practices and by using a good anti-aging skin care moisturizing cream.

## Anti-Aging Skin Care Advice

Most people strive to look fit and healthy, which equates to trying to look younger. It's a well-known fact that the best anti-aging procedure is the application of a good (15 or above SPF) sun block for both UVA and UVB rays every day. The free radicals found in the rays of the sun cause wrinkling and sagging of the skin by damaging the collagen and elastin. Scowling, frowning and wrinkling the delicate skin around the eyes should also be avoided to minimize the formation of deep wrinkles and fine lines.

A rich eye cream is useful for warding off some wrinkling. However, for someone who has neglected sun block in the past or who already has the beginning of lines and wrinkles, it's possible to utilize something a little more in-depth than anti-aging moisturizing creams.

There are a plethora of anti-aging treatments available by a professional. Many of the procedures performed in the U.S. are noninvasive, also called "lunchtime procedures", and following is a brief description of the most often used:

*Microdermabrasion* is popular among the 20-somethings because it will smooth the surface of the skin, an issue especially if acne scars are present. Skin tone is also improved. A fine spray of crystals are blasted onto the skin, removing the topmost cells. Desired results may be achieved in fewer than a dozen treatments, spaced approximately 2 weeks apart.



*Botox Injections* are another popular anti-aging procedure. The botox prevents a person from moving facial muscles where it has been injected, thus preventing further wrinkle formation. The effect may last as long as six months.

*Liposuction* is a fairly expensive procedure with a down-time of at least a week. It is used to contour the body by removing excess fat cells from just below the skin.

*Fillers* are used to plump up skin for 4-12 months. Youthful skin is firmer and fuller than aging skin because it has plenty of collagen, which may have been lost due to the passing of time and sun damage. Depending on the area being treated the doctor will choose human collagen, bovine collagen or any of several other popular fillers.

*Lasers* are an anti-aging tool that can correct baggy eyes, brown spots and leg veins. Some lasers can actually tighten the skin. Several sessions will usually be necessary.

*Blepharoplasty* is a way to dramatically smooth out both the upper and lower eyelids using a minimally invasive technique.

*Chemical peels* are useful to all ages because the formula is customized to each patient. Gentle glycolic acid peels can be used with great success by young people, but for someone with deep wrinkles, many brown spots, or uneven skin patches, slightly harsher peels can be used. A doctor will be the best source of advice in this matter.

With careful treatment (anti-aging skin moisturizing cream, rich eye cream) and protection (sunscreen, sun glasses to cut down on squinting) of the skin in early years, a complete face lift can be avoided and one of the previously described treatments may produce the effect of a healthy, glowing complexion in later years.

#### *Antiaging Skin Care Cream Lotion*

To many people, a wrinkle-free complexion is important in their battle for antiaging skin care. The most important rule to remember, if you are concerned with having a younger-looking complexion, is to avoid the harmful rays of the sun by always applying a sunscreen. Antiaging skin care cream lotion can help with a youthful appearance, depending both on how faithful you are in applying rich moisturizers and on what key ingredients are in your antiaging skin care cream lotions.

Following is a list of some of the most common beneficial ingredients available without a prescription.



*Retinol* - an antioxidant derived from vitamin A. The benefit of using an antioxidant is that unstable oxygen molecules, which break down skin cells and cause wrinkles, are neutralized.

*Hydroxy acids* - alpha-, beta-, and poly-hydroxy acids are exfoliants that stimulate production of smooth skin by removing the topmost layer of dead skin, a definite anti-aging process.

*Coenzyme Q10* - energy production within skin cells is regulated, possibly protecting against sun damage.

*Copper Peptides* - the element copper (which is a component of all cells) is combined with tiny bits of protein, peptides. The resultant product boosts healing, stimulates collagen production, and may help antioxidants work more efficiently - a positive factor in an anti-aging regimen.

*Kinetin* - an ingredient believed to improve wrinkles and uneven pigmentation by assisting the skin in holding moisture and stimulating the production of collagen (the protein responsible for skin strength and elasticity). Another function of Kinetin may be to fight the unstable oxygen molecules that break down skin cells.

*Tea Extracts* - most often green tea, but sometimes black tea extracts, are used in antiaging skin care cream lotions because they are anti-inflammatory and also contain antioxidants.

## **Want More Youthful Appearance Through Wrinkle Reduction?**

As we age both men and women become aware of the aging effects of fine lines and deep furrows on the face. These lines got their start when we were young, trying to attain the beautiful bronze glow of the sun, but little did we know we'd pay the price later in life by having skin that had become wrinkled.

Anti-aging creams and lotions are beneficial to a point, but for those who wish to go a step further, the FDA has recently approved two bio-engineered collagen treatments. They are formulated from live human cells, rather than the bovine collagen of the past. One of the primary differences is the need to pretest for allergic reactions when using bovine collagen - pretesting is not necessary for these human-based products. The material is injected into the wrinkle or other skin imperfection such as an acne scar and results are noticed immediately.

One is called Cosmoderm, and is primarily used for superficial lines, wrinkles and scars. The other is Cosmoplast, which treats major lines and furrows.

Both of these facial fillers are also highly effective for restoring the borders of the lip, and are used with excellent results to enlarge the lip. The results last as long as bovine collagen, about three to six months, depending on the area treated.

Contact a qualified physician who has been trained in the use of these products for more information.

## Over 40? Want Beautiful Skin?

Many women over the age of forty are aware that their skin needs special attention to help them retain a natural, healthy glow. Things such as increasing circulation through exercise, consuming water to hydrate the skin from within, and eating nutritious foods are just the beginning steps in getting skin to look its best. Anti-aging can be further enhanced by consuming Omega-3 supplements, which not only assists in repair of skin cells, but is also beneficial for the immune system.

It has been noted that aging skin is drier than in youth, therefore cleansing should be done with a product that doesn't strip away natural oils, yet is thorough enough to remove makeup. A product with natural extracts such as aloe and chamomile will help skin retain precious moisture. For deep cleaning at bedtime skin, debris may be removed with the help of a battery-powered device which exfoliates without harshness.



Moisturizing is essential for older skin which may have become parched and crepey over time. A high concentration of silicone in moisturizing products will prepare the way for makeup to slide on (filling little creases), help the makeup stay smooth and seal in moisture. Besides silicone, moisturizing cream should contain antioxidants, which neutralize skin damage caused by sun and pollution. Some common antioxidants used in moisturizing creams include green tea, Vitamin C and E, and a man-made antioxidant called idebenone. Vitamin C has the additional benefit of brightening dark spots. Retinoids are useful for diminishing fine lines, increasing turnover of skin cells and lightening brown spots. Besides being available as a prescription (Retin-A), retinoids are found in many common over-the-counter preparations.

Exfoliation is necessary for an anti-aging regimen because the cell renewal process slows down as we age, which causes rough patches. Glycolic acid treatments are excellent for exfoliating and reducing the size of pores. There are numerous exfoliating products available without prescription for home use.

## Wrinkle Free Skin Care

Wrinkle free skin care and anti aging skin care are largely driven today by natural products. Cosmetics and personal **wrinkle free skin care** products are becoming increasingly visible as the population ages. Wrinkle free skin care products help you look your best, which can be an important part of feeling good about yourself.

Wrinkle free skin care products are typically comprised of natural botanical ingredients, which allow nature to work for you and your skin and often provide anti aging skin care as a by-product.

For repairing and replenishing dry skin, **wrinkle free skin care** products typically include the following:

- Sunscreen
- Moisturizers
- Cleansers
- Masques
- Soaps
- Foundation
- Blushes
- Creams

Critical to wrinkle free skin care are sunscreens, which provide defense against free radicals; hence, should be used as the basis for any wrinkle free skin care program.

Sometimes referred to as mineral-based makeup, wrinkle free skin care uses light-weight, hyper-allergenic powders that actually offer a natural sun block while enriching the skin with antioxidants and vitamins. True anti aging skin care products provide coverage without harmful chemicals and are environmentally friendly as well. Products that provide **wrinkle free skin care** can generally be applied either wet or dry and are made specifically for all skin types.

Anti aging skin care product, **wrinkle free skin care**, and sensitive skin care product are often used interchangeably and generally do provide the same cosmetic benefits.

## Anti-Aging Skin Care - Holistic Style

Anti-aging skin care can be holistically based. Vitamins, minerals, herbs, and other nutrients are wonderful for basic anti-aging cleansing, moisturizing, protecting, and healing the skin. An anti-aging holistic skin care program not only creates youthful radiant anti-aging skin tone, but it can also benefit the overall well-being of the body. The anti-inflammatory benefits of a holistic anti-aging program decrease the aches and pains of the body and help to create a more balanced emotional state.

Anti-aging holistic skin care regime can also help to heal common skin conditions such as acne, sun damage, and similar blemishes. Using a daily spray facial mist such as *Clear Advantage Refining Toner* can keep the skin on the face soft and silky.

Anti-aging starts with several vitamins that help reduce and reverse the effects of the sun. Vitamins A, B, C, D and E are all wonderful for the health of the skin and are holistic anti-aging based. Vitamins B, C and D play an especially important role in preventing skin damage caused by the sun and are crucial for anti-aging.

*Vitamin A* helps reverse the anti-aging effects of the sun on the skin by reducing wrinkles and decreasing the number and size of age spots. It also improves the skin's texture and helps decrease pore size.

*Vitamin B* can be found in topical ointments and applied directly to the skin. It's an anti-aging, anti-inflammatory that minimizes puffiness and redness, constricts pores and strengthens capillary walls. It also improves the overall condition of the skin and aids in the regeneration of DNA – crucial for anti-aging.

*Vitamin C* is a potent anti-aging antioxidant that protects the skin from the ultraviolet rays of the sun and neutralizes free radical damage. It also helps to stimulate the production of collagen which keeps skin supple and smooth.

*Vitamin D* should also be used topically. Applied as a basic anti-aging agent, it preserves a more youthful complexion. The body produces vitamin D naturally when exposed to sunlight. Hence, the

consistent use of sunscreen may block vitamin D production. Look for an organic anti-aging sunscreen or moisturizer that contains a vitamin D supplement as a necessary precaution.

Holistic anti-aging skin care starts with a good supply of external vitamin supplements and protection from the sun.

Anti-aging holistic skin care starts with protection from the sun. Sunlight is a major detriment to anti-aging and the skin changes we think of as aging - changes such as wrinkles, dryness, and age spots. As your skin ages, it becomes thinner and loses fat, underlying structures - veins and bones in particular - become more prominent. Your skin can take longer to heal when injured. Anti-aging is the process of stopping or reversing the natural aging process. Anti-aging is most effectively controlled by reducing exposure to the sun.

Although nothing can completely undo sun damage, the skin sometimes can repair itself. Topical anti-aging products can actually reduce the harmful effects of the sun. So, it's never too late to protect yourself from the harmful effects of the sun.

Over time, the sun's ultraviolet (UV) light damages the fibers in the skin called elastin. Anti-aging stops the breakdown of these fibers. Natural aging causes the skin to lose its ability to snap back after stretching. As a result, wrinkles form. Gravity also is at work, pulling at the skin and causing it to sag. Anti-aging techniques noticeably fix the face, neck, and upper arms.

Next to the sun, anti-aging recognizes cigarette smoking as also contributing to wrinkles. People who smoke tend to have more wrinkles than nonsmokers of the same age, complexion, and history of sun exposure, seriously compromising anti-aging. The reason for this difference is not clear. It may be because smoking plays a role in damaging elastin, which is critical in anti-aging. Facial wrinkling increases with the amount of cigarettes and number of years a person has smoked.

Many products currently on the market claim to "revitalize aging skin" and provide anti-aging benefits. According to many, over-the-counter "wrinkle" creams and lotions at least soothe dry skin. At this time, the



only anti-aging products that have been studied for safety and effectiveness and approved by the Food and Drug Administration (FDA) to treat signs of sun-damaged or aging skin are tretinoin cream and carbon dioxide (CO<sub>2</sub>) and erbium (Er:YAG) lasers.

A full anti-aging regimen includes smoking cessation, vitamins, and topical anti-aging skin care products.

## **Skin Care Advice For Damaged Skin**

Skin care advice starts with the sun. As the largest organ of the body, your skin can reveal what's going on in your body – as well as the lifestyle you lead, from too much sun and stress to too little sleep (and all those little vices in between), your skin acts as a barometer, especially the skin on your face.

Facial skin is very different than the skin on the body since it gets the most exposure to UV light and pollutants. As we age, bad habits really start to show. As early as 30, women start noticing changes. Women who smoke look older than their non-smoking counterparts and lifelong sun worshippers are plagued with fine lines, hyperpigmentation, and sagging by their 40s. By their 50s, there's a big divide between those who take care of their skin and those who do not. Yet all hope is not lost. Regardless of age, sunscreen is the easiest way to prevent further damage. If you do nothing else, wear sunscreen 365 days a year.

## Skin Care Sun Protection



The protection factor is only part of the story. A product with an S.P.F. of 30 may have a UVA protection rating of only 2. Your sunscreen should be a broad-spectrum one that also blocks UVA radiation. Two ingredients now used in “complete” sunscreen in cosmetically acceptable micronized forms are titanium dioxide and zinc oxide.

Two other agents that offer broad-spectrum protection, Mexoryl and Tinosorb, help to stabilize UVA protection during prolonged exposures. They are available in Canada and Europe but have not yet been approved by the Food and Drug Administration here.

Because sunscreens must react with the surface of the skin to be effective, they should be applied 15 to 30 minutes before going out in the sun. Most products should be reapplied every two hours.

Swimmers and those performing intense physical activity should use a water-resistant or very water-resistant sunscreen. But all sunscreens, whether water-resistant or not, should be reapplied after swimming or profuse sweating.

And don't forget to use enough: one ounce, the amount in a shot glass, should be used to cover exposed skin in summer.

Sunscreens should be used by everyone over the age of 6 months. Younger infants should be kept out of the sun at all times – use sunscreen on them only in rare situations when sun exposure is unavoidable.

## Skin Care For Summer

80% of UV damage from sun exposure occurs in childhood and adolescence, when we older folks knew nothing about sunscreen. We sometimes suffered scorching sunburns or lay in the sun slathered in oils to enhance tanning. But, at every age, there are steps to take.

Everyone should be replacing misinformation with facts about the effectiveness of sunscreens and sun-protective clothing, then putting those facts to proper use.

There are more than a million cases of basal cell or squamous cell cancers diagnosed annually in the United States.



First, there is no evidence that the use of sunscreen increases the incidence of skin cancer. Nor is there evidence that regular use of sunscreens can cause internal damage. These are surface agents only; they don't get inside cells or penetrate deep into the skin.

Dermatologists recommend the routine daily use of a sunscreen with an S.P.F. rating of 15 or higher on all exposed areas—whether the day is sunny or cloudy and skin is light or dark. UV radiation readily penetrates cloud cover.

## Fingernail Problems

Fingernails can reveal a lot about you and your state of health. Many people are careless about their nails. They use them instead of tools, immerse them in harsh soaps and detergents, hit or snag them accidentally, and overexpose them to the elements. But even people who take good care of their nails often have problems with brittle, cracked, and breaking fingernails - conditions that may be helped by diet or nutrition.



Fingernails are composed of a protein called Keratin. Healthy nails will be smooth and the nail bed will be pink, which indicates a healthy blood supply. A very pale or blue nail bed, or nails streaked with either white or red may be indicative of poor circulation or disease.

The most frequent cause for problem fingernails is overexposure to the elements and harsh chemicals. Every time your nails get wet they swell, then they shrink back when they dry off. This swell-shrink cycle, when repeated often enough, leaves your nails brittle and fragile. Cold weather and dry, heated rooms can cause a variety of problems from brittle nails to dry skin and cuticles. Nail polish remover and the glue used to attach artificial nails can also be harmful. You should try not to use nail polish remover more than once a week and look for one that contains acetates, which are less drying than acetones.

The best thing you can do for your nails is use a pair of rubber gloves for any project that involves soaking your hands in water or cleansers. If you do get your hands wet, dry them off thoroughly and apply a moisturizing lotion, rubbing it in around the fingertip and nail area. Lotions that contain at least 10% urea work particularly well.

Protein is very important for healthy nails. If you don't get enough protein, the calcium in your nails is not properly utilized. You should eat at least 8 ounces of fish, chicken or turkey each day.

Iron deficiency is one of the most common causes for brittle nails, however, too much iron can be just as troublesome - make sure you

have a blood test to determine if you are iron-deficient. Listed below are supplements that should be added to your daily intake:

Calcium: 1,000 mg. per day (1,200 if you are pregnant or postmenopausal).

Biotin: 2,500 mcg. daily

Iron: 60 mg. a day (after having a blood test to determine if you are deficient)

Zinc: 50 mg. a day

Silica: As described on package label

## Limiting Sun Damage

### Eating Fish

It has been found that the healthy fats in fish (omega-3s) reduce the damage skin cells undergo when exposed to UV light. A serving of fish consists of four grams of omega-3s or seven ounces of salmon.

### Drink Tea

Both green and black teas may help you fend off skin cancer. It's found that people drinking black tea had a 40% lower risk of developing squamous-cell skin cancer than those who don't drink black tea. Certain compounds in green tea suggest that it may act as an anti-inflammatory or antioxidant, which help skin cells fend off cancerous changes. Even wiping green-tea extract onto your skin may improve its immunity.

### Aspirin

This drug reduces inflammation and, if taken when you're in the throes of a sunburn, might help save your skin.

### Eat Papaya and Tomatoes

Both contain vitamin C and E, and studies have shown that these antioxidants can inhibit ultraviolet-induced skin damage. If they are not an option for you, bell peppers, strawberries, and citrus fruits are also high in vitamin C while cooked spinach, pumpkin, and broccoli are high in vitamin E.

## Sun Damage

### What the Sun really does to your skin:

#### 10 Minutes

If you have light skin, your body makes enough vitamin D to keep your bones and immune system strong. The darker your skin, the less UV light penetrates. If you're dark-skinned, it's hard to get enough sun to make D without risking skin damage. So, if your diet's not rich in D, you may want a supplement.

#### 60 Minutes

UVA rays penetrate skin, damaging collagen and elastin fibers. This damage causes wrinkles and fine lines to form and contributes to skin cancer. At the same time, short-wave radiation from UVB light causes sunburn and mutations in genes that control the development of cancer. Normally, these genes tell cancer-causing cells to die. But when these genes are damaged by UVB rays, they can't deliver their message, and dangerous cells continue to divide and multiply.

#### 6 Hours

As verified by research, a single blistering sunburn during childhood doubles your chance of developing melanoma. There's no research on the impact of sunburn as an adult, but experts claim it's likely to increase your risk of skin cancer also. It is said that going into the sun every day is less damaging than getting severely burned once a month - although neither alternative is recommended. Subtle exposure over time allows your skin to adapt, while a sunburn causes skin cells to divide and mutate more aggressively.



## Sun Damage Free Skin

The best way to keep you skin sun-damage free is by using a full-spectrum SPF 15 sunscreen daily.

Did you know that 90% of the signs of aging (fine lines, blotchiness, sagging) are accelerated by UV rays? Unfortunately, many people still are not using sunscreen because you don't like the smell, feel, and you don't see instant results. But the truth is that there are plenty of sunscreens that go on easily and don't reek of chemicals.

Also, new studies indicate that sunscreen use provides almost instant improvements by allowing your cells to focus on tasks that make skin gorgeous - like building collagen and shedding dead cells,

Here's a secret: For even greater UV protection, apply an antioxidant serum containing vitamins C or E, Co-Q 10, alpha-lipoic acid, green or white tea, pomegranate, or idebenone beneath your sunscreen. The antioxidants fight off skin-aging free radicals generated by sunlight.

## White Essence

Age spots can be erased. Restore beautiful, youthful, clear skin with White Essence.

White Essence is a rich and soothing skin serum that helps smooth skin tone and works together with White Milk Lotion and White Foaming Cleanser.

White Essence, with an exceptionally high concentration of Licorice Extract, helps to improve your skin tone and visibly reduce the appearance of skin discoloration. Vitamin C supplies antioxidant and skin-refining benefits. The skin-benefiting properties of Essence will help to renew your skin and give it radiance.

### *Benefits include:*

- Contains natural anti-irritants that calm and soothe the skin
- Natural emollients condition the skin, leaving a soft, smooth feel
- Powerful ingredients proven to inhibit melanin (skin pigmentation) production
- Reduces the appearance of skin discoloration
- Brightens the skin, giving it radiance
- Exclusive Skin Renewal Complex that activates epidermal and dermal cells, resulting in improved cell renewal

### *Recommended Use:*

Apply White Essence to face and neck, paying special attention to areas of visible discoloration, including freckles. Use gentle, circular motions. Follow with White Milk Lotion.

### **Use A Delicate Face Cleanser**

If you have sensitive skin, you want to find a mild, pH balanced cleanser with antioxidant and nutritive vitamins and botanicals that leave your skin feeling cleansed and refreshed.

You want to avoid cleansers that have harsh or toxic chemicals. A good cleanser should be gentle and balanced and remove surface impurities, excess sebum, as well as exfoliate dead surface skin cells revealing the healthy and radiant skin underneath.

Nearly everyone suffers from outbreaks of pimples at some point in life. Although acne remains largely a curse of adolescence, about 20% of all cases occur in adults. Acne commonly starts during puberty and tends to be worse in people with oily skin. The cause of acne is not fully understood. While poor hygiene, poor diet, and stress can aggravate acne, they clearly do not cause it. Common acne in teenagers starts with an increase in hormone production. Excess sebum and keratin clogs the openings to hair follicles - especially those on the face, neck, chest, and back. Bacteria grow in these clogged follicles. This is why it is so important to cleanse the face gently, yet thoroughly.

## Don't Forget The Toner

**A good toner** is the final step to cleansing. It gently sweeps away pore-blocking impurities, restores pH and prepares your skin for moisturization.

A high quality toner is a wonderful second step to your daily skin care regimen. Typically a gentle pH balanced toner gently removes the last traces of makeup and cleanser and leaves the skin feeling cool and refreshed. It helps remove all residual dead skin cells and other impurities, while re-introducing unique moisturizing ingredients to your skin. A good toner soothes and balances your skin, tightens pores and reduces the appearance of fine lines and wrinkles

### Benefits

- Restores your skin's natural pH level
- Prepares your skin for nourishing serums and moisturizers
- Leaves your skin looking tones, fresh, and revitalized
- Helps to cleanse oily skin of its impurities
- A gentle exfoliant that also moisturizes dry skin

## **Dry, Scaly, or Irritated Skin**

If your skin is continually dry, scaly, or irritated, it may warrant professional help, however, in many cases it stems from easily avoidable culprits.

**Marathon Showers** – You should be in and out of the shower, using a warm temperature, not scalding hot – no 45-minute-long showers.

**Drying Soaps** – Non-soap cleansers should be used (bar soap will strip the nutrients from your skin and leave it dry and scaly).

**Moisturizer Application** – After showering, your window of opportunity to stop the evaporation of water from the skin is approximately three minutes. Ideally, you should use moisturizer on your face and hands every time they come out of the water.

**Sun Worship** – The sun depletes the skin of moisture, consequently, wearing a daytime moisturizer that contains sunscreen is ideal. Tanning booths also dehydrate the skin.

**Using the Correct Moisturizer for the Season** – A lotion that's adequate in the mild summer months may not be sufficient for the fall/winter months, thus, leaving your skin vulnerable to dryness. A moisture-rich cream should be used daily (sometimes two or three times daily) during the winter.

## Treat Your Oily Skin Right

People with oily skin may not appreciate the shiny nose/forehead and greasy cheeks, but the fact is that the [oil](#) is a built-in lubricant that will slow down the effects of aging.

### *Cleansing*

In an attempt to dry-up the abundant oil that many people experience, they frequently sue harsh, detergent-based soaps and astringents that are alcohol-based. These products can damage the skin over time, and may actually encourage oil glands to produce more oil. Cleansers that are specially formulated for oily skin include oil-binding liquids or gel cleansers. Cleansing cream, lanolin, and cocoa butter should be avoided.

### *Moisturizing*

It is possible that by not using harsh cleansers, there is no need for a moisturizer. But if you feel you COULD use a moisturizer, be sure to find one that contains humectants (ingredients that attract and hold water), such as glycerin and sodium pyrrolidonecarboxylic acid (PCA). This combination of ingredients traps water in your skin without producing a greasy shine. Also, use a moisturizing lotion rather than cream, because they are lighter and contain less oil, so they won't clog the pores.

### *Cosmetics*

Oil-free and water-based foundations are preferred because they won't add extra oil to the skin. Some products actually soak up excess oil. They are termed oil-blotting foundations and powders. Blusher should be a powder rather than a cream.

*Protection from the Sun*

All skin types need to be protected from the damaging rays of the sun, but people with oily skin may want to opt for oil-free sunscreen. There is no added oil, which may cause breakouts.

In summary,

**DO** use a specially formulated cleansing gel or oil-binding liquid cleanser

**DO** use lotions, rather than creams, to cleanse the skin

**DO** protect your face/neck/chest from the sun by using oil-free sunscreens

**DON'T** attempt to counteract the skin's oil by using a harsh cleanser or astringent

**DON'T** use oil-based make-up

## Treat Dry Skin Right

The five main causes of tight, parched skin care:

- The effects of aging
- Using a cleanser that's too harsh
- Using a moisturizer that's not rich enough
- Using cosmetics that are not oil based
- Not having enough sun protection

Supple, radiant skin will be the reward for making a gentle skin care routine a daily habit.

### *Cleansing*

Gentle cleansing is a must for dry skin. Fortunately, there are plenty to try. The three primary categories of cleansers for dry skin are:

“Superfatted” soaps, often called “beauty bars”. They contain special emollients such as olive oil or lanolin.

Milky liquid cleansers, gently applied then rinsed off with warm water.

Cleansing creams that are applied with fingertips then tissueed off.

### *Moisturizing*

Hydrating ingredients are very necessary in moisturizers for people prone to dry skin. The product should be formulated with glycerin, hyaluronic acid, or dimethicone. These ingredients slow down moisture loss during the day, preventing further dehydration of the skin. If you don't have acne pure olive oil can be used as a moisturizer before bed. Of course, olive oil has no sun protectant properties, so sunscreen during the day is a must.

### *Cosmetics*

Foundation, blusher, and powder should all be oil-based. They will have such terminology as, “hydrating”, “nourishing”, and “moisturiz-



ing” in their names. A cream or cream-powder blusher will make your skin look dewy, as opposed to powder blushers, which will emphasize lines and wrinkles.

### *Protection from the Sun*

Less oil is produced by dry skin than by the other skin types, so it's more vulnerable to inflammation. An SPF-15 sunscreen should be used year-round or a moisturizer with added sunscreen and antioxidants can be used. Use plenty of this protectant on the face, neck, and chest.

In summary,

**DO** use a mild, soap-free liquid/creamy cleanser or “superfatted” cleansing bar to wash your face at night. Just splash warm water on your face in the morning.

**DO** use a moisturizer that is formulated with glycerin, hyaluronic acid, or dimethicone. These prevent further dryness by inhibiting moisture loss.

**DO** lock in moisture by applying moisturizer to skin that is still damp

**DO** use an oil-based foundation

**DO** use a cream or cream-powder blusher

**DON'T** ever use a harsh soap to cleanse facial and neck skin

**DON'T** use buffing pads or grainy/gritty cleaning products

**DON'T** leave the house without a sun protection of at least SPF 15. Face, neck, and chest should be protected every day, year-round.

## Treat your Combination Skin Right

Combination skin can be a little challenging to care for, because the T-zone (forehead, nose, and chin) tends to be oily, while the cheeks and neck are generally dry.

### Cleansing

Combination skin is so common that many cleansing products are available for that skin type. The label will describe the product as appropriate for normal/combination skin. It is possible that you will want to use an astringent in the T-zone, but only use it once a day.

### Moisturizing

Not all parts of your face will need a moisturizing product, so don't hesitate to avoid areas where you are prone to oiliness. Special care should be used beneath the eyes. The preservatives found in eye creams keep them sterile and prevent eye infections.

### Cosmetics

Moisturizer will be on the drier areas of the face and a water-based foundation may be the perfect formula for you, but if your T-zone is extremely oily, an oil-free foundation may be preferred.

### Protection from the Sun

An oil-free SPF-15 sunscreen or an oil-free SPF-15 moisturizer should be used at all times.

In summary:

- **DO** moisturizer only where necessary, including the tender area beneath the eyes
- **DO** use water-based or oil-free foundation
- **DO** use an oil-free SPF-15 sunscreen every day
- **DON'T** use an astringent on dry areas
- **DON'T** use an astringent more than once a day

## Exfoliation for Beautiful, Younger Skin

While worldwide awareness of [exfoliation](#) has exploded in the last decade, it's a concept that is thousands of years old. Even Cleopatra's exfoliation secrets are well documented.

Generally speaking, exfoliation refers to any technique that removes cells from the skin surface, not only immediately "refreshing" the skin's appearance but also stimulating cell renewal. The benefits are dramatic and, when used with professional guidance, exfoliation can treat a wide variety of skin problems - including acne, hyperpigmentation, premature aging, and scarring to name a few.

Of course, there is huge variety in these techniques - scrubs, peels, masques, dermabrasion, and lasers! Fortunately, your skin care therapist can help you identify which will help you best achieve your goals.

### What are Hydroxy Acids?

Unlike physical exfoliants that remove debris through gentle abrasion, hydroxyl acid-based exfoliants smooth the skin by dissolving the intercellular "glue" that attaches the cells to the surface. Hydroxy acids are the most common form of at-home exfoliant because they are extremely effective and, when used properly, very safe.

Of course, there are several different hydroxyl acids. Glycolic Acid was the first to be used in a cosmetic application, and is still widely-used despite its high incidence of skin irritation. Lactic and Salicylic Acids, which are as effective as Glycolic Acid, are not the choice of leading skin care professionals because they deliver the same level of results with considerably less irritation. [NutriMinC RE9 Anti-Aging Facial Scrub](#) and [Bio-Hydria Gentle Exfoliant](#) are two great at-home exfoliants that use the combination of Lactic and Salicylic Acids.

### *Who Needs Exfoliation*

Well, everyone exfoliates naturally. In fact, as you're reading this, thousands of tiny skin cells are falling off your body - about a million

every minute! An exfoliation regimen simply helps your body along in the process, which becomes especially vital as we age. Teenagers completely regenerate their external layer of skin, on average, every 14 days. By the time you're 40, however, that rate has increased to 30-40 days. The result is dull, ashy, or mottled-looking skin. An exfoliation regimen can reduce the time that dulling skin cells sit at the surface of our skin for a healthier, more vibrant complexion. Depending on your age and skin condition, your therapist might prescribe a combination of exfoliation therapies. Here are some examples:

**Acne-Prone Skin:** A masque-style exfoliant, such as Extra Strength Masque, can help the skin combat extra oiliness and congestion without aggravating acne conditions.

**Dehydrated Skin:** Depending on the sensitivity of your skin, you might select a masque-style or scrub-style exfoliant to help remove the dry, dead debris and reveal healthy cells. Combining Facial Scrub with Moisture Cream (Normal to Dry) is another great option.

**Prematurely-Aging Skin:** Prematurely aged skin is often the result of sun exposure. Sun exposure causes a build-up of surface skin cells, which results in a dull, dehydrated appearance. A physical exfoliant such as NutriMinC RE9 Facial Scrub, will help slough away dead skin cells.

**Uneven Pigmentation:** Exfoliation is an important component of every hyperpigmentation treatment because it helps remove the pigmented surface cells. Thermal Fusion Enzyme Masque, when used as part of the Skin Brightening System, is the most effective choice.

#### *After-Care Treatment*

Depending on the strength of your treatment, your skin may feel a little tight and sensitized for a little while when you leave the skin care center. This is perfectly normal, and should dissipate quickly.

The most important consideration after any form of exfoliation is to protect your super-vulnerable skin against the sun. An application of Damage Control SPF 30 will help protect your skin without any chance of sensitization. You will also want to cleanse with a super-

gentle cleanser, such as Cleansing Lotion (Normal to Oily) or Cleansing Cream (Normal to Dry), and follow with Moisture Cream (Normal to Oily or Normal to Dry) to prevent dehydration.

### *Stronger Isn't Always Better*

Many people get a little exfoliation-crazy under the mistaken notion that if a little is good, a lot has to be great! (Ironically, this is why people often mistakenly opt for the more irritating Glycolic Acid - they assume that more irritation equals better results.) While every skin condition is different, and reacts to exfoliation differently, you should tame down your exfoliation regimen if your skin feels chapped, irritated, or is unusually red for a prolonged period of time. At this point, you're not removing dead debris - you're scrubbing away the protective barrier of the epidermis, which can result in permanent sensitization, premature aging and a host of other concerns.

## What You Must Know About Acne Skin Care

There are many products on the market for acne skin care, some of them hyping so-called “miracle cures”. While there are no miracle cures, there are several products that many people find extremely helpful for controlling acne. Below are what we consider to be the best treatments for adult acne and good skin care advice.



At the heart of acne lies the pimple – what doctors call a comedo. It’s a plug of fat, skin debris, and keratin (the stuff nails, hair, and skin are made of) stuck in a hair duct. When it’s open, it’s called a blackhead. When it’s closed over, it’s called a whitehead. Whiteheads often cause the walls of the hair duct to rupture, which leads to redness, infection, and the papules, pustules, nodules, and cysts of acne.

Boys are more likely to suffer acne scarring than girls. But girls are more likely to have adult acne.

Nearly everybody thinks that acne results from poor hygiene. That’s just not so. Adult acne and teen acne are caused by a combination of several factors – hormones leading to excess oil secretion; faulty closing of the hair duct; and infection. Gentle face washing twice a day is much better than more frequent washing.

Many adults experience adult acne from time-to-time, in fact, according to statistics adult acne affects 25% of all adult men and 50% of adult women. For some, an outbreak often coincides with the menstrual cycle or times of stress. For others, it is a mystery. While it can’t be cured completely, there are treatments for adult acne that work very well.

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Acne skin care ingredients that are often helpful for improving acne include salicylic acid, sulfur, and benzoyl peroxide. For some, these ingredients are too harsh and you may prefer natural ingredients.

When acne skin care is treated in a doctor's office it's called "acne surgery". When done at home, it's called squeezing pimples. It gets immediate results – but when you squeeze pimples at home, you are begging for infection and scars. And squeezing or picking at pimples is a great way to get your acne to spread. Don't do it! Doctors use a special sterile instrument to prevent scarring, infection, and acne spread.

You can also check out the skin care advice aisle at your local drug store. If you've ever tried to buy acne remedies, you know the drug store is loaded with all kinds of products. Which ones should you use? It's not an easy choice say leading dermatologists.

In conclusion, the treatment that is best depends on which type of acne you have. It may well be worth a visit to a dermatologist. They often have samples and skin care advice they could give you to try. People can spend a fortune on over-the-counter medicines when there is maybe one single prescription drug that could solve the problem. Be sure to use oil-free, non-comedogenic lotions or sunscreens. Use something very simple to wash you face with, as well as low-strength benzoyl peroxide. But it would be best to see a doctor to prevent possible acne scarring.

## Acne and Hormones Linked?

Is there anything worse than the day before a big event, a huge pimple or an outbreak of actual acne occurs. It's bad enough as a teenager, but as women get older the expectation is that pimples and acne disappear; in fact, evidence is compelling that acne and hormones are linked and acne skin care needs to carry on through the adult life.

Adult acne is often suggested as one of the most annoying problems aging women experience and certainly adult acne is one of the most significant facial skin care issues – on top of all of the antiaging issues that occur. One of the best resources anywhere on the whole subject of antiaging skin care can be found at **www.hormones-beauty-health.com**. A number of well-written, factual articles are available while are constantly updated and food secrets for beautiful skin, including numerous recipes, are available.

While teenagers and young adults make up the bulk of acne sufferers, acne is also evident in adult women. Adult onstage acne, particularly in women, is almost always related to hormonal imbalances. There are even documented cases of acne in babies, which is caused by the transfer of maternal hormones to the baby through the placenta, which stimulates the secretion of oil in the baby's **skin**.

The appearance of adult acne in women is typically caused by fluctuating levels of androgens, particularly DHEAS and testosterone. When the levels of these hormones become high, secretion by the skin glands also increases. In its simplest form this, in turn, is what actually encourages the formation of acne.

Additionally, as far as women are concerned, acne that is induced by hormonal activity is most often linked to **the menstrual cycle** when levels of estrogens and androgens are at their highest. Increased levels of progesterone following ovulation result in increased secretion from the skin glands, making the skin greasy, clogging pores, and supporting the development of acne. Acne may continue to cause trouble even after menopause because even though estrogen levels may have begun to recede, **testosterone levels** rise.

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There are a few signposts that indicate whether acne is the result of hormonal changes. Acne that breaks out for the first time in adulthood is a major indicator. If a woman has irregular menstrual cycles, that's another sign. Other indicators include a greasy appearance to the face, which is a result of excessive secretion from the skin glands and the growth of hair in peculiar body parts, which is associated with increased levels of androgens. If the level of androgens in the blood is high, it is likely that acne is caused by hormonal imbalances. It has become clear to medical science that there is a distinct link between hormonal activity and the introduction of acne.

More and more evidence indicates acne and hormones are linked and acne skin care, and particularly for adult acne, has never been more important.

The articles listed below, while not solving hormonal imbalance, help support the condition of acne.

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## Got Acne? Try a Sensitive Skin Care Product!

**Sensitive skin care products** may be the answer to problem acne. Before using sensitive skin care products, always keep the skin clean. Most sensitive skin care products work best when purified water – at least 64 ounces per day – is consumed. To supercharge skin care products, get plenty of sleep (experts recommend 7-8 hours daily). The final step to fully optimizing sensitive skin care products is to eat healthy. Eat as many servings of colored foods daily as current dietary guidelines recommend.

A major source of irritation to acne is sun. Be sure to always use **sensitive skin care products** that have at least SPF 15 sun protection. If acne is particularly swollen or painful, inflammation can be reduced by applying an icepack for 5 minutes per session during the course of the day.

The use of an all-natural sensitive skin care products, such as aloe vera, can be especially beneficial to heal acne. The pulp of an aloe vera plant can actually be used as a gentle skin cleanser. Use **sensitive skin care products**, such as an all-natural tea tree oil, twice daily using a cotton ball or Q-Tip after a gentle cleanser. Another all-natural sensitive skin care product is organic burdock. It can be used as a skin wash or as a sensitive skin care product on its own. Burdock is the most frequently used natural herb to treat sensitive skin or acne.

## Acne Myths

### *1. Myth: Acne is related to diet*

**Reality:** After years of studies, no correlation between diet and acne has been found. There is no evidence that chocolate, sugar, oil, milk, seafood, or any other food causes acne. Some people absolutely insist that a certain food causes acne for them. The bottom line is that changing your diet will most likely not affect your acne, and avoiding foods in order to clear up acne is probably a waste of your time.

### *2. Myth: Washing your face more often will help clear up acne*

**Reality:** Acne is not caused by dirt. Frequent washing can actually irritate your skin. Excess irritation can worsen acne. A washcloth can aggravate this situation further. Use bare hands to wash and wash twice a day unless you play some sort of sport that requires the use of a face mask during the day. In that case, a third washing and application of medication may be appropriate. Sweat from exercise itself, however, does not aggravate acne and should not be met with excess washing.

### *3. Myth: Stress causes acne*

**Reality:** Stress is not a very important factor in acne despite what you may have heard. Drugs that treat severe stress may have acne as a side effect, but stress itself is no big deal. Your time is better spent determining the right course of acne treatment rather than feeling guilt about stress.

### *4. Myth: The sun is good for acne*

**Reality:** The sun may work in the short-term to hasten the clearing of existing acne while reddening your skin, thus, blending your skin tone with red acne marks. However, a sun tan is actually skin damage. Sun exposure causes irritation that can make acne worse. The sun is a short-term band-aid that will bite back with more acne in the weeks following exposure.

In fact, to redefine the classic definition of acne, we would say acne is a common skin condition wherein the skin pores become clogged, leading to pimples and inflamed, infected abscesses.

We know that acne tends to develop primarily in teenagers because of the interaction between hormones, skin oils, and bacteria that live on and in the skin and in the hair (actually starts in the hair follicle channels).

Here's the key, what actually happens is dried sebum, flaked skin, and bacteria collect in skin pores forming a blockage that blocks sebum from freely flowing from the hair follicles up through the pores (remember sebum is oil produced by the sebaceous gland in the dermis, which attaches to a hair follicle).

Depending on the amount of blockage, different forms of acne present themselves. If it's incomplete (generally), a small blackhead appears; if the link between the sebaceous gland and the hair follicle is complete, a whitehead develops.

In either case, bacteria then grows in the blocked hair follicle and, ultimately, draws from the fats in the sebum, which just further irritates the skin. These irritations then cause the skin eruptions that are referred to as pimples. In a severe case, when the irritation and infection worsen, an abscess (which could ultimately lead to scarring) occurs.

Thus, there are two forms of acne. Superficial acne is the first level pimple, being created. If the cysts develop into larger abscesses, it projects down into the underlying skin. This condition is called deep acne.

The causal factor(s) that cause the follicles to block are not exactly known, however, it's generally held certain cosmetics may aggravate acne by clogging the pores. This is critically important for teenage girls and young adult women who may have a predisposition towards acne anyway.

## Slow Or Stop Acne Formation

One factor that may slow or stop the formation of acne in teenage and young adult women is the use of all-natural progesterone creams. [www.ihd.myarbonne.com](http://www.ihd.myarbonne.com) carries a high quality line of all-natural cosmetics and progesterone creams that are formulated from 100% all-natural ingredients, using no animal products, by-products, or petro-chemical based products.

Additionally, teenage girls may also find acne appears with each menstrual cycle. It has also been found to substantially worsen during pregnancy. One defense for these conditions is the use of all-natural progesterone creams. These products have recently been highlighted as a result of several medical studies showing that replacement estrogens, which are typically used during menopause, also have a significant side benefit of clearing up monthly acne episodes.

The typical medical response to acne, after the fact, is to treat conditions with antibiotics, acids, and benzoyl peroxide. In cases of deep acne, typically the infections require weeks or months of strong antibiotics such as tetracycline and topical creams such as benzoyl peroxide. These remedies typically improve the situation but do not eliminate it entirely. All-natural progesterone cream does, however, seem to have significant success in stopping, curing, and alleviating acne in teenage and young women around the menstrual cycle. If the usual antibiotics and creams are not successful, a strong drug called Isotretinoin (taken as a pill) is sometimes prescribed. These drugs, however, all have side effects and other implications such as yeast infections are not uncommon.

All-natural products and Chinese herbal techniques are in vogue today because they have a large following of satisfied users. A natural product called salicylic acid is used in at least one major product line's acne fighting products as a wash to keep the follicles clean and bacteria free, thus, reducing the opportunity for plugged follicles causing acne. Dietary supplements are also commonly given and some are extremely successful. Certain plants or nutrients that have minerals with amino acids, derived from botanicals, are used.

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In a study January 15, 2000 by the American Academy of Family Physicians, it is stated “cosmetics (oil based, petrochemical based, animal oil based) have long been blamed for the development of acne lesions”. While it may not be the total reason, patients should be instructed to use oil free (all-natural) and preferably botanically-based products. Head oils and suntan lotions can also cause or exacerbate existing acne.

Teenage females with acne breakout during menstrual cycles should seek all-natural progesterone creams, which may provide other cyclical benefits as well.

## Mid-Age Acne Cure

All natural **skin care** products are today's rage for the modern woman. Professional skin care lines abound for people with serious skin care issues.

This list of tips will be sure to help you in your quest to end acne and gain youthful looking skin. Anti-aging skin care starts today!

- Teenage girls may find acne appears with each menstrual cycle. It has also been found to substantially worsen during pregnancy. One defense for these conditions is the use of all-natural progesterone creams. These products have recently been highlighted as a result of several medical studies showing that replacement estrogens, which are typically used during menopause, also have a significant side benefit of clearing up monthly acne episodes..
- Most long-term **sunburn skin damage** occurs during youth, making it critically important to protect the skin from burning in early years. The damage can last a lifetime and cause more serious skin issues later in life.
- Research indicates Vitamin C, E, and Zinc are also supportive in protecting the body both before and after exposure to the sun. Work is underway with natural supplements to combat the effects of sunburn and aging, these include potent plant antioxidants. The major products are as follows, Silymarin, which is milk thistle extract. Soy Isoflavones (specifically Genistein and Gaidzen), which have collagen synthesis effect; and Tea Polyphenols (typically known as Green Tea).
- As a rule of safety, whenever the first tingling or redness appears, it is a signal to immediately get out of the sun. Medical references site the application of cold water compresses as the first line of defense to these areas of exposure. Corticosteroid tablets can help relieve the inflammation and pain quickly. The skin itself starts the healing process within a few days but complete healing often takes weeks. It is thought that lower leg sunburn, particularly sunburned shins, is the most uncomfortable and slowest to heal. Obviously, surfaces that get little to no sun exposure, can get burned the worst and the quickest because they contain little pigment. If the skin is damaged due to

sunburn, the skin is susceptible to infection as burned skin makes a poor barrier to penetrating or topical infections. If an infection develops, it can be slow to heal or even dangerous. In the healing process, the burned skin actually peels, leaving the newly exposed layer extremely thin and initially very sensitive to sunlight. This condition may last for weeks or even months.

- The final key to looking younger, reversing aging, and promoting beautiful skin is water. Water has an affect on how your body operates on a molecular level and how the molecular structures within the body relate to each other. Interestingly, a human being can live with no food for up to two months, however, without water, death would occur in days. Water aids significantly in digestion and metabolism, it maintains the body's temperature, and keeps the joints well lubricated. Primarily, it washes out toxins and impurities and is the key factor in how the liver filters waste from the blood. Blood is actually 50% water. An alarming trend is 75% of Americans are severely dehydrated and even mild dehydration slows the metabolism rate by up to 5%. The University of Washington study indicates 8-10 glasses of water daily provides the optimum level for healthy living.

- **Dry itchy skin** is a common complaint.

*FACT:* Without estrogen, the body tissues lose elasticity and shrink. A common complaint is you feel like your skin is crawling or it becomes sweaty and hot. There is an increased sensitivity to the sun, problem with teeth such as bleeding gums, lose teeth, and the eyes may be dry and itchy.

*FACT:* Estrogen is a hormone that is circulated in the blood and affect both the well being and general state of health.

*FACT:* Menopause is triggered by hormonal changes in the endocrin system. *FACT:* The ancient Greek physician Hippocrates (the father of medicine) was the first to describe menopause, which he put at the age of 50.

*FACT:* A blood test called the follicle-stimulating hormone (FSH) can reveal the arrival of menopause. The common medical response to menopause and estrogen loss is Hormone Replacement Therapy



(HRT). HRT is a synthetic form that acts as a replacement for the natural hormone, estrogen, which the body produced in higher levels prior to menopause. An all-natural progesterone cream can be found at [www.ihd.myarbonne.com](http://www.ihd.myarbonne.com)

- Advanced face creams actually reverse the visible signs of aging. It is quickly absorbed, protecting the skin, leaving it soft, radiant and resilient. Nutrimin C Re9 is a great advanced face cream and is available at <http://ihd.myarbonne.com>
- The key to staying beautiful and maintaining that wonderful, youthful appearance is to start as early as possible. Nutritional intake is critical, sadly most people who end up in nursing homes today did not start at all or soon enough to overcome the anti-aging forces we all face.

The major factors from a recent study that provide the opportunity to reduce the effects of aging are the following:

1. Physical exercise – must be doing both enough exercise and exercising with enough intensity. Try to build up gradually to 45 minutes of aerobic activity daily, at least every other day. A heart rate monitor is useful to understanding the level the heart is being exercised. In order to keep the body as youthful as possible, mass muscle needs to be retained which means weight training 3 times per week.
2. Dietary – reduce the intake of animal protein and increase the consumption of cold water fish, protein supplements may be used as needed. At least 45 grams of fiber daily are recommended. Eat your broccoli! At least 3 servings of a cruciferous vegetable daily (brussel sprouts, cabbage, or cauliflower). Olive oil should be used for cooking purposes.
3. Hydration – ½ gallon of water and juices taken daily. Reduce caffeine, soda, and any beverages with sugar or sugar derivatives.
4. Supplements – most important B Complex, garlic, lecithin, vitamins A, D, E, & C, calcium, and magnesium.
5. Detoxification – over the years, unhealthy levels of toxin accumulate in our systems. Unfortunately, it is a fact of life today toxic substances

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are routinely in our food, water, and air. An easy solvent to get started is a solution of 1 gallon filtered water, 1/8 cup hydrogen peroxide, 1/4 cup apple cider vinegar. Be sure and wash all fruits and vegetables in this solution before eating.

6. Stress Reduction – If you're under continuous stress, it's not a matter of if you get sick, it's a matter of when. You can only be happy if you think happy thoughts, angry if you think angry thoughts. Reduce stress all day, every day.

- Some tips for scar management and minimizing scarring:

DON'T wipe fresh wounds with hydrogen peroxide. The bubbles make it feel like something good is happening, but hydrogen peroxide actually destroys new skin cells that immediately begin to grow.

DO cover a cut. The old wives tale about allowing a "fresh" cut to breathe will actually not support rapid healing. A covered cut actually heals by as much as 50% faster. The moisture that builds up in a covered cut prevents formation of a hard scab, which acts as a barrier to the growth of new skin. The covering should be changed daily and an antibiotic ointment, which also prevents infection, actually speeds up skin's repair. After a week, replacing antibiotic cream with petroleum jelly keeps the skin soft, allowing it to grow optimally.

DON'T fall for the tale about treating with Vitamin E. A major study at the University of Miami has shown putting liquid Vitamin E on a wound actually impairs healing.

DO apply constant pressure on a fresh wound with a sterile bandage or silicone sheeting pad. Constant pressure actually helps to flatten the skin on both sides of a wound to reduce scarring.

DON'T expose new scars to the sun. UV rays are detrimental to the healing process and actually cause skin discoloration, which highlights the scar. Always cover a scar or healing wound or use a premium broad spectrum sunscreen with an SPF of 30 or higher.

- Do you know why cosmetics with mineral oils, sticky waxes, petroleum, and alcohols are harmful? They are harmful because, by their

molecular structure, they are occlusive, which means the goodness or natural herbal benefits cannot enter your skin because it cannot penetrate the barrier created by the oil, so instead the harmful effects are actually absorbed.

- Do you know why pH balance is important? Skin care products that are not pH balanced actually strip your skin of its natural protection. We have a protective coating with a pH level of 5.5. Anything more or less disrupts the natural balance. DANGER: If harsh non-balanced product strip the coating the skin may be dry and susceptible to unwanted bacteria.

- Skin is actually the first visible exhibit of what the aging process is doing to us. Professional skin care can erase the visible signs of the aging process. Skin care is of the utmost importance in keeping that beautiful, healthy, and young appearance we desire.

Cosmetics that are all-natural and selected based on carefully blended formulation clearly matching our specific skin care needs are required. Skin care is also enhanced by avoiding the sun or being careful to cover the skin or use appropriate SPF sun lotion.

## **Blemishes – The Cause, Risks, and Treatments**

Acne is a condition causing various blemishes to appear on the skin. It can affect people from age 10 through 40 and even older, although it is often called teenage acne, usually beginning at puberty and clearing up in the late teens or early twenties. The blemishes can show up as congested pores, whiteheads, blackheads, pimples, pustules, or cysts. Acne is caused when the oily substance produced in hair follicles becomes trapped in a hair follicle. Bacteria grow in that blocked follicle, causing it to become inflamed and become a pimple. Having an abundance of these blemishes on the bodies is referred to as acne.

Certain medications can cause acne, however, it usually occurs during adolescence when the rising level of hormones stimulates the sebaceous (oil) glands to produce more oil.

### **Symptoms**

Pimples are usually concentrated on the face, but may appear on the back of the neck, the neck, the chest, the buttocks, or in the upper arms or thighs. An inflamed pimple may develop into a sore red lump with a white, pus-filled center. As some pimples heal, others emerge. When they heal, they leave a purplish mark on the skin that usually fades eventually.

### *Risks*

Severe acne can lead to scars, but does not have any risk to a person's general health. Acne can be distressing and embarrassing and it can have psychological or emotional effects. Self-consciousness can lead to lower self-esteem and general stress in a person's life, especially for a hormonally challenged teenager.

### *Acne and Blemishes Treatment*

Care should be taken to keep the skin clean with natural skin care products, mild cleansers or exfoliants without scrubbing too vigorously. Washing too aggressively or more than twice a day can cause more harm than good. Picking or squeezing pimples causes scarring

and spreading. Non-prescription or over-the-counter creams can be effective for clear skin.

Doctors can prescribe stronger topical ointments or small, daily doses of oral antibiotics such as tetracycline. There are other highly effective medications available, but they have side effects such as hair loss, joint pain, and eye soreness and have a very high risk of birth defects for pregnant women.

Acne scarring can be minimized with techniques such as dermabrasion, soft tissue fillers, laser therapy, and chemical peeling. With professional skin care, sufferers of both adult acne and teenage acne can have beautiful skin.

### *Blemishes*

Blemishes such as eczema are an allergic disease; it's more common in people who have other allergies, particularly asthma and hay fever. The best approach for controlling blemishes like eczema is similar to that of controlling other allergies. The first step is to try to identify allergenic foods. Women improve dramatically when they eliminate allergenic foods from their diet: Eggs, milk, dairy products, chocolate, peanut, soy, potatoes, and the glutens found in wheat, oats, rye, and barley are common offenders. An allergen-free diet should be followed for four to six weeks in order to allow improvements.

In infants, cow's milk is the most common allergen, so it's important to breast-feed babies as long as possible. In addition, if the parents of a child are allergic to certain foods, the baby may carry that allergy as well, and those foods should be avoided. It's not uncommon for babies with eczema to develop chronic ear infections.

One recent well-controlled study on blemishes like eczema found that the food additive tartrazine can provoke eczema in some people, though the reaction is not common (sometimes it's difficult to make a connection between blemishes like eczema and a particular cause because the symptoms can vary from one day to the next). It was reported that of the 12 children studied, one showed severe blemish / eczema symptoms after the ingestion of tartrazine. Tartrazine, or FD&C Yellow Dye No. 5, is found in many foods.

There's a great deal of evidence that people with eczema have a problem with their digestion of essential fatty acids. Over half of eczema sufferers improve when they take evening primrose oil (as a supplement as well as topically). Evening primrose oil can relieve the symptoms of eczema and help to normalize the digestion of essential fatty acids.

## Hair Damaged From Stress Or Conditioning?

Gentle Cleansing Shampoo, brought to you from IH Distribution, is a rich, gentle formula specifically designed for mild and gentle cleaning as often as needed. A unique process of Optima Spheres deliver a protective and reparative complex of fatty acids, avocado oil, vitamins, and ceramides directly to the hair shaft to repair damaged and stripped hair.

In society, the hair has extraordinary symbolic importance and, like the skin, has been singled out for special care, e.g. conditioning, dyeing, permanents, styling, and many other treatment processes. Technology in this area has not progressed much in the last 50 years. Shampoos and Conditioning systems have promised to 1) gently cleanse, 2) condition, and 3) repair and restructure the hair, but the reality falls far short of these promises. Synergy Hair Spheres were designed to address the flaws in conventional hair care technologies and to finally deliver on the promises made.



### *Cleansing System*

Synergy Hair Spheres cleansing system is designed to be very mild; to gently cleanse the hair without damaging the cuticle. One of the main cleansing agents is derived from corn, and is generally not used because of its prohibitive cost. The foaming action of Synergy's shampoos is rich and luxurious with compact bubbles, characteristic of mild, high-end cleansing formulations.

### *Hair Sphere Technology*

Hair Spheres are produced in a patented process, which allows repairing, protecting, and restructuring ingredients to be encapsulated inside tiny delivery vesicles. Hair Spheres bind to the more damaged parts of the hair shaft, precisely where they are needed. Damaged areas create more surface area for the vesicles to bind so they are naturally more attracted to areas where the conditioning is needed the most. This is why we call this "smart" technology.

### *Reparative Complex*

The ability to protect the special repairing ingredients inside the tiny delivery "pouch" allows us to add ingredients that normally would not be stable in a shampoo formula, or would be washed away by the cleansing ingredients.

Hair Spheres is a revolutionary new concept and method of solving the difficulties in making real, reparative, and restructuring hair care formulations. Hair Spheres technology, exclusive to Synergy World-Wide, delivers on the broken promises of the past and actually provides what the hair needs to feel and look its best.

Benefits include:

- Helps your hair appear healthy and radiant
- Will not strip hair
- Fortified with Optima Spheres for ultimate hair protection
- Gentle enough for everyday use
- Helps repair damaged and stressed hair

Note: Synergy products are sold online, you can find them by searching the major search engines for the product name or Synergy.



## Female Hair Loss

All women experience a gradual loss of hair as they grow older. Many women may be surprised to see what the normal loss of 100-125 hairs per day would actually look like if they could hold all those hairs at one time. However, some women experience hair loss and thinning that exceeds the normal expectations.

**Female pattern alopecia, or hair loss**, affects approximately one-third of all women and is often caused by hormonal changes and imbalances. It can begin as early as puberty, when hormones begin their first major reorganization and production periods. It is most commonly seen in women after menopause, again due to the changes in their hormone levels. For these same reasons, hair loss can occur after other hormone-altering events such as after pregnancy, after ending hormone replacement therapy, or discontinuing birth control pills. There may also be a period of hair loss after some great physical or psychological stress. Some of these changes in hormone levels are temporary and will eventually balance out on their own. In these cases, the hair loss is also temporary and will grow back in a matter of months up to a year. Hair loss can also occur as an allergic reaction, usually seen as specific bald spots on the head. This usually corrects itself, and can be hastened by cortisone shots to the scalp.

### *Symptoms*

Most often, women with **female pattern hair loss** experience a gradual thinning of hair. It is usually seen primarily on the top and front of the head, with the thin area narrowing towards the back of the crown. It is not necessary for a woman to be completely bald to be considered as having female alopecia. There is often a short layer of “peach fuzz” that will grow in place of the lost hairs.

### *Treatment*

**A variety of treatment options are available that can help slow hair loss** or make other hairs thicker and coarser. Many people start with topical minoxidil (Rogaine). Other medications for treating hair loss have formulations that are most beneficial for women at different points in their lives, for instance, whether or not they have experi-

enced menopause yet. Some medications work to achieve a hormonal balance and restore normal hair growth. Certain hair loss candidates can see good results with hair replacement surgeries that have come a long way in the last few years. Otherwise, cosmetic options can help disguise any thinning

## Myths and Truths For Beautiful Hair

### *Myth - Stress Causes Hair Loss*

**Reality** – True – Severe stress (i.e. surgery or death in the family) can shut down hair production, causing temporary hair loss. The scalp usually recuperates, though, and hair grows back.

### *Myth - Smoking Causes Gray Hair*

**Reality** – True – According to J.G. Mosley of the Leigh Infirmary in Lancashire, England, smokers are four times more likely to have gray hair than non-smokers. Even worse, smoking has been conclusively linked to accelerated hair loss.

### *Myth - Excessive Washing of Hair Causes Hair Loss/Dryness*

**Reality** – False – Frequency of washing doesn't harm hair. Wash it as often as you like, although, the recommendation is three times per week. The right shampoo for your hair type and texture will actually add moisture, body, and beauty to your hair.

### *Myth - Conditioner Helps Repair Split Ends*

**Reality** – False – No conditioner can “repair” damaged hair. What it can do is to smooth down the cuticle and make hair seem in better condition. A good conditioner can also prevent damage from occurring in the first place.

### *Myth - Color Treatment Causes Hair Loss*

**Reality** – False – Most hair coloring products contain chemicals that can do serious harm to the hair itself if not properly used, but it won't instigate hair loss.

### *Myth - Diet is Related to Hair Loss*

**Reality** – True – It's important to eat right in order to be generally healthy. However, no individual food has been proven to be beneficial or detrimental to hair.

*Myth - More Shampoo = Cleaner Hair*

**Reality** – False – Don't waste your shampoo! A dollop of shampoo, about the size of a quarter, is usually enough for long hair. Very long hair may take a little more.

*Myth - Sleeping With Wet Hair Causes Scalp Fungus*

**Reality**– False – Scalp or fungal diseases can't be caught from sleeping with wet scalps. Scalp infections require prior involvement with infected sources such as humans, tainted hair care tools, or animals. Scalp fungus mainly affects children, whose immune systems make them more susceptible to skin infections.

*Myth - Cutting Hair Makes It Grow Faster and/or Thicker*

**Reality** – False – This common misconception comes from the fact that hair is thicker at the base than it is at the tip, so shorter hair appears thicker at first. Cutting your hair does not affect its normal biologically determined growth rate or overall texture. Thin, limp, or fine hair will not ever grow thicker in response to a haircut. Plump up your hair by using volume enhancing hair care products, experimenting with a hair fattening blunt cut, or getting a texturizing perm or color treatment.

*Myth - Blow-Drying Produces Hair Loss*

**Reality** – False – Blow-drying can damage, burn, or dry hair, which can cause it to fall but the hair will grow back immediately. This is not permanent hair loss.

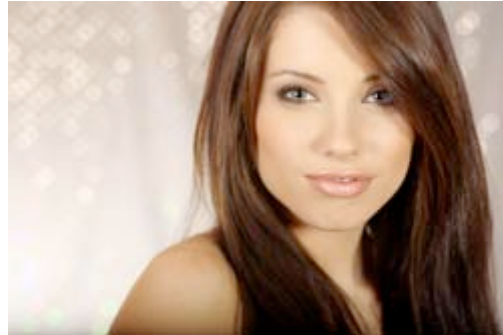
## The Top 5 Secrets To Healthy Hair

Health and beauty starts with beautiful hair. If you want your hair to be at its best, a balanced diet full of healthy, natural foods is absolutely essential! Fatty, greasy, processed, and sweet foods lead to toxic bodies and oily, fine, limp, and dull hair.

You may have noticed when people either put on a lot of weight or are unhealthy and skinny, their hair loses its body and thickness and also changes color.

Circulation is also very important for healthy hair, so exercise regularly and drink plenty of water.

If you still feel your diet is lacking, you can give yourself a boost with herbs. There are herbs you can take for hair, such as horsetail, to improve the strength and thickness.



A true secret to healthy hair care is not to go all-out every day. Try to give you hair regular breaks from suffocating products such as gel, hairspray, and mousse.

If you can treat your hair with a deep moisturizing product once a week, you will definitely see the benefits.

### *Top Five Health and Beauty Secrets:*

*Health and Beauty Secret 1* – Do not use two-in-one shampoo and conditioner products. **Ever!** Shampoo is designed to have one affect on your hair, while conditioner is supposed to do another and one application cannot do both. Shampoo opens the pores or scales on the hair follicles and cleans away any build-up of oil, dirt, and pollutants. Conditioner closes or smoothes the follicles down, filling them with clean moisture and protection. It is important to do both, regardless of your hair type.

*Health and Beauty Secret 2* – When it comes to using the hair dryer, try to leave this for special occasions also. When you do use it, make sure your hair is wet and stop using it once it is dry. The reason for this is because it's this drying of the already dry hair that causes the most damage.

*Health and Beauty Secret 3* – Combing and Brushing. A habit that may increase the appearance of oily hair is frequent grooming. Combing and brushing aid in the movement of sebum from the scalp down the hair shaft. The hair should be handled as little as possible.

*Health and Beauty Secret 4* – Don't tease. Even women who aren't losing their hair should avoid teasing or back-combing. It is one of the worst things that you can do to your hair. Teasing breaks the hair and contributes to the appearance of hair loss.

*Health and Beauty Secret 5* - Perm and color carefully. When perming and coloring your hair, follow product instructions carefully. Neither perms nor color causes hair to fall out, but both, when done incorrectly, do cause hair to break. When the break is very close to the scalp, it can make you look as though hair has fallen out.

*Other health and beauty secrets to support beautiful hair:*

Get adequate protein – Eat a couple of 3-4 ounce servings of fish, chicken or other lean sources of protein every day, even if you're dieting. Protein is needed by every cell in your body, including the cells that make the hair. Without adequate protein, the cells in your body don't work efficiently and can't make new hair to replace old hair that's been shed.

Maintain iron levels – Since iron-deficiency anemia can also cause hair loss, make sure that you eat a well-balanced diet that includes a daily serving or two of iron-rich foods. Good sources of iron include lean red meat, steamed clams, cream of wheat, dried fruit, soybeans, tofu, and broccoli.

Take Vitamin B6 – 100 milligrams a day decreases hair-shedding in some people. Larger amounts can be toxic, especially over a prolonged time. If you prefer a hair, nail, and skin supplement, select a product that includes nutrients such as beta-carotene, vitamin C, and vitamin E – they will protect skin, hair, and nails from free radicals. Beta-carotene is converted in the body to vitamin A, an essential vitamin for maintaining the health of skin and hair. Vitamin C, Zinc, and L-Cysteine support the integrity of hair, skin, and nails.

Remember, you can wash your hair as often as you like – the recommendation is three times per week. Using the right shampoo for your hair type and texture will add body, beauty, and moisture to your hair.

## **A Good Hair Conditioner Is A Girls Best Friend**

Are you looking for a solution to restore your hair to healthy condition? Hair that is damaged doesn't have to stay that way. You can easily repair damage.

### *What causes hair damage?*

*Chemicals* - Bleach, permanent and semi-permanent colors, perms, and straighteners all work by swelling the cuticle to get underneath it. This leaves the scales roughed-up and prone to chipping or coming off altogether. Bleaching, perming, and straightening also break down some of the protein bonds in the hair, weakening its structure.

*Physical Wear* - Friction is responsible for more damage than most people realize. A rough brush or comb (or even a good brush or comb used too often), salt left on the hair after swimming or working out, and even pillowcases cause friction. Other physical damage can result from abrasion from rubber bands, barrettes, and other accessories. Just-washed hair is especially susceptible to mechanical damage - when wet, hair loses its ability to stretch and bounce back.

*Heat* - Too-hot blow dryers, hot rollers, and curling and straightening implements all can crack cuticles and evaporate water in hair.

Good shampoos along with a good conditioner can help insulate hair against outside damages, leaving you with less damage and softer more manageable hair.



## Gray Hair is Beautiful

This is about sex appeal in the strictest sense of the phrase. Health and beauty Tip #1 – Gray hair can be beautiful!

In searching the internet for photos of glamour girls with anything from a sprinkling of gray to the whole nine yards – there are four results. They are Emmy Lou Harris, Meryl Streep, Nichelle Nichols, and Dame Helen Mirren.



We don't have sexy, gray-haired women running around because they're all dying their hair.

How are we supposed to view graying or gray-haired women as sexy if the only visual we have is 90 year old Aunt Martha? The media could be blamed for this, but, women who touch grays up every week only let them know you don't really want to see any sexy gray-haired women. Not in the mirror and not in the media.

As we age, we want to retain our youth. A lot of us have used eye-cream since our early 20's – we're all about retaining our looks as long as possible.

### *Health and Beauty Facts About Gray Hair*

Gray hair represents the loss of pigmentation. It's wiry because it's sheathed in more cuticle than most hair. How good you look with gray hair is determined by its texture vis-à-vis the rest of your hair; plus how it goes with the tone of your skin and eyes.

Graying hair is the start of a natural lightening process to which you should adapt the colors of your clothes and makeup.

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*Here are some beauty instructions for your gray hair:*

- Leave-in conditioners and moisturizers will soften coarseness.
- Consider having a professional add “low lights” streaking of your original color to give shading to gray areas.
- Observe the pattern of graying. Some heads gray all over, some acquire streaks, some gray grows in to frame the face. Have your stylist shape and celebrate it.
- If you color your hair, pick a tone one or two shades lighter than your original color.
- Going too light or too dark will make you look older.
- To test the look, try a semi-permanent solution that lasts 6-12 shampoos before going for lasting color.
- There are health and beauty things you can do to naturally boost your grays:
- Give yourself a regular scalp massage. This will keep your circulation healthy and supply your roots with the nourishment they need.
- Use a shampoo and conditioner specially formulated to keep your grays in line. Vitamins and supplements will keep them from getting too wiry, dry, and haggard. These can also help keep your hair from going bronze.
- Increase your protein intake. Not a lot, just enough to feed your hair. It's not a miracle cure, but it helps.

*Makeup Tips for Gray Hair*

Gray hair can change the way you look. If you've decided to go gray, or you already have gray hair, you need to look at what you're doing with makeup. And, if you don't wear makeup, now may be a good time to start.

Gray hair will definitely make your complexion look more pale and could give you a washed-out look. You need more colorful makeup to boost your skin tones and define your features. Here's six simple makeup tips for a great new look with your gray hair.

Don't just stick with the same old makeup base – check-out your current color in the daylight with a mirror and move up a shade if it's too pale.

Brown Eyes – use a gray or brown palette of eyeshadows.

Blue Eyes – use a trio palette of gray, slate, and navy.

Blush is a must – Use rose tones and pastels. Cream or cream-powder is best to avoid a powdery look.

For lips – use rose, red, apricot, or peach but NOT brown shades. Brown looks too muddy and dull with your gray hair.

Give definition to your brows – keep them shaped and add a boost of subtle color with a brow shaper or brow pencil. If you're using a pencil, apply it against the direction of the hair growth for a more natural look. Then gently smooth back in place with brow brush or your finger.

In summary, try these new tips at home and experiment until you find the look that works. With the right makeup, you and your gray hair will look fabulous!

## Beauty Summary

There's nothing more fun than playing with make-up, lotions, and potions. Our beauty articles help you explore healthy and natural options for beauty problems.

We love bringing you articles about solving beauty problems and helpful tips for beauty care. We'll continue to bring you new articles about caring for your skin, hair, nails and body. Keep an eye on [www.hormones-beauty-health.com](http://www.hormones-beauty-health.com), for more information and timely articles and essays.

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## Health -- Living a Long, Happy Life

### **Introduction**

At **www.Hormones-Beauty-Health.com**, we keep track of the most important issues to female and male health. Our article and essays are intended to help you understand how to keep your body in peak performance, and to recognize potential health problems.

We find the most informative articles and essays to help you stay in good health. We've collected some of our most popular articles on health in this section. You'll find articles on staying in shape, losing weight, and recognizing potential health hazards.

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## Understanding Iron Deficiency Anemia

Iron deficiency anemia impacts many of us and it actually quite common but most people don't know a lot about it.

Iron deficiency anemia is an inadequate red blood cell count, or hemoglobin level, as a result of insufficient iron.

Hemoglobin is the protein in red blood cells that carries oxygen to cells throughout the body. Iron is a large component of hemoglobin, and normally extra iron is stored in the body until is needed to produce new red blood cells. Some people have little or no iron stored in their bodies, but it can be balanced out by increasing iron in the diet.

There are three general causes for inadequate amounts of stored iron:

Not enough iron in the diet to replace the amount that is lost each day: mostly seen in children, pregnant women, and in people on restricted diets.

A digestive system that is unable to absorb the iron from the diet, either from a disorder or medication that interferes with absorption.

The stored iron is depleted through an excessive loss of blood, such as heavy menstrual bleeding or gastrointestinal bleeding. Iron-deficiency anemia can be diagnosed through a blood test, a test for blood in the stool, or a bone marrow test.

### *Symptoms*

Symptoms for iron deficiency anemia include:

- Pale skin and eyes
- Weakness or breathlessness
- Dizziness or lightheadedness
- Heart palpitations
- Headache

### *Risks*

While iron-deficiency anemia is generally not life threatening, it does weaken your body's resistance to the effects of illness or injury. It produces additional stress on the heart and lungs, potentially leading to congestive heart failure, heart attack, or stroke.

### *Treatment*

Treatment depends on the cause of the anemia. In most cases, eating a diet rich in iron or taking iron supplements can clear up the insufficiencies. Foods such as dried beans and peas, dried fruit and nuts, meats, green leafy vegetables, whole grains, and poultry and eggs are all good sources of iron. Also, increasing vitamin C intake at the same time as high-iron foods helps with iron absorption. Contrarily, high calcium foods can reduce iron absorption and should be eaten separate from supplements and iron-rich foods.

However, if the condition is caused by blood loss, the source of the loss needs to be identified and corrected.

It is important to note that Iron supplements can have a few intestinal side effects, such as nausea, constipation, heartburn, or diarrhea. Following a physician's guidelines for dosage can greatly reduce these annoyances. Most anemias will clear up after a few weeks of treatment.

So now that you have a little background information, if you think you are suffering from Iron deficiency anemia, you should definitely contact your doctor.

## Colds and the Flu

Both colds and influenza (the flu) are caused by virus infections spread from one person to another through hand-to-hand contact and exposure to spray from coughs and sneezes. Both infections are generally confined to the respiratory tract including the nose, throat, and lungs.

### *Symptoms*

Symptoms of a cold usually include:

- Sneezing
- Runny nose
- Watery eyes
- Sore throat
- Coughing
- Headache
- Low fever



Symptoms for the flu are the same as for a cold, however, there is likely a higher fever and body pains more severe than with a cold. Also, the flu comes on very quickly, like a truck, whereas a cold may come on gradually over a couple days before it peaks at its worst.

Both infections usually last for about 3 to 5 days, but not likely for more than a week. There may be a couple days of weakness and recovery following that, especially with the flu.

### *Risks*

Most bouts with colds or the flu can be recovered from without lasting ill effects. However, these viral infections can sometimes cause secondary infections spreading to the middle ear, sinuses, larynx, or to other more serious respiratory disorders. Complications such as bronchitis or pneumonia can develop as a result from influenza.

### *Treatment*

Both the flu and colds need to run their course and can not likely be improved by a physician (unless further complications or secondary infections develop). Antibiotics can not affect the viruses causing these



illnesses. You should stay in bed and rest, especially until your fever returns to normal. Drinking plenty of fluids can help avoid the dehydration caused by fever and also help loosed mucus. Gargling with warm salt water can ease a sore throat. Medications such as decongestants or pain relievers can not cure colds or flu, but they can help relieve some of the symptoms.

## High Cholesterol: An Overview

Cholesterol is the waxy, fatlike substance your body needs to build cell walls and produce hormones such as progesterone, estrogen, and testosterone. The body produces some cholesterol in the liver and the rest is supplied by eating animal products such as meats, eggs, milk, and cheese. Cholesterol becomes a problem when the body has more than it is able to use and it is unable to eliminate the excess. High cholesterol raises your chance of getting heart disease, which is the number one cause of death for both women and men in the United States. Before menopause, women generally have cholesterol levels lower than their male counterparts. After menopause, women will likely see their cholesterol levels rise.

### *Symptoms*

High cholesterol levels indicate an excess supply beyond what is healthy for your body. It can build up along the walls of arteries in the form of plaque creating a risk for heart attack or stroke. This condition is called atherosclerosis. Angina, or chest pain, can occur if the arteries that carry blood to the heart are unable to carry enough blood and oxygen due to plaque build-up.

Cholesterol is monitored through blood tests that calculate levels of both “good” (HDL) cholesterol and “bad” (LDL) cholesterol. Ideally, the total for both levels will be less than 200. LDL levels should be below 130, or, even better, below 100. HDL levels are better when they are higher. Optimally, they will be higher than 60. Depending on your scores, your physician will evaluate your risk for heart disease. These tests are recommended for everyone at least once every five years.

### *Risks*

High cholesterol can lead to heart disease, stroke, heart attack, and ultimately death.

### *Treatment*

LDL, or bad, cholesterol levels can be lowered by changing your diet to greatly restrict saturated fat intake. Exercise, diet control, and

weight loss can be the strongest weapons when trying to lower cholesterol, with the added benefits of controlling diabetes and lowering blood pressure. 30 minutes of moderate exercise most days of the week can raise good cholesterol levels and improve the fitness of your heart. Medication available by prescription can also be used to supplement efforts to reduce cholesterol through diet and exercise.

## Eczema

Eczema, or Atopic Dermatitis, is a chronic, itchy skin disease that usually appears on the inside of the elbows and knees and on the face and the wrists. Infants are the most common sufferers of eczema, and most will be free of the disease by the time they're eighteen months old. But children, as well as adults, can develop it at any age.

**Eczema** is an allergic disease; it's more common in people who have other allergies, particularly asthma and hay fever. The best approach for controlling eczema is similar to that of controlling other allergies. The first step is to try to identify allergenic foods. Some people will dramatically improve when they eliminate allergenic foods from their diets. Some allergenic foods are eggs, milk, dairy products, chocolate, peanut, soy, potatoes, and the glutes found in wheat, oats, rye, and barley. An allergen-free diet should be followed for 4-6 weeks in order to allow improvement. In infants, cow's milk is the most common allergen, so it's important to breast-feed babies as long as possible. In addition, if the parents of a child are allergic to certain foods, the baby may carry that allergy as well and those foods should be avoided. It's not uncommon for babies with eczema to develop chronic ear infections. You should also eat fatty fish like salmon, herring, and mackerel at least twice a week.

It has also been found that the food additive tartrazine can provoke eczema in some people, although the reaction is not common. Tartrazine, or FD&C Yellow Dye No. 5, is found in many foods.

There is a great deal of evidence that people with eczema have a problem with their digestion of essential fatty acids. Over half of eczema sufferers improve when they take evening primrose oil – as a supplement as well as topically. Evening primrose oil can relieve the symptoms of eczema and help to normalize the digestion of essential fatty acids.

Vitamin C and bioflavonoids are extremely useful in controlling this condition. Vitamin A is very important to the health of the skin and can be very useful in the treatment of eczema. Zinc is especially

helpful for people with eczema. Many eczema sufferers have been found to be deficient in zinc and, in fact, zinc is an important mineral in the fatty acid metabolism.

In addition to supplements, there are some practical measures that you can take to relive the symptoms of eczema:

- Do not use hot water for bathing or showering. Use warm water.
- Use bath oil to soften skin. Use a nondrying soap substitute instead of soap.
- Do not use over-the-counter ointments that contain benzocaine or antibiotics.
- Avoid lanolin in skin lotions, cosmetics, cleansers, and the like.
- Try to avoid temperature extremes and any activity that will involve excessive sweating.
- Aerobic exercise is beneficial to eczema and other skin ailments. Just be sure to take a warm shower after exercise to wash away sweat.
- Avoid any oily or greasy ointment that prevents skin from breathing.
- Try to wear cotton and other natural fibers next to your skin with the exception of wool, which you should avoid.
- As stress can exacerbate eczema, practice stress reduction techniques.

## **Eczema: An Overview**

Eczema is an inflammation of the skin, or dermatitis, caused by internal factors. General dermatitis refers to inflammation caused by both external and internal factors.

### *Symptoms*

Eczema symptoms include redness, flaking and blistering in addition to the inflammation. There are many different types of eczema and dermatitis, however, one of the biggest obstacles to beautiful skin is seborrheic dermatitis. In adults, this condition can cause the creases from the sides of the nose to the corners of the mouth to become red, flaky, and itchy. It can also affect other skin creases around the body, such as the groin, armpits, and under the breasts. Seborrheic dermatitis tends to run in families and usually comes and goes over several years.

### *Risks*

Eczema is not generally dangerous to your health, but it can be a nuisance and disconcerting. If blisters develop and burst or if you scratch blisters, they may become infected.

### *Treatment*

Treatment for eczema includes eczema cream that you can apply as part of your daily skin care. Both prescription and over-the-counter eczema cream and corticosteroid face creams are available. Corticosteroid drugs prevent and reduce inflammation, but may have some side effects that you need to be aware of. They can cause a temporary steroid rash, they can worsen pre-existing skin infections, if it is used for too long, it can permanently thin out skin or cause stretch marks to appear, and, finally, they can diminish the function of the adrenal glands. Generally, eczema can be improved with serious skin care and potentially a visit to the dermatologist.

### ***Natural Prescription for Eczema***

- Identify food allergies and eliminate the offending foods from your diet. Eggs, milk, cheese, chocolate, peanuts, soy, potatoes, and the glutens in wheat are common allergenic foods. It will take four to six weeks for the results of an allergen-free diet to be observed, so be patient.
- Investigate the possibility of the food additive tartrazine contributing to the eczema and, if it does, eliminate it from the diet.
- Eat fatty fish like salmon, herring, and mackerel at least twice a week.

### ***Some steps to relieve symptoms:***

- Do not use hot water for bathing and showering: Use warm water.
- Use bath oil to soften skin. Use a nondrying soap substitute instead of soap
- Do not use over-the-counter ointments that contain benzocaine or antibiotics.
- Avoid lanolin in skin lotions, cosmetics, cleansers, and the like.
- Try to avoid temperature extremes and any activity that will involve excessive sweating.
- Aerobic exercise is beneficial to eczema and other skin ailments. Just be sure to take a warm shower after exercise to wash away sweat.
- Avoid any oily or greasy ointment that prevents skin from breathing.

- Try to wear cotton and other natural fibers next to your skin with the exception of wool, which you should avoid.
- As stress can exacerbate eczema, practice stress reduction techniques.



## Contact Dermatitis

Dermatitis means inflammation of the skin. Any number of things can cause a skin irritation and sometimes the precise diagnosis is of less interest to the suffering party than the remedy. Poison Ivy and Eczema are types of contact dermatitis.

Contact dermatitis is an allergy to something that touches the skin. Most cases involve a rash that can include itchy, red blisters, which can ooze and then develop a crust. In most case, the rash will disappear when the allergen is removed, though sometimes if the allergen has been in contact with the skin for a while, the rash may continue for days or weeks after the allergen is removed.

The only way to cure a case of contact dermatitis is to remove the source of the allergen. In many cases, you know exactly what caused the problem. Sometimes a new cosmetic or deodorant can cause a reaction and when you stop using the substance, the reaction disappears.

Listed below are body parts and common allergenic substances that can affect them.

**Scalp** – Often the rash will appear on the eyelids, neck, face, and ears and sometimes, especially when a substance was applied to the hair, on the hands. Sources are most commonly shampoos, hair dyes and rinses, permanent-wave treatments, dandruff treatments, soaps, bathing caps, wigs, combs, and brushes made of materials that are irritating, curlers, and pins used in hair styling.

**Forehead** – Most commonly seen as a rash spreading across the forehead. Sources are a hat band or hat linings, visors, helmets, cosmetics, suntan lotion, or anything worn on the forehead, like a sweatband.

**Eyes** – Sources are cosmetics such as mascara, eyebrow pencil, or eye-shadows, as well as pollens, soaps, hand lotions, insect sprays, and nasal sprays.

**Face** – Usually cosmetics but could be from any substance used on the face including soap, suntan lotion, shaving cream, aftershave, or something that's on your hands and transferred to your face.

**Ears** – Usually from earrings. It can also be from perfume, hair dye, shampoo, eyeglasses or sunglasses, telephone receivers, or ear plugs.

**Nose** – Nasal sprays, perfumes, paper tissues, eyeglass frames.

**Lips and Mouth** – Cosmetics such as lipsticks, toothpastes, mouthwashes, cigarettes, cigars, denture adhesives, and candies

**Neck** – Substances used on the scalp, such as cosmetics, collars, scarves, dress & shirt labels, and fur or wool near the neck.

**Underarms** – Soaps, deodorants, depilatories, antiperspirants, shaving creams, perfumes.

**Hands and Wrists** – Dishpan hands are a common form of contact dermatitis caused by hands' being immersed repeatedly in soapy water. Regular use of vinyl gloves (not rubber) is helpful, as is removing rings when wetting hands and wearing gloves when the weather is cold and windy. Soaps and cleansers used in showering or bathing, gloves, rings, bracelets, topical medications or creams and most any substance that touches the hands can also irritate the skin. Wrists can develop a rash from the metal backing of a watch. Coating the back of the watch with clear nail polish can sometimes remedy this.

**Trunk** – Clothing, bathing soaps or oils, and underwear.

**Feet** – Shoes, socks, shoe polishes, fur linings, ankle bracelets, medications, or detergents used on socks.

A few other common allergens that can cause symptoms in sensitive people include nickel, found in jewelry, which is often the cause of a red patch of skin that just won't go away. Perfume, in any form, can cause reactions in sensitive people.

**Natural Prescriptions for Contact Dermatitis**

- Identify the cause of the reaction and eliminate the allergen.
- If you have contact dermatitis on your hands, use vinyl gloves in place of rubber gloves when using cleansers and chemicals and when washing dishes.
- To relieve symptoms while waiting for the rash to clear, use an over-the-counter cream containing 0.5% hydrocortisone. Use sparingly.

## Psoriasis: An Overview

What is psoriasis? It is more than simply dry skin. Usually, as skin is worn away, it is replaced by new cell produced beneath the surface. In the case of psoriasis, cell production is sped up in certain areas and skin cells pile up faster than they can be shed. Stress, damage to the skin, or a period of generally poor health can trigger this outbreak of unsightly thickening of the skin.

### *Symptoms*

Psoriasis is usually seen as silvery-white patches of thickened, scaly skin that often has a red rim. The patches may be somewhat itchy or sore and be small, isolated patches or large groupings. Common sites for psoriasis are the knees, elbows, and scalp. In some cases, psoriasis is associated with a form of arthritis. Psoriasis can occur on hands and feet, usually in the form of raised areas with painful cracks or little blisters filled with white fluid. Toenails and fingernails can become thickened, pitted, and separated from the skin beneath.

### *Treatment*

Psoriasis treatment can be minimal or extensive, depending on the extent of affected skin and the personal level of distress. Some people are able to identify their personal triggers for outbreaks and prevent them from occurring as often. Physician help may be requested in order to achieve clear skin. There are a variety of psoriasis treatments available. Exposure to ultraviolet rays of sunlamps or the sun may improve psoriasis, but a sunburn will definitely make the condition worse. Skin care such as tar compounds, anthralin, and corticosteroids can be beneficial, as well as oral medications. For more intense outbreaks, more powerful topical drugs or ultraviolet treatments combined with medication may be necessary. Most individual outbreaks are able to be defeated with the available psoriasis treatment that has been proven to work best for that individual.

## Health and Beauty Tips You Need to Know

Listed below are some home-remedy health and beauty tips:

### *Beauty Tips*

To heal dry skin, a rash, or eczema - wash in your breakfast. Although oatmeal is a century old skin smoother, researchers recently documented the avenanthramides in oats as the key compound that smoothes inflamed, itchy skin. Put whole oats in a clean, dry sock, seal the opened end with a rubber band, and drop the sock into a warm hot bath and soak in it for 20 minutes.



*Relieve Puffy, Tired Eyes* – Black tea is full of astringent compounds called tannins that can help deflate and tighten the bags under your eyes. Activate the tannins in the tea bag by dipping it in a cup of hot water for several minutes, cool it in the fridge, then apply the damp bag as a compress to closed eyes for 10 minutes.

*To whiten stained teeth* - crush a few fresh strawberries into a scrubbing pulp that you mix with a pinch of stain removing baking soda and enough water to make a paste. Apply the mixture to a soft bristled toothbrush, polish for a few minutes every 3 months. More often will erode tooth enamel. The astringent malic acid in strawberries helps buff coffee and red wine stains from the teeth.

### *Health Tips*

*Sweeten your bad breath* – gargle with a small cup of acidic lemon juice to kill odor causing bacteria, then eat a cup of plain, unsweetened yogurt that contains the beneficial lactobacillus bacteria. These so-called probiotics compete with and replace the reeking bacteria in your mouth. The lemon/yogurt combo instantly neutralizes odor and lasts 12-24 hours.

*Prevent Headaches* – try using magnesium (200-400 mg) to reduce the muscle tension and spasms that cause your head to throb. Not any type will do. The supplement must contain at least 200 mg. of active elemental magnesium because magnesium is more preventive than

curative. The treatment works best on premenstrual headaches because you can predict when they're coming and take a dose a day in advance. If you have kidney problems, consult a healthcare professional before taking magnesium.

*Relieve menstrual cramps* - take ½ to 1 teaspoon of crampbark tincture every two hours on the days of your worst cramps. Recent studies show that this North American plant works as a muscle relaxant to quickly relieve painful spasms.

In conclusion, your body can throw you for a loop any time and overextending may require quick health and beauty fresh-ups. It's great to have home remedies available to tend to your every day aches and pains and provide quick pick-me-uppers. We've listed all natural, expert recommended, ways to treat ailments, provide cosmetic enhancers quickly, safely, and effectively at home. Clear some space in your bathroom cabinet, refrigerator, and kitchen for these surprisingly effective and inexpensive remedies.

## The Latest on Weight Loss and Dieting

Following are some common diet traps:

Eat all you want and still lose weight. Your extra weight is energy stored up as fat. To lose weight, more energy has to come out than goes in. Energy is measured in calories. When you move your body, you burn calories. When you eat or drink anything other than water, you take in calories. If you burn more than you take in, you lose weight.

*I have to starve myself to lose weight.* Very low-calorie diets are dangerous. These diets should be done only with medical supervision. Gradual weight loss is much healthier -- and much easier.

*I have to diet to lose weight.* One diet after another isn't the answer. A consistent plan for a healthier lifestyle lays the groundwork for lasting weight loss.

A fad diet worked for my best friend. We all know someone who went on a diet and swore by it. These diets rarely work for long. A sudden change in your eating habits can lead to quick weight loss followed by weight gain once you go back to a normal diet.

Lose 20 pounds in 2 weeks! Early weight loss from fad diets is typically from water loss. The bathroom scale will show that you lost weight, but it is not fat that is lost. Most experts say that losing a pound a week is an excellent goal. This means eating 500 fewer calories a day. Most weight-loss programs call for not skipping meals and loading most of your intake during the day rather than right before bedtime.

With so many people regaining lost weight, much of the emphasis is on changing lifestyles. A short-term goal should be developed such as training for a charity walk or stair climbing – adding a few flights or distance every week.

## Tips for dieting

**Eat Slowly.** It takes the brain about 20 minutes to recognize that you are eating or full. Leisurely eating allows you to take more pleasure in the tastes and textures of your food while giving your brain time to realize you've had enough to eat.

Finding a Partner for daily workouts is very beneficial. Start a commitment to that person and the daily exercise. Expanding to food changes that make you feel lighter and more energetic is the next step. You will soon notice that you feel better about yourself.

To maintain maximum nutrients, limit the food's exposure to light, air, heat, and water. Don't chop or slice fruits and vegetables until you are ready to use them. Before steaming, cut vegetables into chunks but not small pieces. This way you shorten the cooking time and thus minimize nutrient loss. Cutting them up exposes more surfaces to air, speeding up nutrient loss.

On a high protein diet, you may lose some weight because you're eating fewer simple carbohydrates. But you can lose even more weight by eating fewer simple carbohydrates and less fat. Most importantly, you enhance your health instead of harming it.

### *Recommended Nutritional Supplements while dieting*

Soy milk is the rich, creamy milk of whole soybeans. With its unique nutty flavor and rich nutrition, soy milk can be used in a variety of ways. Plain, unfortified soy milk is an excellent source of high-quality protein, B vitamins, and iron. Some brands of soy milk are fortified with vitamins and minerals and are good sources of calcium, vitamin D, and vitamin B-12.

Most weight loss plans are based on deprivation: counting calories, restricting portion sizes, and eating less food. Sooner or later, people get tired of feeling hungry, so they get off the diet, regain the weight, and usually blame themselves for not having enough discipline, willpower, or motivation, when the real problem is that they were





going about it in the wrong way. A balanced nutritional diet and exercise plan is the best approach to weight loss.

Visit <http://ihd.myarbonne.com> to find a variety of balanced, convenient weight loss products and multivitamins.

## Antioxidants: Make Them Part of a Healthy Diet

Oxidation is a naturally occurring event in the body, but one of the undesirable effects of oxidation is the production of damaging free radicals. Although free radicals have been linked to such degenerative diseases as Alzheimer's, certain cancers, immune dysfunction and cardiovascular disease, they are beneficial in the body and must live in balance with antioxidants, which are capable of stabilizing or actually deactivating the free radicals.

It has not been proven that all the protection the body needs can be obtained from supplements alone - it is wise to get as much protection as possible from food. Current recommendations by health professionals are to consume a varied diet with at least 5 servings of fruits and vegetables and 6 - 11 servings of grains per day. Solid or chunk white tuna in springwater is filled with docosahexa-enoic acid (DHA), a type of fat that may help prevent Alzheimer's disease. In one study of more than 1,000 people, those with the highest DHA levels in their blood had a 40 percent lower risk of developing dementia and Alzheimer's than those with low levels. Or you can try walnuts - they're one of the best non-seafood sources of DHA. A daily multivitamin containing antioxidants may provide additional benefits.

The most well known antioxidants are Vitamin A, Vitamin C, Vitamin E, Beta Carotene and Selenium. Following is a list of some of the foods highest in antioxidants and some recipes using these foods.

Pomegranate juice	Cranberry juice
Tomatoes	Liver
Corn	Fish Oil
Carrots	Seeds
Mangos	Grains
Sweet Potatoes	Tea (Black and Green)
Broccoli	Dark chocolate
Soybeans	Kale
Cantaloupe	Prunes
Oranges/Orange juice	Red bell peppers
Spinach	Onions
Nuts	Oranges
Lettuce	Cauliflower

Red Wine  
Celery  
Blueberry juice

Peas

## **Anorexia Nervosa and Bulimia: An Overview**

Eating Disorders are affecting an increasing number of adolescent girls. The two most common are Anorexia Nervosa and Bulimia Nervosa. Anorexia is the refusal to eat and can lead to extreme weight loss, hormonal problems, and death. Bulimia involves cycles of binge eating followed by self-induced vomiting. It occurs most often with pre-teen and teenage girls, but has been known to develop in both men and women from adolescence through adulthood. The extreme attitudes and behaviors that these girls have towards food and weight lead to inaccurate perceptions and life-threatening complications.

### *Symptoms*

Anorexia usually starts with normal dieting to lose weight, switching to less and less eating each day. The less she eats, the more emotionally fulfilled she may feel, leading to eating even less. There may be the occasional binge where she eats enormous quantities of food and then purges her indiscretion by vomiting. She may regularly use laxatives to help pass the food she does consume. If she follows the binge-purge pattern more consistently than starvation, she is considered bulimic.

When weight drops to about 26 pounds below normal, an anorexic will most likely stop having periods as her body attempts to avoid the stress of a pregnancy. Also, her body will grow more hair to help conserve the heat that would otherwise escape without sufficient body fat. Her skin may begin to look sallow, waxy, and thin.

Someone with an eating disorder learns quickly how to hide her behaviors. She may throw food away claiming to have eaten it. She may be abnormally energetic. She will continue to complain about being fat and having problem areas despite her emaciated appearance.

### *Risks*

Many teenagers will go through a phase of excessive dieting, but only a minority develop anorexia or bulimia. Up to 15% die as a result of starvation, infections from poor nutrition, dehydration from laxatives and vomiting, or from suicide.

Bulimics often have severe damage to their teeth due to the exposure to stomach acid from repeated vomiting. Their entire digestive systems become imbalanced by the binge-and-purge cycles, affecting the heart and other major organs. People with eating disorders have a high risk for heart failure. They also reduce their bone density (osteoporosis), have muscle loss, dry hair and skin, and have hair loss.

### *Treatment*

As with many disorders, treatment of bulimia and anorexia is much more effective the earlier it is caught. Depending on the severity and progression of the disorder, psychiatric evaluation and/or hospitalization may be necessary. A team of experienced physicians, nurses, and dietitians is the best bet for managing this illness. Detailed programs including well-planned diets, psychotherapy and other tactics are initiated within the treatment center where full attention can be placed on getting emotional and physical healing. However, even after a patient is considered recovered, it will continue to be a struggle in her life. A strong support network of friends and family is imperative to her continued health and her resistance to slipping back into old habits.

## Herbal Supplements

Over the past years, I've developed a variety of [herbal supplements](#) that effectively relieve [menopausal symptoms](#). Some are delicious teas; others are blends of liquid extracts.

In some of the herbal supplements, I recommend using tinctures, which are liquid herbal extracts, because I believe they act more quickly, are more potent, and generally offer better results than capsules. If you don't like their taste, try diluting tinctures in a little fruit juice. These doses are appropriate for tinctures in 1:3, 1:4, and 1:5 concentrations.

You can find most of these herbal supplements at health food stores; increasingly, herbal supplements are sold at pharmacies and even supermarkets. Choose only single-herb products. Some formulas take time to work, so you must take them for as long as indicated to feel better. For all remedies, when a range of doses is noted, start with the smaller dose, and increase if necessary.

### *Hot Flashes & Nights Sweats*

- 1 oz chaste tree tincture
- 1 oz motherwort tincture
- 1 oz hawthorn tincture
- 1/2 oz black cohosh tincture
- 1/2 oz sage leaf tincture

Combine tinctures in a bottle. Take 1 teaspoon in 1/4 cup hot water, three times daily. You should notice an improvement within a week or two. You can take this formula until hot flashes are no longer a problem.

### *Memory Problems*

- 1/2 tsp dried rosemary
- 1/2 tsp dried lemon balm

Steep for 10 minutes in a cup of water, covered; strain, and sweeten with honey to taste. Drink 1 to 3 cups daily.

If after 4 to 6 weeks, you're still having trouble finding your car keys, try this: 1/2 teaspoon each of gotu kola and ginkgo tinctures 2 or 3 times daily. These can be added to the above tea or taken in 1/4 cup hot water.

### *Insomnia*

- 1 oz skullcap tincture
- 1 oz motherwort tincture
- 1/2 oz lavender tincture
- 1/2 oz passionflower tincture

Combine in a bottle, and take 1/2 teaspoon every 30 minutes for 2 hours before bed. If necessary, take two additional 1/2-teaspoon doses during the night.

**Caution:** This should not be taken with prescription tranquilizers

### *Soy Foods for Heart Risk*

Soy products, especially tofu but also tempeh, soybeans, soy milk, soy flour, and soy protein powder, are important foods for menopausal women.

That's because some studies suggest that soy can reduce some risks associated with the drop in estrogen. And in combination with a healthy, low-fat diet, whole soy foods can lower LDL cholesterol and possibly triglycerides to help protect your heart.

One-half cup tofu, or 1 cup soy milk, contains about 30 mg isoflavones, the amount that researchers estimate is in the traditional Asian diet.

### *Heart Palpitations*

Occasional heart palpitations are common for otherwise healthy, perimenopausal women.

**Caution:** If you notice frequent heart rate or rhythm changes or feel pain, see your doctor promptly, and do not treat yourself with herbs. If you are taking cardiac medications, consult your doctor before taking any herbal remedies, and never adjust your prescribed meds without first consulting with your doctor.



## The #1 Best Health and Beauty Plan

There is new research in the anti aging arena that says if you really want to fight against the natural aging process you should consider the science of anti aging nutrition and make a personal health and beauty plan. Anti aging nutrition is really becoming very popular in today's world. You can find many plans and as many products as you want that are based on the anti aging nutrition formula.

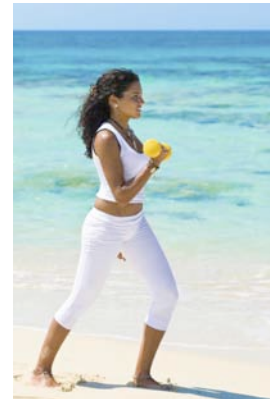
A good nutritional plan is many times the last thing people consider when starting the fight against aging. Often they look to anti aging creams and other more complex treatments like botox. All the while not understanding the importance of what they are eating and how they are eating it.

A well-rounded nutritional formula consists of three things that should be no surprise to anyone. They are exercise, healthy diet, and a set of vitamin and mineral supplements to personalize your health and beauty plan.

*A Good Diet is Required.* You are what you eat. Well it's true if you eat things that are bad for you and have high calories and sugars you will feel poorly and gain weight. The more weight you gain the worse you feel, the less you will exercise, and so on. This can quickly spiral out of control until you're just looking and feeling older than you are. So start your personal health and beauty plan by taking care of your diet.

*Exercise to Stay in Shape.* One of the most important steps in an anti aging nutritional formula is exercise. Exercise helps in promoting strength, agility and stamina, all things that make us feel great; as they say, you're only as old as you feel.

To help with your quest for fitness you should consider joining a fitness club in your area. They will have a large selection of equipment and classes to get you in sync with your personal



health and beauty plan. Of course, if you can't afford a fitness club, you could always find some second hand exercise equipment and set up your own gym. And if that doesn't work just get out and walk every day, it will be time well spent.

*Use a good Supplement Program.* As part of a good anti aging nutrition plan you should also consider a good regimen of vitamin supplements. There are many great multi-vitamins on the market for people of any age. Tests can be run to see if there are any specific shortages in your system. This will help you decide on what supplements you should be taking to keep up your health.

An Anti aging nutritional plan can help you look and feel younger than you really are. But you need to follow your program with discipline or, otherwise, it will be a waste of time and you will grow old faster than you want.

For great articles on health and beauty go to [www.hormones-beauty-health.com](http://www.hormones-beauty-health.com), the site is updated frequently and has great recipes that support any good personal health and beauty plan. For outstanding vitamin and mineral supplements, they can be ordered online at [www.ihd.myarbonne.com](http://www.ihd.myarbonne.com).

## Aromatherapy Lifts Mind, Body and Spirit

Many American families believe in the power of aromatherapy. The evidence is in the millions of dollars they spend on aromatherapy products, like candles, incense, and oils in their effort to make themselves feel better – physically and emotionally. But does aromatherapy really work?

The answers are – Yes. Aromatherapy can lift your mood. In fact, smell is the quickest way to alter your mood.

Think about it. You walk in the door grumpy after a hard day at work and are greeted by the smell of a home-cooked dinner, pot roast or fresh-baked bread. How do you feel now? In an instant, your bad mood wanes.

In more than 15 years of study on aromatherapy, it's concluded that the stress-relieving properties of certain smells can alleviate even some physical ailments. Aromatherapy does work!



Essential oils are used for many more reasons than just their aromatic abilities. The difference between essential oils and fragrances is the therapeutic properties.

Essential oils are not the same as the scents used to make perfume. Essential oils are carefully extracted from natural products. Perfume oils often are chemically enhanced and mixed with synthetic oils.

Many essential oils have anti-fungal, antiseptic, anti-inflammatory, and anti-bacterial properties when used in therapeutic applications. I use oils to treat burns, rashes, and soothe tired aching muscles.

Try aromatherapy and essential oils for yourself, and experience the benefits.

Although there are approximately 300 aromatherapy oil options available, there are some that you wouldn't want to use because they can be dangerous. As you play with aromatherapy, make sure you know the rules of safe aromatherapy practice.

As the most well-known aromatherapy essential oil, lavender is usually where people begin investigating essential oils and aromatherapy. There are many uses for lavender that make it such a practical oil. Lavender also is one of the few aromatherapy essential oils thought to be safe to apply directly to skin without needing to be diluted or mixed with base oils or distilled water.

Adults can create an aromatic and therapeutic massage oil by adding five drops of essential oil to 100 drops, (roughly a teaspoon), of base oil such as sweet almond, castor, or avocado oil. Creating your own aromatherapy oils can be a fun experience.

Reduce the recipe to one to two drops of essential oil for every 100 drops of base oil when using essential oils on babies, senior citizens, or anyone with a compromised immune system,

Aromatherapy doesn't have to be confusing or complex – simply add a few drops added to both water or a foot soak creates a soothing and

### Six Essential Oils

**Lavender:** Has antibacterial and antiseptic properties and also is calming and soothing. Great for burns, cuts, scrapes, bruises.

**Lemon:** Multiple uses around the home for cleaning. Also thought to increase clarity of mind and increase well being and physical energy.

**Orange:** Also good for cleaning because it's anti-bacterial and antifungal. A few drops diluted in warm water are commonly used to clean counters and remove stickers from plastic or glass.

**Tea Tree:** Antifungal used for nail fungus, insect bites, and blemishes.

**Eucalyptus:** Helps congestion (dilute in bath or steamed water). Also popular as a foot soak or diluted into lotion for massage.

**Peppermint:** This practical essential oil can be cooked with or used to stimulate energy. Carried when driving long distances, it awakens senses or sparks a weary attention span. Menthol in the oils commonly is used to soothe muscle

calm environment to reduce stress while essential oils mixed with distilled water act as wonderful body, room, or linen sprays.

Experimenting with citrus-based aromatherapy essential oils, such as lemon or orange, gives your family the chance to customize chemical-free household cleaners.

Make sure you are aware of the restrictions with aromatherapy. For example; some essential oils should be avoided throughout a pregnancy. Pennyroyal, rue, savin, mugwort, sage, tansy, thuja, and wormwood could stimulate contractions of the uterus that could lead to a miscarriage.

Essential oils with emmenagogue properties, or those thought to help promote and regulate menstruation, are useful for treating menstrual problems, but also should be avoided during pregnancy. These oils include cedarwood, clary, sage, jasmine, juniper, marjoram, myrrh, peppermint, rose, and rosemary.

Hormone stimulants, such as fennel and aniseed, could upset the finely tuned hormone balance of pregnancy. These aromatherapy essential oils are Fennel and Aniseed. Some oils typically considered safe during pregnancy are bergamot, geranium, lavender, lemon, orange, patchouli, sandalwood, tea tree, and ylang ylang.

Although it's very important that each woman and her doctor decide about the use of aromatherapy essential oils during pregnancy, health and aromatherapy experts agree that it is wise to avoid the use of aromatherapy essential oils entirely in a high-risk pregnancy.

Enjoy experimenting with aromatherapy and find the oil and mixture that works best for you.

## Maintaining a New Exercise Program

Most of us enter into a new workout regimen with the goals of improved health and better appearance, perhaps with varying levels of personal priority. While we may start out with our eyes focused clearly on our goals and with great motivation and enthusiasm, it can be very hard to maintain that mindset.



One potential mistake can be to start out with too vigorous of a routine. Pushing ourselves too hard right off the bat can lead to a number of factors that contribute to failing to meet our goals. If it has been a while since you worked out, it can be very discouraging to start out and not be able to complete the workouts you envision.

An excessive workout will most likely result in sore muscles and fatigue. All of which makes it tougher for us to drag ourselves to the gym or outside for a walk or jog. Excuses come fast and easy and we quickly rationalize all the reasons we aren't sticking to our plans.

You have to be realistic and patient when starting a new exercise program. Aim for a few times a week of moderate exercise. You'll know when it's time to build up to more.

After a while, boredom with your exercise can set in. Seek out new ways to get a workout – try swimming, tennis, or a yoga class. Also, don't expect that exercise is going to give you a renewed feeling of energy right away -- it's just not likely to happen that way. If you're anything like me, you *will* feel more tired and sore when first starting out. But, even if you don't feel more energetic after a workout at first, you should feel very good when you're finished about having done it all and gotten it over with.

The best advice I can give is to find a way to make your workouts part of your routine. If it automatically becomes a certain part of your day or week, you'll be working out before you've given yourself a chance

to come with an excuse not to go. Don't wait for the motivation to hit you. Just go without thinking too much about it.

Once getting to exercise becomes more regular, you'll start to feel the benefits of more energy throughout the day. More clearly, you'll notice how different you feel when you've missed your opportunities to workout for a couple days and you may actually be looking forward to getting some exercise.

Keep these thoughts in mind and you'll be on your way to a long-lasting healthy new lifestyle.

## Adenomyosis

Adenomyosis is a disease of the uterus in which the tissue from the innermost uterine lining grows into the uterine muscle layer. It is similar to external endometriosis, in which uterine tissue is found outside the uterus, however, with adenomyosis, also called internal endometriosis, the tissue is still contained within the uterus. Diagnosis can be difficult, but some experts believe that more than half of all women have adenomyosis. It is found most often in women between the ages of 40 and 50 who have given birth. It is often misdiagnosed as fibroids. There is no known cause of adenomyosis.

### *Symptoms*

There may be no symptoms at all with adenomyosis. If there are, it is typically an enlarged uterus, pelvic pain, and heavy and abnormal menstrual periods. The severe cramping pain may be present at times in the menstrual cycle other than just during periods.

### *Risks*

Most women diagnosed with adenomyosis have other uterine disorders such as external endometriosis, endometrial polyps, or fibroids. The heavy bleeding during menstrual periods may lead to anemia. It is not clear how adenomyosis affects conception and pregnancy, but most suspect that it does lower fertility.

### *Treatment*

The specific areas of adenomyosis cannot be surgically removed from the uterus, although there has been some recent progress made in local excisions. A total hysterectomy to remove the uterus is usually the only real treatment. Treatment with hormones is ineffective. There is temporary relief available with a medication that forces something like menopause, where there is complete cessation of ovarian function. This helps while the medication is being taken, however, it has unfortunate side effects and cannot be taken for long. For women with no symptoms, no treatment is necessary.



## L-Arginine

**Revitalize Your Life – Discover the Secret That Will Restore Your Looks, Health, Energy, Physical Abilities and Sex Drive to the Levels of a Robust Young Adult!**

Did you know that consistent fatigue and weariness are two of the most common health complaints for adult men and women, and that these symptoms are often accompanied by a decrease in sexual desire?

It's true. In fact, maybe you are experiencing one or more of these symptoms right now? If so, I should tell you that weakness, fatigue and loss of libido don't just go away. In fact, they tend to increase with age ...

But what if I told you that there is a solution for how you are feeling? What if I told you that you could once again feel the energy and vitality that you felt in your younger years? Would you be interested in learning more?

### *Introducing Arginine-Derived Nitric Oxide (ADNO)*

ADNO is a multifaceted molecular marvel that has been shown to provide a wide range of life-enhancing benefits, including repairing and preventing damage in blood vessels and stimulating regeneration in the skin as well as the heart, thymus gland, liver, kidneys and other internal organs.

Since being discovered, it has received the Molecule of the Year Award from the prestigious journal "Science" in 1992 and in 1998, three American researchers received the Nobel Prize for Medicine for their work with ADNO. In the last decade alone, ADNO has been the subject of *over 10,000* peer-reviewed scientific articles!

#### *Arginine Benefits:*

- It relaxes arteries, thereby helping to maintain normal blood pressure, which would otherwise skyrocket when ADNO is in short supply.
- It helps keep open the coronary arteries that supply blood to the heart, preventing angina pain.

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- It's a potent free-radical scavenger that helps to both lower serum cholesterol and prevent "bad" LDL cholesterol from oxidizing and becoming even worse.
- It's a powerful anticoagulant, or blood thinner, that helps prevent blood platelets from clumping together into the clots that can cause heart attack and stroke.
- It enhances blood flow, resolving Erectile Dysfunction naturally.
- It serves as a critical "bullet" by different immune-system cells that use it to kill foreign bacteria and viruses and even shrink or destroy some cancerous tumors.
- It's used by the brain to encode long-term memory and ensure blood flow to brain cells.
- It functions as a "Messenger molecule" that allows nerve cells in the body and the brain to communicate with each other.
- It may reduce pregnancy-related hypertension, a potentially life-threatening condition for mother and child.
- It may help regulate insulin secretion by the pancreas, thereby reducing the risk of diabetes.
- It helps control the lung airways, allowing you to breathe easier and avoid common lung disorders.
- It stimulates the body into releasing the all-important human growth hormone (HGH), a key to longevity as well as improvement in body composition since it boosts lean muscle mass and bone density while decreasing fat tissue.
- And much, much more!

### **Restore Your Sexual Potency**

According to a recent study published in the Journal of the American Medical Association, 43% of women and 31% of men suffer from sexual dysfunction.



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Sexual dysfunction is broadly defined as the inability to fully enjoy sexual intercourse. Women generally experience it as loss of libido (sexual drive) and/or the inability or difficulty in achieving an orgasm. Men experience it as impotence, known technically as erectile dysfunction (ED).

Based on numerous studies, L-Arginine (an Amino Acid) helps restore sexual potency by dilating blood vessels and improving blood flow to the genital area. The higher blood flow helps the penis to enlarge to its full capacity as well as makes clitoral and vaginal tissues more sensitive and responsive to sexual stimulation.

ProArgi-9 is a high-potency, daily supplement that is safe to use, devoid of side effects and startlingly effective in preventing, controlling and overcoming common causes of ill health.

Imagine being able to greatly improve how you look and feel. Imagine having the energy and vitality you had when you were younger. Imagine being able to improve your sexual drive and performance. Now stop imagining and make it all a reality with ProArgi-9. ProArgi-9 has the following benefits:

- Improves blood flow
- Stimulates the release of growth hormone
- Improves immune function
- Reduces healing time of injuries
- Increases muscle mass, while reducing body fat
- Supports male fertility, improving sperm production and motility
- Reduces risk of blood clots and stroke
- Supports normal blood pressure
- Improves vascular function for patients with angina
- Helps recovery after heart attack
- Helps prevent and treat cardiovascular disease
- Helps reduce growth of cancerous tumors

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ProArgi-9 does not contain the inferior forms of l-arginine, such as HCL. The unique, proprietary flavor system in ProArgi-9 negates the very unpleasant taste of l-arginine, thus providing the first "great-tasting" l-arginine product. ProArgi-9 can be found online and is sold by a company called Synergy.

## Breast Cancer: Mammograms

Going to get a mammogram for the first time can cause apprehension. You may not know what to expect from the procedure, and, of course, there's the fear that something abnormal may be found. Being prepared makes the whole experience much easier. Keep in mind that the earlier breast cancer is detected – before a lump can be felt – the better the chance of successfully beating it.

A mammogram uses special X-rays and very low doses of radiation to take images of the breast. It helps show abnormal growths or changes in the tissue. Most women take their first mammogram around age 40, and then again approximately every 1 to 2 years.

To prepare for the test, you will be asked to remove all jewelry, to remove all clothing from the waist up, and to put on a hospital gown. Avoid wearing any creams, lotions, or body powder on your chest that day, as they can interfere with the X-ray imaging.

Each breast is compressed between 2 plates for the X-rays to show the image on the film. A mammography technologist, most often a woman, assists during the test. The breast is gently flattened to get the clearest picture with the least dose of radiation. Any pressure or discomfort felt from the compression lasts only a few seconds while the X-ray is taken.

Usually, images will be taken from 2 positions on each breast to get the most complete picture possible. All of this should take approximately 20 minutes. Another doctor will interpret the films after they are developed. He or she may request additional images or a breast ultrasound if there were any unclear images on the X-rays. The X-rays show your breast tissue as white and opaque while the fatty tissue appears darker.

Your results will be sent to you within 30 days; however, if there are any abnormalities of concern, you will be contacted within 5 days. Your X-rays will be sent to your doctor. It is not uncommon for further mammograms, or for biopsies to be requested. This is not the same as a diagnosis of cancer and the reasons for further testing will likely be thoroughly explained to you by your physician.

## Leg Cramps

Everyone experiences muscle cramps from time-to-time. Perhaps your neck gets cramped after a day at your desk or you get a leg cramp after exercise when you've been sedentary for a long time. Some women get leg cramps after wearing high heels. The solution to most of these common cramps is to stretch the muscles regularly and, in the case of high heels, avoid them.

There is another kind of cramp that people often experience: nocturnal leg cramps. Just as you've fallen deep asleep, you're awakened by severe and painful cramping in your calf muscle. Most people jump up and hop around on the affected leg until the cramp goes away. But, occasionally, it returns. Sometimes the cramp is in the thigh; sometimes the foot.

The first thing to check if you have leg cramps is your prescription drugs. Some can cause cramping. Diuretics, taken for high blood pressure or heart disorders, can cause an imbalance of your potassium and magnesium levels.

The most common cause of nocturnal leg cramps is calcium deficiency. If you are postmenopausal, trying to lose weight, or don't consume enough calcium, you are vulnerable to developing leg cramps. To relieve leg cramps and prevent any long-term problems associated with calcium deficiency, start today to increase your calcium consumption. If you're avoiding fat, try nonfat yogurt and skim milk. Also, you can take a calcium supplement at bedtime.

Pregnant women are sometimes vulnerable to leg cramps, which usually occurs due to a change in their calcium metabolism. Calcium supplements can help. Please check with your obstetrician before beginning any supplements. Another help for nocturnal leg cramps is vitamin E.

If neither calcium nor vitamin E gives you relief, you may benefit from magnesium, potassium, or vitamin A.

Because it has been shown that sugar and caffeine reduce the absorption of vitamins and minerals (particularly calcium), people with

cramping problems should eliminate as much sugar and caffeine from their diets as possible.

#### *Natural Prescriptions for Leg Cramps*

- Eliminate as much sugar and caffeine as possible from the diet.

In addition to current daily supplements, add:

- 1,200 mg. of Calcium at bedtime. If no results, you can discontinue but be sure you get 1,200 mg. of Calcium daily through diet and/or other supplements. If you are pregnant, check with your doctor before beginning and supplements.
- 400 I.U. Vitamin E twice daily after meals for two weeks. If symptoms are relieved, cut down to 400 I.U. daily. If symptoms recur, increase the dosage until symptoms are relieved but never take more than 1,200 I.U. daily.
- 400 mg. Magnesium daily.
- 10,000 I.U. Vitamin A daily
- 100 mg. Potassium daily

## Post Partum Depression

About 70%-80% of women have what is known as the “baby blues” after childbirth. About 2-3 days after birth they begin to feel depressed, anxious and upset. For no clear reason they may feel angry with the new baby, their partner, or other children. These feelings may come and go in the first few days after childbirth.

In fact, about 10% of new mothers have a greater problem called



postpartum depression. Postpartum depression last longer and is more intense. It often requires counseling and treatment. Postpartum depression (PPD) can occur after any birth, not just the first. Women with PPD have such strong feelings of sadness, anxiety or despair that they have trouble coping with their tasks. Without treatment, PPD may worsen or last longer. Postpartum depression is more likely to develop in women who lack the support of a partner or who have had:

- Postpartum depression before
- A psychiatric illness
- Recent stress

Postpartum depression (PPD) affects women of all ages, economic status, and racial/ethnic backgrounds. Any woman who is pregnant, had a baby within the past few months, miscarried, or recently weaned a child from breastfeeding can also develop PPD. Research has shown that women who have had problems with depression may be more at risk for PPD than women who have not had a history of depression. Postpartum Depression is likely to result from body, mind and lifestyle factors combined. No two women have the same life experiences or biologic makeup. This may be an explanation for why some women have PPD and others don't. The postpartum period is a time of great changes in the body. These changes can affect a woman's mood and behavior for days or weeks.

Levels of hormones, primarily estrogen and progesterone, drop sharply in the hours after childbirth. This change may trigger depres-



sion in the same way that much smaller changes in hormone levels can trigger mood swings and tension before menstrual periods. Emotional factors affect a woman's self-esteem and the way she deals with the stress and challenges of motherhood. This is thought to add to postpartum depression. Additionally, stressful changes in home and work routines may be caused if the baby was born early.

It is not yet known for sure what causes postpartum depression. Hormonal changes in a woman's body very well may trigger its symptoms. We do know that during pregnancy the amount of two female hormones, estrogen and progesterone, increase greatly in a woman's body. In the first 24 hours after childbirth, the amount of these hormones rapidly drops and keeps dropping to the amount they were before the woman became pregnant.

A major factor in postpartum depression may be lack of support from others. The steady support of a new mother's partner is thought to be a comfort during pregnancy and particularly after the birth. Breastfeeding problems can make a new mother feel depressed. If they cannot breastfeed or if they decide to stop, new mothers often feel an unnecessary sense of guilt or disappointment. Thyroid levels may also drop sharply after giving birth. (The thyroid is a small gland in the neck that helps to regulate how the body uses and stores energy from foods eaten). Low thyroid levels cause symptoms that can feel like depression: mood swings, fatigue, agitation, insomnia and anxiety. A simple thyroid test can tell if this condition is causing a woman's PPD. If so, thyroid medication can be prescribed by a health care provider.

Other things that are believed to contribute to PPD are:

- Not enough rest often keeps a new mother from regaining her full strength for weeks. This is particularly so if she has had a C-section delivery
- A sense of being overwhelmed with a new, or another, baby to take care of
- Stress from changes in work and home routines. The concept of thinking they have to be "super mom" or perfect

- Feelings of loss – loss of identity (who you are, or were, before having the baby), loss of control, loss of a slim figure, and feeling less attractive
- Having less control over time and less free time
- Having less time to spend with the baby's father

Women who have an idea of the “perfect mother” are more likely to feel let down and depressed when faced with the needs of day-to-day mothering. Four myths about being a mother are common:

***Myth #1: Being a Good Mother is Natural***

First-time mothers often believe that they should just know how to care for a newborn. New mothers need to learn mothering skills just as they learn any other life skill.

***Myth #2: My Baby Will Be Perfect***

When the baby arrives, it may not match the baby of their dreams. Babies have distinct personalities right from birth. A new mother may find it hard to adjust to the baby.

***Myth #3: I Will Be a Perfect Mom***

For some women, being perfect is a never-ending goal. A mother may think she is not living up to the ideal. She may feel that she is a failure.

***Myth #4: We Will Be The Perfect Family***

It comes as a shock to many just how different things become when a new family member is added. The perfect family has a strong, happy father, a beautiful, satisfied wife, and a darling baby who coos and gurgles at the appropriate times, and all other members of the family are just as delighted by the new arrival as the parents. But reality can be much different. The adults are facing new challenges, finding that they do not live up to new expectations and possibly living with less than the optimal amount of sleep. The new baby may have colic, a temper, a mind of its own, and/or its own internal time clock – not at all what the new parents were anticipating! The other children may feel like an intruder has arrived to steal the limelight. Each family is different, which goes to prove that there is no one “perfect” family.

It is important to know that PPD is treatable and that it will go away in time. The type of treatment will depend on how severe the PPD is. It

can be treated with medication (antidepressants) and psychotherapy. Women with PPD are often advised to attend a support group to talk with other women who are going through the same thing. If a woman is breastfeeding, she needs to talk with her health care provider about taking antidepressants. Some of these drugs affect breast milk and should not be used.

The good news is that if you have PPD, there are things you can do to take care of yourself.

- Talk to friends and relatives about how you're feeling. You might be surprised to learn that they, too, have experienced PPD.
- Contact an Internet source for support such as [www.ivillage.com](http://www.ivillage.com) or <http://www.postpartum.net/> or <http://www.ppdsupportpage.com/>
- Talk to your doctor about possible medical treatment. Be aggressive about discussing your concerns; tell it like it really is. Not all health care providers recognize PPD if they haven't been told the whole story. If necessary, ask for a referral to a mental health professional that specializes in treating depression.
- Try to nap when the baby naps.
- Find a trustworthy babysitter and make a point to spend time alone with your husband.
- Join a local support group with other mothers, so you can learn how they coped and get their recommendations for health care providers.
- Do not spend a lot of time alone – get out/leave the house/invite someone over.
- Don't put pressure on yourself to do everything. Do what you can and leave the rest! Ask for help!

## Arthritis – Symptoms, Risks, Treatments

**Osteoarthritis** is the most common joint disorder and has unknown causes. It is a condition that is usually seen in older people, in their larger, weight-bearing joints, such as the hips, knees, and spine. The smooth cartilage lining of a joint begins to flake and crack through age and general wear and tear. As the cartilage deteriorates, the underlying bone can become thickened and distorted. This can make moving the joint so painful and restricted that the associated muscles are used much less. This leads to the degeneration of the unused muscles.

### *Symptoms*

Pain, swelling, and stiffness can occur at intervals of months or years. Although osteoarthritis often affects several joints, it rarely causes symptoms in more than one or two joints at a time. Pain may gradually become so severe that it disturbs sleep and limits everyday activities.

Swelling can vary from being hardly noticeable to making the joint appear extremely knobby and enlarged. The pain can be felt directly in the affected joint, or it may transmit to other parts of the body in what is known as referred pain. For example, the front of the thigh or knee may be very painful for someone with osteoarthritis in the hip.

### *Risks*

X-rays show some degree of osteoarthritis in most people over 40, whether they have symptoms or not. There are no life-threatening risks and it seldom becomes a serious problem. Certain occupations and sports are more often associated with the development of osteoarthritis, such as ballet or football.

### *Treatment*

Losing weight can help release some of the strain on weight-bearing joints. Resting frequently or using a cane can help ease pain. Heat is often an easy self-help treatment for joint pain. Most importantly, regular exercise prevents the muscles around the affected joints from becoming weak and minimizes symptoms. Physical therapy including exercise, massage and heat treatments are often recommended. Aspirin or ibuprofen can help relieve pain, but a doctor can prescribe another painkiller.

For severe pain, an injection of a corticosteroid drug into the joint can help. However, if it is used too often it can be damaging. Joint replacement through surgery can also be common.

## Diseases of the Heart

**Heart disease** (also known as coronary artery disease, atherosclerosis, and ischemic heart disease) is present in about 25% of all Americans. Since 1984, heart attack, stroke, and other cardiovascular diseases have killed more women than men each year. Heart disease kills more women than cancer, lung disease, diabetes, pneumonia, accidents, and AIDS combined.

Heart disease can develop from congenital defects, infection, narrowing of the arteries, high blood pressure, or other disturbances. In these conditions, there is a general inability to provide the heart with enough oxygen and other nutrients. Also, the blood that flows through narrowed arteries can form a clot and block an artery.

Common conditions for someone likely to develop heart disease include:

- Family history
- Smoking
- Stress
- Poor cholesterol levels (HDL under 55 and LDL above 130)
- Diabetes
- Age, especially post-menopause for women

### *Symptoms*

Symptoms vary according to the type of disease and unfortunately some types cause no symptoms early on. In 64% of women who died suddenly of heart disease, there were no previous symptoms. Generally, symptoms can include chest pain, shortness of breath, weakness and fatigue, palpitations, lightheadedness, or fainting. Heart pain can be caused when there is a discrepancy between the demand of the heart for oxygen and nutrients during times of a faster heart beat and the supply available to heart through narrowed or blocked arteries. Heart attack is actually a symptom of heart disease.

### *Risks*

People with **heart disease** are at risk for stroke. If a clot in an artery suddenly reduces the blood flow to part of the heart, there will be a heart attack. Women are less likely than men to survive a heart attack and are more likely to have a second attack. African-American women are 60% more likely than Caucasian women to die of heart disease.

Some people live with heart disease with no trouble. Others have to live a much more restricted and regimented life. They can have recurrent attacks of angina (heart pain) that requires them to modify their activities. Some must be very careful to avoid any kind of physical or emotional stress.

### *Treatment*

A physician will arrange for tests to evaluate the seriousness of each case of heart disease and then discuss a treatment program intended to reduce the risk of heart attack or stroke. Daily aspirin therapy may be suggested to help thin the blood and allow it to pass more easily through the arteries. Surgery options include the balloon angioplasty and coronary artery bypass grafting. If a clot can be discovered within 4 to 6 hours of developing, a physician may inject a clot-dissolving drug to restore blood flow.

**A heart healthy diet and exercise** can be the best bet for preventing some forms of heart disease. Diets should be low in salt, cholesterol and fat and be high in vitamin C with lots of whole grains, fruits and vegetables. Quitting smoking and losing weight can be big advantages in the [fight against heart disease](#).

Other symptoms of a candida overgrowth attack on tissues and organs are indigestion, bloating, fatigue, disorientation, numbness, memory loss, abdominal pain, anxiety attacks, depression, reduced coordination, headaches, rashes, and urinary frequency.

### *Risks*

If the candidal infection is able to spread throughout the body, there can be a 75% mortality rate.

Recurring yeast infections may be red flags to other serious diseases, such as diabetes, leukemia, or AIDS. Candida has been linked to almost every medical condition including cancer, heart disease, arthritis, alcoholism, hypoglycemia, and many others. In some cases, the fungi are infecting these individuals through the opportunity of their weakened systems. There is even the suggestion that candida albicans may cause autism and may exacerbate the behavior and health problems of autistic individuals.

### *Treatment*

Antifungal drugs and supplements can be helpful in battling the infections. Most effective, are extreme but temporary diet modifications that deprive the yeast of its food supply such as all sugars, dairy, refined carbohydrates, and yeast products. However, during the treatment of candida infections, there is a period of "die-off" reactions where the patient feels much worse before feeling better. These symptoms include headaches, abdominal problems, and other aches, and can be improved with exercise, and an increase in fiber and water intake. Most people feel better within 6 weeks to three months, with more severe cases taking as long as six months to two years for improvement.



## Low Sugar Conditions

When blood does not have enough glucose or sugar, a person has hypoglycemia. The muscles and cells in the body no longer have enough energy.

This condition occurs most commonly as a side effect of diabetes mellitus, especially if a patient is taking insulin injections or oral hypoglycemic medication. An attack of hypoglycemia can be brought on by taking too much insulin, not sticking to the rigid meal schedule, or unusually prolonged or strenuous exercise. Stomach surgery, certain cancers, various drugs, alcohol, liver disease, and high fevers can also cause hypoglycemia.

### *Symptoms*

Most hypoglycemic attacks start with a feeling of being hot and uncomfortable, leading to excessive sweating. Other symptoms include:

- Dizziness
- Weakness
- Trembling
- Hunger
- Blurred vision
- Slurred speech
- Headache
- Tingling in the lips or hands
- Aggressiveness
- Appearance of drunkenness
- Seizures
- Unconsciousness

### *Risks*

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Severe hypoglycemia attacks can lead to a diabetic coma, however, most episodes are caught and treated before that happens. A person who experiences frequent attacks should avoid driving a car, operating heavy machinery, and even swimming.

If an attack goes undetected for a prolonged period, such as at night, there may be permanent brain damage.

### *Treatment*

The best treatment of hypoglycemia attacks is the prevention of future attacks through the recognition of personal triggers and the recognition of initial signs. A person prone to episodes should always carry some sort of sugar, glucose tablets, or candy. Ingesting sugar at the onset can restore balance within a few minutes. Injections of glucose are available for people who have become unconscious.

A hypoglycemic person's schedule of prescriptions and insulin should be reviewed with a doctor to check for any attack-causing combinations.



## PMS Support

Diet plays a crucial role in the **treatment of PMS**, and I've found that many women experience exacerbated symptoms of PMS when their blood sugar is not under control. In fact, controlling blood sugar is a crucial step in eliminating PMS. Many women are relieved to learn that their sugar cravings are not the result of a weak character but have an actual physiological cause. After ovulation, which occurs about two weeks before a period, the insulin-binding capacity of the body's cells change, affecting the response to sugar in the diet. Also, certain vitamin and mineral deficiencies, especially a chromium deficiency, can contribute to sugar cravings.



To relieve sweet cravings, eliminate sugar from your diet. In addition, to keep insulin levels steady and thus eliminating cravings, it's important to have regular meals at regular times and make sure you have enough protein in your diet (fish, chicken, or turkey) at lunch and dinner.

Chromium is also quite helpful in stabilizing blood sugar and eliminating sweet cravings. Though not many people are seriously deficient in chromium, many have a marginal deficiency. Regular exercisers, people who drink lots of coffee or tea, or people who eat a lot of sugar are more likely to have chromium deficiencies. This means that people who have a sweet tooth are often the least able to metabolize sugar effectively because of insufficient chromium stores. Many women find chromium to be extremely helpful.

Dietary fat is also a factor in contributing to PMS. Studies have linked dietary fat with prostaglandin levels and plasma estrogen levels. If you reduce the fat, the prostaglandin and estrogen levels go down, which helps to relieve symptoms. There are some good fats: olive, safflower,

and linseed oil all contribute to the production of certain prostaglandins that can help relieve many PMS symptoms.

Salt in the diet causes fluid retention and thus contribute to weight gain, tenderness and swelling, and a generally bloated feeling. There's also recent information that sodium elevates the plasma glucose response. What this means is that excess salt in the diet creates a stronger reaction to the sugar and can contribute to low blood sugar, making you feel weak and irritable.

Most women don't realize the role that fiber plays in PMS. It has recently been recognized that fiber increases the intestinal clearance of estrogen. Too much estrogen is thought to be a contributing factor to the development of certain PMS symptoms. An increase of fiber, particularly in the two weeks preceding the period, can help to cut down on unwanted symptoms as well as contribute to overall good health.

## Endometriosis

More than five and half million women in North America have **endometriosis** (abnormal growth of endometrial cells), making it one of the most common female afflictions. Pain and infertility are the two most common symptoms of the disease.

Quality of life can be adversely affected by the pain, which may occur before/during/after sex, in association with menstruation, during urination or bowel movements. Some of the other symptoms include frequent miscarriage, intestinal upset, fatigue and PMS.

It is possible to have endometriosis without ever experiencing pain, in which case a woman doesn't even know she has it until she is diagnosed when the inability to get pregnant leads her to a doctor. Medical experts do not agree on the exact cause of endometriosis. There are a number of theories that try to describe the causes of the disease.

A major theory about the cause of endometriosis involves genetic structure. The disease could be inherited, or result from genetic errors, making some women more likely than others to develop the condition.

If scientists can find a specific gene or genes related to endometriosis in some women, genetic testing might allow health care providers to detect endometriosis much earlier, or even prevent it from happening at all.

There are other possible causes, as well. Estrogen, a hormone involved in the female reproductive cycle, seems to advance the growth of endometriosis. Research is currently looking into endometriosis as a disease of the endocrine system (the body's system of glands, hormones, and other secretions). Or, it may be that a woman's immune system does not remove fluid in the pelvic cavity properly, or the chemicals made by areas of endometriosis may irritate or promote growth of more endometriosis.

A leading study is determining the role of the immune system in either starting or growing endometriosis. There is much research that focuses on determining whether environmental agents, such as exposure to synthetic chemicals, cause the disease. Another important area of

research is the search for endometriosis markers. These markers are substances made by or in response to endometriosis that health care providers could potentially measure in the blood or urine. If markers are found, scientists could diagnose endometriosis by testing a woman's body fluids, thereby reducing the need for surgery to confirm the disease.

Currently, physicians have several tests at their disposal for endometriosis diagnosis. Imaging tests produce a "picture" of the inside of the body, which allows them to locate endometriosis areas. Two major imaging tests are ultrasound (use of sound waves) and magnetic resonance imaging (MRI) (use of magnets and radio waves to make the picture).

Laparoscopy is usually performed to verify the presence of endometriosis. Probably the most common symptom of endometriosis is pain, mostly in the abdomen, lower back and pelvic areas. The amount of pain felt does not correlate to how much endometriosis there actually is. Some women have no pain even though their endometriosis is extensive, meaning that the affected areas are large or that there is scarring. However, some women have severe pain even though they have only a few little endometriosis areas.

There a number of treatments for pain related to endometriosis. Pain treatments include:

Pain medication – if pain is mild, medication may work well. The medication can possibly be an over-the-counter remedy, but strong prescription drugs for managing pain are also available.

Hormone therapy – hormones can be delivered in pill form, injection, or in a nasal spray. Common hormones used to treat endometriosis are progesterone and progestin, GnRH (gonadotropin-releasing hormone) birth control pills, and danocrine. Current research is exploring the use of other hormones in treating endometriosis and its related pain.

Surgical treatment – when the endometriosis is extensive, or in the presence of severe pain, surgical treatments are generally recommended.

## Menopausal Information

If you have healthy lifestyle habits and are managing your stress effectively, you are likely to breeze through [menopause](#) without any major problems.

Health problems as menopausal symptoms represent imbalances in the body that were already growing in the body and are unmasked by the stress of shifting hormones. Menopausal symptoms are Nature's wake-up call to let you know you need to start paying more attention to your health. Age 45-55 is a critical decade as it provides the foundation on which your later health is laid.

While eating a healthy diet and getting enough exercise provides the foundation of good health for everyone, each woman's menopausal experience is unique. Symptoms vary from woman to woman. Knowing precisely how your body is out of balance can guide you in selecting the key lifestyle changes you should make to relieve your symptoms.

Diet also plays a key role in balancing hormones during and after menopause. It is well known that Japanese women rarely experience hot flashes, probably because their diet contains large amounts of soy, a food rich in certain plant estrogens called "isoflavones". Soy products are not the only source of plant estrogens, however. Another equally healthful source of phytoestrogens are "lignans," compounds found in a variety of whole foods including grains and cereals, dried beans and lentils, flaxseed, sunflower seeds and peanuts, vegetables such as asparagus, sweet potatoes, carrots, garlic, and broccoli and fruits such as pears, plums, and strawberries.

The important point to remember at midlife is that health problems don't pop out of nowhere when your estrogen levels start to fluctuate and fall off. Rather, it is the cumulative effects of damaging lifestyle habits – late nights, fast food, eating on the run, lots of stress, too little exercise – over decades that set in motion chronic disease and aging well before menopause. The good news is that with a few basic lifestyle changes, imbalances can be resolved, paving the way for a smooth menopause transition and great health in the years to come.

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## Facts You Need to Know About Osteoporosis

Many health articles indicate that the first time a person realizes that they have osteoporosis is when a fracture occurs, often without a slip or fall. As these symptoms do not usually occur at the early stage of the condition, osteoporosis is sometimes difficult to detect.

### *What is Osteoporosis?*

Most health articles describe osteoporosis as a condition that causes thinning or weakening of the density of bone mass. Often covered in menopause information, osteoporosis means a person will have weaker bones and a higher risk of bone fracture. Osteoporosis is not arthritis, which leads to problems in joints due to cartilage wear. Rather, osteoporosis is a problem of the bone and its ability to support the weight of your body.

Menopause information further says there are two main categories of osteoporosis – Type 1 and Type II. Type I osteoporosis occurs in post-menopausal women and is caused by estrogen deficiency. Type II osteoporosis is due to aging and calcium deficiency over long periods of time. While generally assumed they are typical menopause symptoms, Type II osteoporosis occurs in both men and women.

### *What causes osteoporosis?*

Both men and women reach their peak bone mass in the third decade of life. After that, bone mass gradually and steadily decreases. In pregnant and lactating women, the rate of bone mass will temporarily decrease when the increased calcium demands of pregnancy or breastfeeding are not met by increased dietary intake of calcium. Menopause symptoms also show a significant decrease of bone mass in the immediate post-menopausal period. Women are especially prone to developing thin bones because they don't develop as much bone while younger and the rate of bone loss in women is greater than men. Because of this, health articles indicate age and gender are the most important risk factors for developing osteoporosis.

Other important risk factors that may contribute to developing osteoporosis include northern European ancestry, hypothyroidism, anti-convulsive medications, and a sedentary lifestyle. Americans are

especially prone to developing osteoporosis - the exact cause of this is not known. We do know that this is not entirely related to ancestry as studies have shown that individuals that integrate into the United States from other countries develop an American's higher risk of osteoporosis.

#### *How is osteoporosis diagnosed?*

The most useful test is called bone densitometry or dexta scan. While this test does require special equipment, it was proven safe, however, exposes the patient to small amounts of radiation that is useful for detecting early osteoporosis.

#### *What is the Treatment for Osteoporosis?*

There are three major treatments, which include exercise, nutrition supplementation (up to 1500 mg. of calcium supplement daily), and medication. Since often included in menopause symptoms, hormonal replacement therapy, or HRT, helps maintain and potentially increase bone mass after menopause. While there are other side effects to HRT, such as uterine and breast cancer, blood clots, and strokes, estrogen (or HRT therapy) may be effective for osteoporosis.

In summary, it is of the utmost importance that all individuals (especially women) remain active to help maintain strong bones. Even simple forms of exercise, like walking or aerobics, help significantly. Maintaining adequate calcium intake and potentially HRT should be considered.

## Osteoporosis - Do You Know if You are Susceptible?

Osteoporosis is a disease that thins and weakens bones to the point where they break easily — especially bones in the hip, backbone (spine), and wrist. Osteoporosis is called the “silent disease” — you may not notice any changes until a bone breaks. But your bones have been losing strength over many years.

Bone is living tissue. To keep bones strong, the body is always breaking down old bone and replacing it with new tissue. As people enter their 40's and 50's, more bone is broken down than is replaced. A close look at the inside of bone would show something that looks like a honeycomb. When you have osteoporosis, the spaces in this honeycomb grow larger. The outer shell of your bones also gets thinner. All this makes your bones weaker.

### *Who Gets Osteoporosis?*

Ten million Americans have osteoporosis, and eight million of them are women. About 34 million more have *osteopenia*. This means they don't have osteoporosis yet, but have lost enough bone to make them more likely to get it. One in two women and one in eight men over age 50 will have an osteoporosis-related fracture during their lives. White and Asian women are most likely to get osteoporosis. Other women at great risk include those who:

- have a family history of the disease,
- have not gotten enough calcium throughout their lives,
- had an early menopause,
- had surgery to remove their ovaries,
- had extended bed rest,
- used certain medicines for a long time, or
- have small body frames.

The risk of osteoporosis grows as you get older. Bone loss may begin slowly in some people when they are in their late thirties. At the time of menopause women may lose bone quickly for several years. Then the loss may continue but more slowly. As men age, they do not have the same kinds of striking hormone changes as women do in mid-life

because they do not have a menopause. In men the loss of bone mass occurs more slowly. But, by age 65 or 70 men and women are losing bone at the same rate.

### ***How Do I Know If I Am Losing Bone?***

Losing height or having a bone break easily is often the first sign of osteoporosis. But it doesn't need to be. *Bone density* is a term that describes how solid your bones are. Ordinary x-rays do not show bone loss until a large amount of bone mass is gone. The best way to measure bone density is by a DEXA-scan (dual-energy x-ray absorptiometry). Ask your doctor about this test if you think you are at risk for osteoporosis or if you are a woman around the age of menopause or older.

The DEXA-scan tells what your risk for a fracture is. It could show that you have normal bone density. Or, it could show that you have osteopenia or even osteoporosis.

## What is Osteoporosis

Osteoporosis is a medical condition that will affect a greater percentage of the population as the baby boomers age.

What is Osteoporosis? Osteoporosis is a disease of the bones that leads to fragile bones, higher risk of bone fractures, specifically hip, spine, and wrist. The disease is typically decreased bone mass and a deterioration of bone tissue, which is actually structural.

### *Osteoporosis Symptoms:*

- Chronic dull pain in lower back or neck
- Loss of height and stooped posture.
- A curved upper back (dowager's hump).
- Broken bones (fractures) that might occur with a minor injury, especially in the hip, spine, and wrist.

### *Prevention*

Building strong bones during childhood and adolescence can be the best defense against developing osteoporosis later. The average woman has acquired 98% of her skeletal mass by age 30.

There are 4 steps to prevent osteoporosis (No one step along is enough to prevent osteoporosis):

- A balanced diet rich in calcium and vitamin D
- Weight-bearing exercise
- A healthy lifestyle with no smoking or excessive alcohol intake
- Medication to improve bone density when appropriate.

## A Lost Trace Mineral

Do you have a health problem that's plagued you for some time without relief no matter what you've done? Do you need more energy, a slimmer, trimmer body, a more youthful appearance, stronger muscles, or a host of other positive and healthful changes to your life?

All this may be easily attainable with a mineral, Indium. Minerals help the structural components of the body. They also serve as catalysts that help regulate other bodily processes. Minerals have been used to treat anemia, dermatitis, skin diseases, epilepsy, tuberculosis, convulsions, rickets, premature gray hair, tooth problems, stomach problems, and many more. Through studies, it has been learned that Indium helps the body absorb and use more of the other trace minerals that it would otherwise.

Frequently asked questions:

- How does Indium taste?
- It has a clean, strong tart taste.
- Is Indium safe?

Yes. Tests show that it would have to be 1,000 times stronger to make a mouse sick. Most other trace elements are not that safe.

### *How fast does it work?*

It starts affecting glands the first day, but most new user benefits take over a week to reach a noticeable level.

### *How do I get the most benefits?*

By taking Indium only upon arising, before brushing teeth, with no other food, drink, or medicine in the mouth for at least ten minutes after taking the Indium. Undigested food in the stomach may compound with Indium, rendering it useless, thus, the need not to eat right before bedtime., rendering it useless, thus, the need not to eat right before bedtime.

*What benefits can I expect from Indium?*

Long-term reduction of rates and appearances of aging. A better immune system, reducing the severity and duration of colds, bruises, and healing. Faster memory, less sleep, enhanced sense of well-being replacing depression, and much more.

*What is Indium?*

Element #49, Indium, is a soft mineral that is never found as a water-soluble compound, so it is never in any food, or our bodies. It is about the tenth most scarce of all available elements. On the Periodic Table of the Elements, Indium connects the two largest groups of elements known to be useful to mammal nutrition. Thus, it becomes a true “missing link”.

*How pure is Indium?*

It is 99.99% pure. Few other nutritional compounds are this pure.

*Are there precautions or contraindications?*

Indium is not for use on broken skin or in the eyes. It may have no benefits for Type One diabetics. The very low thyroid condition may correct too fast, producing a unique pressure headache. This is noticeable only upon awakening and is relieved by any activity. Stop intake until cleared, then try taking Indium one day a week, then two days apart, three days, and so on. Expect gradual disappearances of dry skin, dry hair, fatigue, anemia, bowel problems, irritability and poor physical strength. Also expect gradual benefits of weight loss, less sleep, and more energy. This may take as long as 4 months, as the life cycle of red blood cells is about 120 days.

A source of iodine is essential in the diet. Morton Lite Salt is especially effective in supplying needed iodine and rejecting excess water. Historically, “Long term normalized thyroid is among the greatest of needed improvements in lifestyle known to medicine”. Older people are slowest to respond, but the effort is well worth it. Be patient.

NOTE: Headaches upon arising is a sign that the Indium use is proceeding too fast for that person. Take less Indium for a short time.

*Will Indium make me stronger?*

Not directly. But you will be able to extend your limit of activity as the Indium hastens the removal of lactic acid. Thus, pain during exercise will be lessened, and you can work harder.



## Calcium, the body's most abundant mineral

Our bodies are made up of many substances, but as far as minerals go, calcium is the most abundant! About 1% is in the tissues and fluids, used by the cells for metabolism, by the muscles for contraction, and by the nerves to transmit nerve impulses. It is an agent in the blood's ability to clot. The other 99% - the huge majority - is found in our



bones and teeth (the 20 we have as babies and the 32 we have later). Bone mass is not only affected by calcium intake, but also by adequate Vitamin D intake and weight-bearing exercise.

It is believed that calcium intake in children is directly linked to osteoporosis in adulthood, so it is important to establish good eating/drinking habits early. Since growth and bone formation is occurring at such a fast rate during puberty, it is very important for the child to get enough calcium at that time. Bone fractures in children appear to be linked to drinking cola drinks; it's not certain if this is because drinking cola takes the place of drinking dairy products, or if there is actually something in the cola that impairs bone mineral status.

Hormones control the movement of calcium between the bones, blood, tissue and the other parts which use it. Vitamin D is important in assisting the bones to reabsorb calcium, which is why milk is usually fortified with the vitamin.

Sources of calcium in the diet include dairy products, enriched cereals and calcium fortified orange juice, sweet potatoes, sardines or salmon with the bones, and certain nuts and seeds (almonds, Brazil nuts, sunflower seeds and sesame seeds). Leafy green vegetables (including broccoli), oranges, tofu and dried-beans, -peas and -fruit also provide calcium. As you can see, there is a wide variety of foods from which to get calcium.

There are many calcium products on the market to ensure adequate intake, something most people, especially women, don't get on a regular basis.

## Are You In Depression?

If you have been feeling down, your thoughts can easily turn to stress or to a deeper feeling of sadness. There is a big difference between feeling down and suffering from depression. It's natural to feel sad about losing a loved one, or to be upset because you were laid off, or to worry about your health. However, when that sadness and being upset lasts a long time or keeps returning, or when your everyday life is just too difficult, you may be suffering from depression. However, whether you 'fit' the depression diagnosis or not is unimportant. If you are feeling so down that you need to do something about it, that is enough.



What are the signs that can indicate depression and the need for medical care?

- Exhaustion on waking
- Disrupted sleep, sometimes through upsetting dreams
- Early morning waking and difficulty getting back to sleep
- Loss of interest in things you used to enjoy
- Difficulty concentrating during the day
- Loss of appetite
- Improved energy as the day goes on
- Anxious worrying and intrusive upsetting thoughts
- Becoming emotional or upset for no particular reason
- Shortness of temper, or irritability
- Feelings of worthlessness or excessive or inappropriate guilt
- Wondering if living is worthwhile

Not all people have all of these, and some have different signs, but if you are depressed, at least some of these will probably be true with you.

There are also physical effects of depression. The individual signs of depression are the way you feel in diagnosing depression. So it's easy to see why there is so much confusion, as the signs are generally common emotions and feelings.

According to the National Mental Health Association, women are more than twice as likely to experience clinical depression, and in five women can expect to develop it during their lifetime. While most women are at no greater risk for depression during menopause, women with a history of depression may be more likely to experience a recurrence during menopause. Men, by contrast, tend to retreat into drinking, work or simply become withdrawn. If you suspect you are suffering from depression, seeing your personal care physician is a good first step. Only a qualified doctor or health practitioner can formally diagnose you with clinical depression. However, how they reach this diagnosis gives an incredibly important insight into how to treat depression.

A well balanced diet and scientifically advanced nutrition products will build up your body's natural defenses.

## **Constipation**

A recent study shows that constipation is not only uncomfortable and painful, it allows the toxins to spread into your entire intestine and digestive track causing damage, ultimately, resulting in serious disease.

Numerous studies at various scientific levels promote regular elimination of toxic by-products as key to maintaining good health. Do not allow constipation to back-up your system to the point where deadly toxins stay in your system.

Women especially suffer from periodic irregular bouts of constipation. While this is not a popular subject, it's nonetheless a relevant topic due to today's stressful living, poor eating habits, and preponderance of processed foods.

Do you suffer from episodic bouts or regular constipation with all the unfriendly side-effects like pain and bloating, indigestion, sleepless nights, and irritability.

You do not have to live like this any longer!

Eat the fiber rich foods listed here regularly and also get exercising. Getting the body moving can do wonders. Yoga is also known to stimulate the colon – with all the stretching and bending forward.

#### Good Sources of fiber:

Whole-grain rye crackers (2) 2.2 gms  
 Sunflower seeds ¼ cup 2.3 gms  
 Apple, medium with skin 2.5 gms  
 Broccoli, ½ cup 2.5 gms  
 Kiwi 2.6 gms  
 Bran muffins, medium 2.8 gms  
 Peanuts, dry roasted ¼ cup 2.9 gms  
 Orange, medium 3.1 gms  
 Brussel sprouts, ½ cup 3.4 gms  
 Pear, medium with skin 4.3 gms  
 Oat bran, raw 1/3 cup 4.9 gms  
 Bran flakes, ¾ cup 5.3 gms  
 Baked beans, ½ cup 7.0 gms  
 Black beans ½ cup 7.7 gms  
 Black-eyed peas, ½ cup 8.5 gms  
 All-Bran cereal, 1/3 cup 8.5 gms  
 Fiber One cereal, ½ cup 14.0 gms

## DIABETES PRIMER

16 million individuals in the United States are at risk of developing Type 2 diabetes. The diabetes Prevention Program demonstrated that with lifestyle changes that included weight loss and an exercise program, the incidence of type 2 diabetes was reduced by 58%.

[hormones-beauty-health.com](http://hormones-beauty-health.com)

Participants lost 5%-7% of their body weight by reducing their fat intake. The focus was placed on fat in an attempt to reduce calories, as well as establish healthy eating habits. Fat was 25% of the total calorie intake. The weight-loss goal was 1-2 pounds per week.

Weight	Fat Goal	Calorie Goal
120-174 lbs.	33 gms.	1,200 calories
175-219 lbs.	42 gms.	1,500 calories
220-249 lbs.	50 gms.	1,800 calories
250-300 lbs.	55 gms	2,000 calories

### *Did you know*

When exercising, muscles need to stretch beyond where they are when sedentary. If your muscles are tight from not stretching, you have an increased risk of pulling or tearing a muscle. Stretching can also be done as a stand-alone exercise in order to improve range of motion or as a preparation for more vigorous exercise. If muscles are flexible, there is less chance of injury. It is important to stretch before and after exercise and strength training.

Begin with a brief warm-up of 4-5 minutes of light exercise. A good stretch is to move into position until you feel a mild tension, and then stop. Hold the stretch and concentrate on how it feels. Breathe slowly. After 15 seconds the tightness should be reduced and you can then move farther into the stretch until you feel a mild tension again. Hold this position for 10-20 seconds. If you feel pain, stop stretching immediately.

11 million people with Type 2 diabetes also have high blood pressure. Eighty percent of all people with diabetes are at risk of developing blood vessel disease or heart disease.

*Did you know*

Research has shown that the risk of heart disease, diabetes, osteoporosis, obesity, hypertension, and cancer is greatly diminished by those who participate in a regular exercise program. Remaining physically active as you get older offers a myriad of health benefits. The National Academies' Institute of Medicine recommends at least an hour of physical activity a day. That activity may occur throughout the day and may include housework, gardening, walking, swimming, or taking an exercise class. The important element is to be physically active. Exercise builds muscle strength, increases and maintains flexibility and range of motion, and improves balance.

*Did you know*

97 million individuals are overweight or obese. The prevalence of obesity has increased by 60% in the past 20 years. Obesity is a chronic disease that is linked to diabetes, heart disease, hypertension, stroke, and some forms of cancer. A 5%-7% weight loss is effective in improving blood glucose control. There is no quick way to lose weight. Weight loss of 1-2 pounds a week is an achievable goal.

Some ways to lose 500 calories a day:

Food	Substitute	Calorie Reduction
Regular Soda	Diet Soda	135
Regular Yogurt	Low-fat Yogurt	120
Regular Beer	Water	180
Danish Pastry	Orange	250
Meatball Sub/cheese	Turkey sub/mustard	315

*Did you know*

Eating five servings of fruits and vegetables a day is a major factor in preventing heart disease, stroke, and cancers. In 1991, the National Cancer Institute established a goal that all Americans would be eating five servings of fruit and vegetables a day by the year 2000. The goal was not met, only 32% of adults and only 25% of those between the ages of 2-18 actually eat five servings a day. How many do you eat a day?

Why are fruits and vegetables so important? They are rich in antioxidants, fiber, and health-protecting phytochemicals. So, rather than spending thousands of dollars on nutrition supplements, increase your intake of fruits and vegetables.

Did you know

Blood glucose levels may be measured at different times of the day in order to obtain information to assist you in managing your diabetes.

Fasting blood glucose levels are usually measured in the morning following a fast of eight or more hours. Postprandial blood glucose levels are usually measured two hours after a meal to provide information on the effect of the meal on blood sugar levels. The Hemoglobin A1C is a blood test that measures long-term blood glucose control. The life of a red blood cell is three months; therefore, if your red blood cells are bathed in high levels of blood glucose, then the red blood cell will be coated with blood glucose. The measurement of this coating is the A1C level.

Did you know

Breakfast is the most important meal of the day. Research has demonstrated that during a fasting state, the basal metabolic rate slows down and is stimulated by food intake. Therefore, if you do not start your day off with breakfast, your body's metabolic rate will remain sluggish. Breakfast will ensure that you have enough energy to have a productive day, stimulate your brain, and provide energy for your muscles. It will also prevent you from overeating the rest of the day. Start your day with a piece of fruit. Eating fruits and vegetables will provide more energy, make you feel better, and assist you with weight loss.

Healthy Eating Tips:

- Start your day with breakfast
- Eat breakfast containing protein, a carbohydrate containing fiber, and no more than 5 gms of fat.
- Try a new fruit for breakfast at least once a week.



- Add raisins or a banana to your cereal.
- Eat a fruit with each meal
- Eat raw vegetables or fruit as a snack – carrots, apple, pear, orange, strawberries

### *Did you know*

There are a variety of devices available to assist with insulin administration. Most insulin solutions are also available in pre-filled insulin pens or cartridges. Insulin pens are available with 150 units or 300 units of insulin. An insulin pen looks like a pen. Some pens are disposable, while others use a replacement cartridge that is inserted in the pen. A very short, disposable, fine needle is attached to the tip of the pen and a dial allows you to select the desired dose.

A pre-filled, disposable Novolin InnoLet® doser has a large dial with 1-unit increments, which is easy to read. The audible clicks assist you in selecting the correct dose. To use, dial the dose, insert the needle, and press the large PUSH button. Other insulin dosing devices are the Innovo®, which is larger than a pen, and the InDuo®, which is a device with an insulin doser and a LifeScan meter in a single unit.

The insulin injector propels a fine spray of insulin into the skin through a high-pressure air mechanism.

An insulin pump is a device about the size of a pager, attached to an infusion set in which a needle is placed under the skin and a continuous infusion of insulin is provided. The purpose of the pump is to mimic the function of the pancreas as close as possible. The amount of insulin delivered by the pump is a preset basal rate and allows for boluses to be given when food is ingested.

### *Did you know*

Stress is a normal part of life, and it affects your blood sugar. Stress can have a physical or psychological cause. Stress causes your body to react as if it were under attack, causing the release of hormones, which in turn release glucose into the blood, resulting in an elevated blood

sugar. In order to keep your blood sugar under control, it is important to minimize or learn to control stress in your life.

What you need to do to reduce your stress:

- Be positive
- Eat healthy
- Exercise daily
- Learn relaxation techniques
- Spend time with positive people
- Get plenty of rest and sleep
- Limit your intake of caffeine
- Think positive thoughts
- Take time every day just for you
- Avoid situations that cause stress
- Listen to music that makes you happy
- Accept that there are events you cannot control

#### *Did you know*

Alcohol may be included in a meal planning, however, those with diabetes should be aware that alcohol has the potential to lower your blood glucose. Alcohol is rapidly absorbed into the bloodstream; by eating while drinking you can slow down this process. Alcohol inhibits the liver from making glucose, therefore, risking a low blood sugar reaction if you are not taking in carbohydrates. The effects of alcohol can last as long as 8-12 hours. Alcohol has no nutritional value, but does provide 7 calories per gram. Alcohol should be partaken in moderation, a maximum of 1 or 2 drinks by those whose diabetes is in good control.

Tips:

- Drink slowly, spread out over a number of hours
- Always eat while you are drinking

- Choose drinks that have a low alcohol content – light beer, light or dry wines
- Avoid pre-mixed drinks; they have high amounts of sugar
- Always carry a quick-acting carbohydrate to treat low blood sugar
- Check with your doctor to determine if alcohol will interfere with any of your medications
- If you have been drinking, be sure to have a snack before going to bed

## Low Sugar Conditions

When blood does not have enough glucose or sugar, a person has hypoglycemia. The muscles and cells in the body no longer have enough energy.

This condition occurs most commonly as a side effect of diabetes mellitus, especially if a patient is taking insulin injections or oral hypoglycemic medication. An attack of hypoglycemia can be brought on by taking too much insulin, not sticking to the rigid meal schedule, or unusually prolonged or strenuous exercise. Stomach surgery, certain cancers, various drugs, alcohol, liver disease, and high fevers can also cause hypoglycemia.

### *Symptoms*

Most hypoglycemic attacks start with a feeling of being hot and uncomfortable, leading to excessive sweating. Other symptoms include:

- Dizziness
- Weakness
- Trembling
- Hunger
- Blurred vision
- Slurred speech
- Headache
- Tingling in the lips or hands
- Aggressiveness
- Appearance of drunkenness
- Seizures
- Unconsciousness
- Risks

Severe hypoglycemia attacks can lead to a diabetic coma, however, most episodes are caught and treated before that happens. A person

who experiences frequent attacks should avoid driving a car, operating heavy machinery, and even swimming.

If an attack goes undetected for a prolonged period, such as at night, there may be permanent brain damage.

### *Treatment*

The best treatment of hypoglycemia attacks is the prevention of future attacks through the recognition of personal triggers and the recognition of initial signs. A person prone to episodes should always carry some sort of sugar, glucose tablets, or candy. Ingesting sugar at the onset can restore balance within a few minutes. Injections of glucose are available for people who have become unconscious.

A hypoglycemic person's schedule of prescriptions and insulin should be reviewed with a doctor to check for any attack-causing combinations.

## Head Hurt? Headaches?

Headaches are one of Americans' most common medical complaints. Nearly 90 percent of us suffer from a headache at some time. The majority of headaches are either tension headaches or migraine headaches, both of which are more common in women.

### *Tension-type headaches*

This type of headache usually affects both sides of the head. They may involve dizziness and mild nausea, but unlike migraines, tension-type headaches rarely prevent people from carrying out normal activities.



Some people describe the pain as pressure, tightness, a constant dull ache, or a squeezing, like a band around the head. The pain may be spread throughout the head or concentrated at the base of the skull or the front of the head.

### *Causes of headaches?*

As stated earlier, over 90% of the population suffer from occasional tension-type headaches. Even so, very little is known about the precise causes. Mental or muscular tension is usually associated with these headaches, but does not necessarily cause them. They are most common in women and in people with a family history of headaches. Additional factors that make people more likely to have tension-type headaches have been identified as:

- emotional or psychological problems such as depression, anxiety or stress,
- certain muscular disorders and poor posture,
- the over-use of headache relieving medication.

Occasional headaches are referred to as episodic headaches. They can last from half an hour to a week and may be brought on by obvious factors such as overwork, emotional upset or the approach of a menstrual period.

### *Chronic headaches*

When the headaches are prolonged or very frequent, they are referred to as chronic. About 3% of people suffer from this type of headache - some have a headache nearly every day and this can go on for years. Individuals who suffer from this kind of persistent headache often fear that there may be a serious underlying cause such as brain tumor, but it is extremely unlikely that this is the case.

### *Treatment*

Some people are prone to both tension-type headaches and migraines. Each condition may require individual treatment. Headache treatment depends on what caused it. A headache arising from visual problems can often be cured by eyeglasses. An infection headache of the sinuses or ears is relieved when the infection subsides. But the most common headaches are usually treated with painkillers.

For most people, headaches get better on their own and no treatment is required. Occasional, mild headaches can also be treated successfully by simple over-the-counter pain relievers (analgesics) such as aspirin and ibuprofen. Ask your pharmacist for advice and always follow the instructions about dosage.

People who get chronic headaches may need to avoid analgesics altogether. The preferred approach to managing chronic headache is to use preventive medication. Anti-depressant drugs have been shown to help prevent some chronic headaches when taken in small doses (lower than that used to treat depression) before going to bed every night.

### *Migraine*

Even more debilitating is the migraine - a severe headache which can last for several days, and may also be accompanied by dizziness, nausea, irritability, and vision disturbances. Some forms of migraine appear to stem from irritation of the nerves in the cervical spine, or may, be triggered by muscle tension.

### *Lifestyle Change*

As tension-type headache is associated with emotional factors such as anxiety and stress, it is important to look at the part these may be

playing and to make any changes to lifestyle that are possible. For example, if over-work is causing anxiety and fatigue leading to headaches, the individual's workload is part of the problem and needs to be addressed.

Various forms of the relaxation have also been tried for the treatment of chronic headache. Studies have shown that it is effective in some people, but for the benefits to last, any relaxation practice needs to be incorporated into day-to-day life. Balancing approaches may be helpful in reducing stress and aiding relaxation. Great examples are reflexology, yoga or massage, and aromatherapy.



## Cluster Headaches

What happens 6 times more often in men than women, may show up on and off for decades, and has been known to drop many a man to the floor, kicking, moaning, trying to pry the eyeball out of the socket and banging the head on any available hard surface? If you said “cluster headaches” you’re right.

Cluster headaches have been recognized for more than a hundred years, but not until the 1950’s has it had a name. At the onset of a headache the eyelid will generally droop and pupil dilate on the affected side. Within 5-10 minutes the headache is there in full force. For a month or two the victim will have at least 3-4 excruciating headaches a day/night (each one lasting between 30-60 minutes or more), then the headaches pretty much stop for perhaps as much as a year. This type of headache most often begins in the 20’s, but the first episode has also been documented in children and senior citizens. According to studies it appears that 2 a.m. is the most common time for one to appear, and they seem to return day after day at the same time. Most of them affect the eye/ temple/ cheek/ forehead area, usually one side of the face), but the pain may be referred to the back of the head. Cluster headaches are often misdiagnosed as migraine headaches. The eye and nose on that side of the face may become runny, swollen and red. The pain is so severe that until a diagnosis is made the victim will often suspect a brain tumor!

There are various treatments available, but it usually takes much trial and error to get the drug or combination of drugs that works best for each individual. Some of the medications that are used satisfactorily by migraine sufferers have no effect on cluster headaches. Imitrex shots can be given to oneself, but they are VERY expensive and can only be prescribed in limited amounts. Some very innovative person has discovered that by only giving part of the medicine at a time the prescription lasts for the whole episode and still provides relief. Other medicines include lithium (which can have an adverse effect in migraine) and prednisone. Oxygen treatments using 100% oxygen administered through a tight fitting mask are helpful in as many as 80% of the patients. As with all the treatments described here, it is important to start it as soon as possible and to follow safety precautions. A prescription “numbing” inhalant can provide relief for some –

inhalants work much faster than a pill, which can take days or even weeks to take effect. It has also been asserted that drinking great quantities of water can be beneficial.

Surgery and Neural Blockade have varying degrees of success. Sometimes hospitalization is required primarily for the sedation that can be achieved there. During an episode of headaches it is essential that the person NOT SMOKE. Alcohol is often a triggering factor – before the first drink is even finished. It is difficult for the family and friends of a cluster headache sufferer to fully sympathize, because they've experienced "regular" headaches, or even migraines and may believe "you just have to tough it out".

## Tension Headaches

A tension headache, aka stress headache, can be as painful as a migraine. It generally occurs during the day and feels like an all-over dull achy feeling and a sensation of pressure on the head. Sometimes the neck muscles feel tight as well. Tenderness of muscles at the base of the skull, through the shoulder area and in the upper arms might be felt. If you have been clenching or grinding your teeth, the jaw area will be sore too.

A tension headache is different from a migraine in several ways. Both occur most often in women, but a migraine will generally affect one side or the other of the head. Another difference is the age of onset: a migraine condition often begins in the teen years, where tension headaches often don't occur until middle age. Although a tension headache can be extremely painful, it doesn't usually cause vomiting and sensitivity to light and sound the way a migraine does.

There are many non-prescription pain relievers on the market that can alleviate tension headache pain, but sometimes a prescription is recommended, perhaps for anxiety or depression. Other methods of treating this type of headache include biofeedback, relaxation techniques and massage. Meditation and yoga are relaxing activities that can cause a tension headache to lessen in severity or to go away completely. Sometimes a hot shower is all it takes to remedy a tension headache. It is possible that removing yourself from the stressful environment, whether it be a walk in the fresh air or even a long weekend away, could be just the thing you need.

## Migraine Headaches

Headaches afflict roughly 45 million Americans. More than half of those people have a specific type of headache called migraine - a condition that often leaves the victim sensitive to light and sound, nauseous, and in a great deal of pain. Migraines afflict people of both sexes and of all ages, but it is most common in adult women. In the junior high age category, girls are more likely to suffer with migraines than boys. It is believed that hormones play a big role in migraine headaches. There are certain things that will set the headache off (the trigger), and certain things that can be done to relieve the pain. First, a diagnosis by your doctor is necessary to rule out other possible causes of the pain.

Within the category of migraine headaches there are two primary types: classic and common. There are also 6 less common types of migraines, including one called "headache free migraine". Classic migraines are known for the "aura" that occurs 10-30 minutes before the actual pain. These neurological symptoms may include problems with the eyes (flashing lights, zig zag lines, temporary loss of vision etc.), problems with speech, sensitivity to odor and/or sound, confusion, and/or weakness or even numbness in the limbs. Shortly after the "aura" a classic migraine sufferer will experience intense throbbing pain somewhere on one side of the face/head, and it may gravitate to the other side over the course of its duration – maybe as long as two days. The common migraine doesn't have such a pronounced aura, but some aura-like symptoms, such as mood changes and extreme fatigue may occur.

One theory of the cause of a migraine is that artery-rich vessels at the base of the brain constrict when triggered by something. A domino effect occurs when certain triggers constrict the blood vessels and that in turn cuts down on the oxygen reaching the brain. The most helpful way to curtail migraines may be to keep a headache diary, then avoid the triggers that have set off previous headaches. The trigger is most often stress, and pain from that may be delayed by several hours, waking you up out of a sound sleep! Other triggers may include strong emotions such as depression, anxiety and anger. Bright/glaring light or simple changes in the weather can be triggers. Smoking can be a cause for a migraine to the smoker (nicotine causes blood vessels in the

brain to constrict), but also to people breathing the second-hand smoke if they have sensitivity to it. Sleep can be a trigger, by either getting too much or too little or by having too many interruptions.

Many common foods are known to trigger severe migraines. The list includes, aged cheeses, chocolate, and nuts - including peanut butter. Some fresh fruits (citrus, bananas, kiwi, pineapple to name a few) and dried fruits like raisins and dates are generally considered to be healthy, but if they have set off a migraine in the past you will want to avoid them. Organ meats, potato chips, pizza or sourdough bread are sometimes to blame. Drinks and medicines that contain caffeine (such as Excedrin, Dristan, colas, tea, coffee and chocolate milk), as well as some alcoholic beverages (red wine, champagne, beer and whiskey) can be triggers as well. Food additives, such as nitrates in processed meats and the seasoning MSG, and even artificial sweeteners are often the culprits.

Although caffeine is sometimes a trigger, it can also be used in treatment. Sometimes relief is found in a caffeinated beverage or another caffeine-containing product. Treatment consists of both pain relief and preventative measures. Many over the counter painkillers are helpful, but it is often necessary to seek a prescription drug or some other treatment if the medicine is not doing the job. The disappointing factor in the following three remedies is that it takes several months of usage to determine whether or not they work. One of the remedies is Feverfew, an herb that is available in several forms and alleviates the inflammation in brain blood vessels. Riboflavin (Vitamin B-2) and magnesium may offer relief, and they are safe enough for pregnant women, but once again the results may not be seen for quite some time. Other people have had success with acupuncture and the application of essential oils such as peppermint and lavender to the skin. Sometimes a warm bath and a nap, or a massage, even if it is only to the neck, temples and scalp are effective in bringing some relief. Biofeedback and various relaxation techniques have proven useful as well. As you can tell from this discussion, much trial and error is required for the effective relief of migraine pain for each individual.

## Snoring and Sleep Disorders

There's nothing like a good night's rest, but 12 million Americans haven't enjoyed a good night's rest in years because they have sleep apnea. That is a fairly common condition where breathing repeatedly stops, however briefly, during sleep. People of both sexes and all ages get sleep apnea, especially men 40 years of age or older with a neck size of 17" or larger. Some of the indicators that you might have sleep apnea are: snoring, high blood pressure, frequent headaches, falling asleep during the day, and sometimes waking up gasping for air. Needless to say, sleep apnea can be a dangerous condition for several reasons. The heart has to work harder because blood oxygen levels are low. The result of this can be high blood pressure, heart enlargement or stroke. The sleep deprivation experienced during the night may cause the person to be irritable and groggy the next day, and performance on the job or behind the wheel is then adversely affected.

There are 3 kinds of sleep apnea:

A physical blockage of the throat that causes the person to wake repeatedly throughout the night to breathe is known as Obstructive Sleep Apnea. The blockage can be caused by a deviated septum, a long soft palate/uvula, poor muscle tone in the tongue and throat, and even a stuffy or blocked nose.

A neurological disorder where the brainstem center that controls breathing just shuts down is known as Central Sleep Apnea, and

A combination of the two is called Mixed Apnea. This usually begins as the neurological apnea, but then becomes the physical type. When the physical obstruction is remedied the neurological aspect usually improves too.

When a doctor diagnoses a person with sleep apnea there are a few things they can do before resorting to surgery and other drastic medical interventions. There are more than 300 devices registered in the U.S. Patent and Trademark Office that are intended to be snoring cures. Lately the adhesive strips that are applied to the outside of the nose have come into favor, although it has not been proven that they are effective all the time. Also, there are various devices that keep a

person from sleeping on the back, because it is thought that side sleeping is better for prevention of snoring. It is wise to lose weight because about 50-60% of obese people have obstructive sleep apnea. Apparently the excess weight/fat deposits in the neck make it more likely to collapse, and extra weight in the abdomen affects the way you breathe. Also, avoid alcohol in the evening because it depresses the breathing reflexes. Big snacks or meals late at night cause the muscles to slacken. Sleeping pills may not only cause you to sleep, but also to snore because they relax your neck muscles. If you are a smoker try quitting, so lung capacity can return to normal. Many medications interfere with normal breathing, so check with the prescribing doctor to see if there's an alternate available.

There are a variety of surgeries available if the apnea is causing extreme fatigue or high blood pressure etc. A child who snores may need to have tonsils and adenoids out. There is a surgery (UPPP) that expands airways by tightening flabby tissues. Another procedure (TAP) uses a laser to remove the obstruction from the airway. Surgery to pull tongue muscles forward may be needed to open the obstructed airway. Besides the risk involved in surgery, some experts put the success rate only at 50%, so often times people choose the route that does not involve surgery. However, the breathing assistance device that is employed requires sleeping with a nasal mask that delivers air pressure into the throat (CPAP and variations on it). As with any new technology, the device requires getting used to, and adjustments in the fit must be made to ensure optimum benefit. It is generally agreed that after the initial "getting acquainted" period, a person becomes so energetic and full of life that they wonder why they ever balked at the idea of being attached to a machine during the nighttime hours.

## The Pancreas

The pancreas is an important gland (about 6" long) that most people don't know much about, but is absolutely necessary for proper food digestion. It is located between the stomach and spine, which makes it a difficult organ for a doctor to feel from the outside of the body. Therefore, difficulties with the pancreas are not usually noticed until they interfere with digestive organs such as the stomach, liver, small intestine or gall bladder.

The pancreatic duct flows through 4 parts of the pancreas: head, neck, body and tail. The uncinata is the 5 th part of the pancreas. There are 2 important blood vessels that cross in front of it.

After food leaves the stomach on it's way through the digestive system it flows into the small intestine where bile from the liver and pancreatic fluid from the pancreas assist in the digestion. Enzymes and endocrine cells are produced in the pancreas. The enzymes help digest fats, carbohydrate and protein. The endocrine cells are necessary because they produce insulin, which regulates the main energy source of the whole body: glucose (sugar).

There are several disorders of the pancreas, which will be discussed here. Pancreatic cancer, the 5 th leading cause of cancer death in the U.S. and around the world, is still without a cure. An estimated 50-80,000 people in the U.S. experience the painful inflammatory disease, pancreatitis, each year. The prognosis is usually good, and although it can be very painful, it does not usually cause death. In this disease damage to the pancreas may occur when the digestive enzymes it produces are activated and begin attacking the organ. The most common cause is gallstones, but alcohol abuse, hereditary conditions, trauma, medications, high lipid levels and abnormalities of electrolytes or hormones may also be the cause. Sometimes (15% of the time), the cause is never determined. Five different kinds of cysts are known to form in the pancreas. Two types are Serous Cysts, which are benign, and pseudocysts, the most common pancreatic cyst type (they account for approximately 75% of pancreatic cystic lesions). They are usually a result of acute or chronic pancreatitis. Another condition that sometimes follows acute pancreatitis is a pancreatic abscess.



If you are having abdominal pain because of your pancreas it might be necessary to rest the pancreas by limiting your food intake for a while. Although not nutritionally sound, a diet of clear liquids (juices, gelatin, broth) may be necessary. At any rate, do not take food that is spicy or high in fat. High protein and high fat foods stimulate the pancreas the most, so they should be avoided. Recipes that do not irritate the digestive process in people with pancreatic diseases such as chicken soup, roasted vegetables, and muffins made with applesauce, bran and oatmeal can be seen at the National Pancreas Foundation website by clicking on this link: <http://www.pancreasfoundation.org/recipes.html>

## Dizziness and Balance Disorders

A problem with dizziness might be a short-term event, or it could be an ongoing, annoying condition that has real impact on your livelihood, lifestyle and/or safety. It could even affect the safety of others if, for instance, a dizzy person drives and causes an accident. Or if the dizziness causes him to fall, grabbing someone or something on the way down in the hopes of regaining balance. Millions of people visit the doctor every year seeking answers to the questions: “why am I dizzy?” and “what can be done about it?”

There are many possible causes for dizziness. Aging, low blood pressure, low red blood cell count, low blood sugar and not enough oxygen to the brain can all cause dizziness. Circulation and eyesight have an effect on a sense of balance, as do skin pressure receptors and muscle/joint receptors. Certain medications as well as withdrawal from alcohol or other drugs can be the problem. Also, emotional distress and psychological conditions such as depression and anxiety may cause one to feel dizzy. Allergies can cause dizziness, and various disorders of the nervous system (i.e. MS, Parkinson's, seizures or brain tumors) often have it as one of the symptoms.

The ears play an important role in maintaining balance and stability. Each ear has a vestibular apparatus, which is a set of fluid filled balance organs that send impulses to the cerebellum, brainstem and spinal cord. The impulses are based on messages received regarding gravity, linear movement and acceleration. Little hairs are embedded in the inner ear canals and they also pick up vital information regarding motion. If there has been damage to the inner ear, say by infection, disease or head injury, the brain receives differing messages from each ear. It is unable to decode the contradictory messages – both ears should send the same message - thereby causing a feeling of unsteadiness or loss of orientation.

Sometimes balance problems and dizziness are treatable by the person experiencing them. Over the counter medicines are available for people who experience motion sickness. If your dizziness is caused by circulation problems avoid nicotine, caffeine and salt. Another thing to be aware of is not to move the body or even just the head too rapidly. There are exercises that a Physical Therapist skilled in treating equilib-

rium problems can demonstrate and recommend. A doctor specializing in ear/nose/throat should be consulted if the problem cannot be treated as described above, or if it gets progressively worse.

## Multiple Sclerosis

Caucasian women between the ages of 20 and 40 who spent their early years in temperate climates (that is, south of the Tropic of Cancer and north of the Tropic of Capricorn) in the U.S. or northern Europe are the most likely candidates for the autoimmune disease called multiple sclerosis (MS). There are presently about 400,000 people with MS. In this disease antibodies are produced which mistakenly attack normal tissue. The antibodies provoke inflammation and damage the myelin sheath, which is a fatty substance that insulates the nerves and helps with the transmission of messages between the brain and body parts. In MS, portions of the myelin are destroyed, so the electrical signals that travel in the nerves are halted or at least disrupted.

Many of the early symptoms of MS are numerous and common to other diseases, sometimes making the diagnosis difficult. They include: fatigue, tingling, numbness, loss of balance, difficulty walking and problems with the eyes (including double vision, pain and involuntary eye movement). Depending on where the damage has occurred symptoms may include such things as problems with equilibrium, bladder and bowel dysfunction and/or a change in behavior including memory problems, slowed thinking and concentration difficulties. Sometimes the person will complain of facial numbness and muscle weakness or spasticity. Sexual dysfunction, dizziness and stiffness are also problems that may occur with MS. Many people have tremors, and nearly all affected by heat – their symptoms get worse when exposed to hot showers and warm temperatures. The gait is altered because of equilibrium problems, muscle weakness, foot numbness and other factors.

The various symptoms of MS can be treated with a number of different drugs including steroids and immune system suppressants, but none are cures – symptoms can be managed and the number of brain lesions can be reduced, lessening the severity of the attacks. Tremors can be treated with deep brain stimulation or surgery (this was used much more in the past, before deep brain stimulation was available). Recently, Botox has been used to treat spasticity, and Interferon has been used to reduce the frequency of relapses. Many

alternative therapies such as yoga and massage have proven useful too. Your doctor will discuss the side effects of the various medications and therapies.

Exercise is beneficial for cardiovascular health and mental well-being. However, since heat sensitivity is common, it may be best to exercise early in the day or in the cool of the evening - you might want to look into the feasibility of doing water aerobics. Drink plenty of liquids (at least 8 8-oz. Glasses of water a day). Salt, sugar, alcohol and foods high in saturated fat and cholesterol should be limited. Physical therapy can be useful in improving balance and walking, lessening spasticity, and extending range of motion. In any chronic medical condition it is important to maintain adequate levels of protein and other nutrients because it will provide energy, help in the healing of wounds and fight infection.

## Progressive Relaxation

There are many benefits to attaining a state of complete relaxation. It is much easier to think clearly, physical symptoms associated with stress are reduced, and getting a good night's sleep or even a short nap is possible.



One technique that many have found useful to reduce tension in the body - even when you're not aware that there IS tension - is called "Progressive Relaxation".

If possible, find a suitable setting; one that is free of noise, distractions and interruptions. The position can be either lying down or sitting in a chair. Make yourself clear your mind; focusing strictly on your breathing is helpful

for this.

Next, focus on individual groups of muscles; first tense the muscle for up to 10 seconds, then quickly release it. Do this slowly and methodically. You will want to read the following list once in a while to help you remember to work EVERY part of the body, but generally just let your mind travel up or down your body to various muscle groups.

Close your eyes and get ready to experience a wonderful state of mind!

Shoulders – lift them up towards the ears as high as possible, extending the back and neck at the same time – hold for 8-10 seconds – relax. Repeat.

Arms – bend at elbows – tightening biceps - squeeze tightly against the body – hold – relax.

Hands/wrists – curl the fingers and tighten fists – hold – relax. Curl whole hand (fingers pointing toward inner arm) – hold – relax. Spread fingers outward as far as possible – hold – relax.

Do shoulders again.

Neck – gently roll head in circles, holding for a moment in various positions.

Forehead – raise eyebrows as high as possible – hold – relax.

Eyes – Close tightly – hold – relax. Repeat a few times.

Jaw/mouth – clench teeth and draw back lips – hold for a few seconds – relax. Purse the lips tightly together – hold – relax. Open mouth wide, stick out tongue – hold – relax. Let mouth fall open.

Do shoulders again.

Chest – breathe in very deeply, going farther than usual, to inflate lungs, exhale forcefully and quickly. Repeat a few times.

Stomach – Slowly suck it in then push it outwards, as though it was a balloon – relax. Do this several times.

Upper/Lower back – pull shoulders forward, keeping arms at your side. Hold 8-10 seconds – relax. In sitting position roll your head, shoulders and upper back forward, forming an arc – hold – relax.

Buttocks – tighten – hold – relax. Repeat.

Thighs – if sitting, press your feet firmly into the floor – hold – relax. If lying down, pull them tightly together – hold relax.

Calves – bend at the ankle, stretching your toes up toward the knees – hold – relax.

Feet – slowly separate toes, drawing them up towards front of leg – hold - then slowly curl the toes towards bottom of feet.

When you have completed these steps make yourself become aware if there's any place that has become tense again and repeat relaxation exercise for that area.

## **Breathing and Other Relaxation Techniques**

Of course a nice long vacation can be very relaxing, but that's not always possible, so here are some other ideas you can try to bring about relaxation.

Progressive relaxation – a method where you visualize a certain muscle or set of muscles, tense them tightly, hold and relax. This is useful for those times when you can feel the stress in your body and have just a minute to try to relieve it. Of course, it's a real treat to tense and relax every area of the body when you have a little more time.

Breathe deeply – close your eyes, if possible, and breathe in through your nose slowly, much deeper than usual. When you think you've breathed in as far as possible, go a little further! Then breath out through your mouth. Once again, go further than you thought possible. You will find that tension has been noticeably lessened.

Breathe rhythmically – Oftentimes we breathe quick, shallow breaths while we are under stress. It's amazing how much relaxation occurs when you make an effort to slow the breathing down to about 5 or 6 seconds in, 5 or 6 seconds out

Music – this really affects your state of mind. Try listening to soothing music or specially created sounds (crickets chirping, waves rolling in etc). It's pleasurable to do some deep breathing and/or progressive relaxation exercises while having the music or sounds going in the background.

Visualized breathing – make time to do this occasionally and you will reap great benefits. Find a place that is free from distractions or noise and close your eyes, relax your jaw. While you breathe slowly use your imagination to see the tension leaving your body each time you exhale and relaxation coming in to take its place with every deep breath you take.

Guided imagery – With your eyes closed become aware of all the negative self-talk that is going on in your mind. Make an effort to breathe slowly and deeply. Immediately get rid of the negative thoughts by letting yourself focus on the most peaceful, comfortable



setting you can imagine, and while you are picturing the setting replace the negative thoughts that you are accustomed to with positive self-talk. For instance, with each breath you could repeat a reaffirming phrase such as, “I can handle anything when I’m in control of myself” or “I’m an able, desirable human being”.

Soon you will find yourself in a better state of mind

## Alzheimer's

Currently, there are about 4 million Americans with Alzheimer's Disease, which means there could easily be 40 million or more Americans who are affected by the disease, when you consider the spouse, children, close relatives, friends and neighbors of the affected person. Alzheimer's is a brain disorder with no known cause or cure. It primarily affects the part of the brain that controls thought, memory and language. Although people with Down's syndrome or with a past head injury may be more likely to get Alzheimer's than the general population, the most common form of AD is termed 'late onset'. Preventive vaccinations or cures are not yet known, however, there are certain things a caregiver can do to make life manageable and even enjoyable for an Alzheimer's patient. These will be discussed soon.

A person with the early stages of Alzheimer's may be living alone, but will notice problems with memory. Names, places and events, even well known ones, will be challenging to recall. As the disease progresses, loved ones will notice that the person cannot do common everyday tasks that used to be a habit, such as the morning grooming routine, working in the flower garden or caring for a pet. Thinking clearly is difficult, as is putting thoughts into words. It is common for people with advanced Alzheimer's to completely lack understanding of what is going on around them, and to lose the ability to read, write or do simple arithmetic. Often times the person will wander away from home and then be too lost to find their way back.

While the person is still able to read and write it is often helpful for someone to help them make large colorful labels for drawers and cupboard doors. The day may come when photographs will have to replace words on the labels. Pictures of favorite people and places could also be labeled. A chart of often-used phone numbers as well as emergency phone numbers could be posted by the telephone. An interesting, simple calendar could be hung on which to mark off the days, and perhaps the person could make a note of weather conditions that day or some other thing that takes a little thinking (it would be helpful to attach a pencil on a string so a writing instrument would always be available). A chart listing regular events (eating, exercise,

medication, favorite TV shows, bedtimes) can also be reassuring and helpful, especially if put where it can't be moved and misplaced. It's not a bad idea to help the loved one prepare a little booklet to keep with them at all times that includes their name/address (with an explanation of where their house is located). It could also include the names and phone numbers of their taxi service and a few close relatives or friends. It might be helpful to tape a few dimes on the inside cover for phone calls! There should be pages reserved for jotting down new appointments and for recording random thoughts and questions!

While living alone, the Alzheimer's patient may qualify for a community food service such as Meals on Wheels. Good nutrition is important because it may slow the progress of dementia and will keep the body as healthy as possible. More protein and fat should be provided, less simple sugar. Snacks should be available that are nutritious, and most beverages should be taken at the end of the meal, so there won't be a feeling of fullness on empty calories! Finger foods are usually good ideas, especially if they're tasty and nutritious. It is sometimes helpful to serve several small meals a day, in order to allow the person to consume enough food to benefit them. Exercise will help keep up their appetite; supplements may be necessary, though. There is some research progressing as to the benefits of antioxidants in Alzheimer's, especially Vitamin E, and at the end of the article you will find some recipes featuring ingredients high in Vitamin E. There are also some excellent finger food recipes, and some recipes that are high in protein.

Exercise offers benefits to just about everyone, but it can be especially helpful to people with Alzheimer's. It is a good use of time because it may help with elevating mood, both because of the hormones that are produced during exercise and also because of the sense of satisfaction at having accomplished something. If the exercise is done in a group setting, even just with one other person, there is the added benefit of socialization! Exercise will cause one to sleep better and is helpful in improving balance, endurance, muscle tone and heart health.

There are medications that a doctor can recommend that can help with the anxiety and depression a person with Alzheimer's may experience. There have been promising strides in the search for medicine that treats memory and language as well. It is important for the primary

caregivers to have a support system for themselves, as it can be very frustrating learning to live with such new and stressful circumstances. The caregiver should be sure to have someone available occasionally to look after the loved one, and it's always helpful to have someone to talk to "who's been there, done that".

## Lip Health, Cold Sores, Canker Sores

During the cold weather months many people experience chapped lips and cold sores. Lysine has been proven to be a helpful amino acid in the care of cold sores (herpes simplex) and canker sores. Some natural sources of Lysine are cheese, eggs, lima beans, potatoes, milk, meat and brewer's yeast. Some people benefit from poking a hole in a Vitamin E capsule and spreading it on the lips to help moisturize and protect them. Lip treatments with camphor as a primary ingredient should be avoided, as camphor is a drying agent.

### *Barbequed Lima Beans and Ham (for 6)*

Bring to boil, reduce heat, cover simmer for 1 hour or until beans are soft:

- 1-1/2 cups dry lima beans
- 1 tsp. salt
- 5 cups cold water
- Drain, reserving 1 cup of the liquid – put it into large bowl along with:
- 2 cups cubed cooked ham
- 1 medium onion, sliced
- 1 cup ketchup
- 2 tbs. Worcestershire sauce
- 1 TB brown sugar
- 2 tsp. salt
- 1/2 tsp. chili powder

Add the softened beans to this mixture, place in a 2-qt casserole. Cover and bake at 350o F for about 1 hour or until beans are tender.

## Do You Know About Germanium?

Antioxidants and anti-aging are the rage today because “boomers” are staying healthy, living longer, and desire to look and feel better.

In 1871, a scientist named Mendeleev identified an element named Germanium. In 1886, it was formally discovered by another scientist name Winkler.



Dr. Betty Kamen, Dr. Akazuhiko, and Dr. Nho have written volumes about Germanium and have named it the missing nutrient.

Germanium appears to play a role as an oxygen catalyst, electro stimulant, and an immune enhancer. Because it's importance is being recognized more and more, it has actually been dubbed VITAMIN O and is actually called the oxygen nutrient. Oxygen is the single most necessary substance for living. We cannot live for more than 3 minutes without it.

Antioxidant expert, Dr. Betty Kamen, has recommended Germanium/VITAMIN O for the following people:

- Cancer
- AIDS
- Alzheimer
- Lyme Disease
- Parkinson's Disease
- Diabetes
- Hepatitis A, B, C, D, E
- High Blood Pressure

- Arthritis
- Allergies
- Asthma
- Weakened Immune Systems
- Leukemia
- Stress
- Chronic Fatigue

Germanium is one of the most dynamic new discoveries in the realm of trace elements necessary for optimal nutritional health. Germanium has been demonstrated to raise the level of activity for various organs – it facilitates oxygen uptake, helps to expel harmful pollutants, and arrest germ activity. It is said Germanium serves as an electrical semiconductor helping correct distortions in the electrical fields of the body.

Natural sources of Germanium include Garlic, Ginseng, Aloe Vera, Chlorophyll-rich foods, Shiitake mushrooms.

Homeopathic research indicates the following foods are potentially effective in preventing cancer or cancer healing:

- Milk
- Carrots
- Garlic
- Potatoes
- Beans & Bean Sprouts
- Brown Rice
- Mushrooms
- Celery
- Cabbage
- Broccoli
- Cauliflower

The technology on Germanium is exploding as it has only recently been rediscovered for its health potential.

An excellent resource with the details of Germaniums health care benefits is written by David M. Grace, B.S., D.C. and Karen Karvonen, M.F.A. and can be found at [www.stopcancer.com/germaniumstor.htm](http://www.stopcancer.com/germaniumstor.htm).



## ENDOMETRIOSIS

More than five and half million women in North America have endometriosis (abnormal growth of endometrial cells), making it one of the most common female afflictions. Pain and infertility are the two most common symptoms of the disease. Quality of life can be adversely affected by the pain, which may occur before/during/after sex, in association with menstruation, during urination or bowel movements. Some of the other symptoms include frequent miscarriage, intestinal upset, fatigue and PMS.

It is possible to have endometriosis without ever experiencing pain, in which case a woman doesn't even know she has it until she is diagnosed when the inability to get pregnant leads her to a doctor. Medical experts do not agree on the exact cause of endometriosis. There are a number of theories that try to describe the causes of the disease.

A major theory about the cause of endometriosis involves genetic structure. The disease could be inherited, or result from genetic errors, making some women more likely than others to develop the condition. If scientists can find a specific gene or genes related to endometriosis in some women, genetic testing might allow health care providers to detect endometriosis much earlier, or even prevent it from happening at all.

There are other possible causes, as well. Estrogen, a hormone involved in the female reproductive cycle, seems to advance the growth of endometriosis. Research is currently looking into endometriosis as a disease of the endocrine system (the body's system of glands, hormones, and other secretions). Or, it may be that a woman's immune system does not remove fluid in the pelvic cavity properly, or the chemicals made by areas of endometriosis may irritate or promote growth of more endometriosis.

Which is leading to the study of the role of the immune system in either starting or growing endometriosis. There is much research that focuses on determining whether environmental agents, such as exposure to synthetic chemicals, cause the disease. Another important area of research is the search for endometriosis markers. These markers are substances made by or in response to endometriosis that

health care providers could potentially measure in the blood or urine. If markers are found, scientists could diagnose endometriosis by testing a woman's body fluids, thereby reducing the need for surgery to confirm the disease.

Currently, physicians have several tests at their disposal for endometriosis diagnosis. Imaging tests produce a "picture" of the inside of the body, which allows them to locate endometriosis areas. Two major imaging tests are ultrasound (use of sound waves) and magnetic resonance imaging (MRI) (use of magnets and radio waves to make the picture).

Laparoscopy is usually performed to verify the presence of endometriosis. Probably the most common symptom of endometriosis is pain, mostly in the abdomen, lower back and pelvic areas. The amount of pain felt does not correlate to how much endometriosis there actually is. Some women have no pain even though their endometriosis is extensive, meaning that the affected areas are large or that there is scarring. However, some women have severe pain even though they have only a few little endometriosis areas.

There a number of treatments for pain related to endometriosis. Pain treatments include:

Pain medication – if pain is mild, medication may work well. The medication can possibly be an over-the-counter remedy, but strong prescription drugs for managing pain are also available.

Hormone therapy – hormones can be delivered in pill form, injection, or in a nasal spray. Common hormones used to treat endometriosis are progesterone and progestin, GnRH (gonadotropin-releasing hormone) birth control pills, and danocrine. Current research is exploring the use of other hormones in treating endometriosis and its related pain.

Surgical treatment – when the endometriosis is extensive, or in the presence of severe pain, surgical treatments are generally recommended.

## Diseases of the Heart



Heart disease (also known as coronary artery disease, atherosclerosis, and ischemic heart disease) is present in about 25% of all Americans. Since 1984, heart attack, stroke, and other cardiovascular diseases have killed more women than men each year. Heart disease kills more women than cancer, lung disease, diabetes, pneumonia, accidents, and AIDS combined.

Heart disease can develop from congenital defects, infection, narrowing of the arteries, high blood pressure, or other disturbances. In these conditions, there is a general inability to provide the heart with enough oxygen and other nutrients. Also, the blood that flows through narrowed arteries can form a clot and block an artery.

Common conditions for someone likely to develop heart disease include:

- Family history
- Smoking
- Stress
- Poor cholesterol levels (HDL under 55 and LDL above 130)
- Diabetes
- Age, especially post-menopause for women

### *Symptoms*

Symptoms vary according to the type of disease and unfortunately some types cause no symptoms early on. In 64% of women who died suddenly of heart disease, there were no previous symptoms. Generally, symptoms can include chest pain, shortness of breath, weakness and fatigue, palpitations, lightheadedness, or fainting. Heart pain can be caused when there is a discrepancy between the demand of the heart for oxygen and nutrients during times of a faster heart beat and

the supply available to heart through narrowed or blocked arteries. Heart attack is actually a symptom of heart disease.

### *Risks*

People with heart disease are at risk for stroke. If a clot in an artery suddenly reduces the blood flow to part of the heart, there will be a heart attack. Women are less likely than men to survive a heart attack and are more likely to have a second attack. African-American women are 60% more likely than Caucasian women to die of heart disease.

Some people live with heart disease with no trouble. Others have to live a much more restricted and regimented life. They can have recurrent attacks of angina (heart pain) that requires them to modify their activities. Some must be very careful to avoid any kind of physical or emotional stress.

### *Treatment*

A physician will arrange for tests to evaluate the seriousness of each case of heart disease and then discuss a treatment program intended to reduce the risk of heart attack or stroke. Daily aspirin therapy may be suggested to help thin the blood and allow it to pass more easily through the arteries. Surgery options include the balloon angioplasty and coronary artery bypass grafting. If a clot can be discovered within 4 to 6 hours of developing, a physician may inject a clot-dissolving drug to restore blood flow.

A heart healthy diet and exercise can be the best bet for preventing some forms of heart disease. Diets should be low in salt, cholesterol and fat and be high in vitamin C with lots of whole grains, fruits and vegetables. Quitting smoking and losing weight can be big advantages in the fight against heart disease.

## Yeast Infection

**Candidiasis** is an infection caused by a group of fungi or yeast. **Candida albicans**, a harmless yeast that naturally lives in the body, is the most common species of candida. However, when the body's system is imbalanced they can become so numerous they cause infections.

Candida overgrowth can be caused by a number of known and suspected triggers. These include:

- The use of immunosuppressive drugs in cancer or AIDS treatment
- Antibiotics overuse
- Poor diet
- Estrogen replacement therapy (HRT)
- Stress
- Alcohol overuse
- Chemotherapy and radiation
- Cortisone
- Prednisone

### *Symptoms*

Candida of the mouth is called oral thrush and causes white patches on the lining of the mouth and throat and cracks at the corners of the mouth. Thrush can often appear in warm, moist areas like the skin in folds under the breasts, between the buttocks, and in the genital region. Skin and diaper rash, vaginal yeast infections, and nailbed infections are all examples of a candida infection.

Candida infection in the intestinal tract may cause ulceration, leading to bloody diarrhea, abdominal cramps, high fever, and other symptoms. For immune system impaired patients, candida can be life-threatening, spreading through the bloodstream to all parts of the body, including the brain, eyes, and bones.

threatening, spreading through the bloodstream to all parts of the body, including the brain, eyes, and bones.

Other symptoms of a candida overgrowth attack on tissues and organs are indigestion, bloating, fatigue, disorientation, numbness, memory loss, abdominal pain, anxiety attacks, depression, reduced coordination, headaches, rashes, and urinary frequency.

### *Risks*

If the candidal infection is able to spread throughout the body, there can be a 75% mortality rate.

Recurring yeast infections may be red flags to other serious diseases, such as diabetes, leukemia, or AIDS. Candida has been linked to almost every medical condition including cancer, heart disease, arthritis, alcoholism, hypoglycemia, and many others. In some cases, the fungi are infecting these individuals through the opportunity of their weakened systems. There is even the suggestion that candida albicans may cause autism and may exacerbate the behavior and health problems of autistic individuals.

### *Treatment*

Antifungal drugs and supplements can be helpful in battling the infections. Most effective, are extreme but temporary diet modifications that deprive the yeast of its food supply such as all sugars, dairy, refined carbohydrates, and yeast products. However, during the treatment of candida infections, there is a period of “die-off” reactions where the patient feels much worse before feeling better. These symptoms include headaches, abdominal problems, and other aches, and can be improved with exercise, and an increase in fiber and water intake. Most people feel better within 6 weeks to three months, with more severe cases taking as long as six months to two years for improvement.

## Health Summary

Thanks for reading our collection of articles on health. In the next section, you'll find a collection of our most popular tips and recipes. Remember, keep coming back to [www.hormones-beauty-health.com](http://www.hormones-beauty-health.com) to find more information about our favorite topics.

[hormones-beauty-health.com](http://hormones-beauty-health.com)





## Hot Tips

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Good facial skin care starts with diet.

### Diet Recommendations for Dry Skin

- Eat a balanced diet that includes vegetables, fruits, grains, seeds, and nuts. Eat quality protein from vegetable sources. Increase your intake of raw foods. Excellent “FREE” healthy recipes can be found at <http://www.hormones-beauty-health.com/recipes.htm>.
- Eat foods such as garlic, onions, eggs, and asparagus that are high in sulfur, which helps to keep the skin smooth and youthful.
- Consume plenty of yellow and orange vegetables. These are high in beta-carotene, an antioxidant. Carrots are especially good.
- Critical to facial skin care is drinking at least 2 quarts of water every day to keep the skin well hydrated.
- Do not drink soft drinks or eat sugar, chocolate, potato chips, or other junk foods.
- Avoid alcohol and caffeine. These substances have a diuretic effect, causing the body and skin cells to lose fluids and essential minerals. In tandem, these two habits may be the worst facial skin care diet issues of all.
- Unrefined, cold-pressed flax seed oil, used daily on salads and baked potatoes, or mixed into any dishes that do not require heating to high temperatures will make dry skin moist and supple. Flax seed oil contains the essential fatty acids omega-3 alpha linolenic acid and omega-6 linolenic acid. These are converted in the body into hormone-like substances called Prostaglandins, which support skin health.

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- Avoid fried foods, animal fats, and heat-processed vegetable oils. Use cold-pressed oils only. Heating oils leads to the production of free radicals, which have a destructive effect on the skin.
- Cantaloupes, carrots, and apricots are healing foods for facial skin care because they are rich in the vitamins A and C, both important for a supple, smooth skin. Eat them whole or take as fresh juices. Eat foods rich in pantothenic acid (vitamin B5), such as quark, raw milk cheese, natural plain yogurt, kefir, leafy green vegetables, nutritional yeast and wheat germ. Pantothenic acid is needed for the synthesis of fats and oils used by the skin.

## Health and Beauty Tips You Need to Know

Listed below are some home-remedy health and beauty tips:

### *Beauty Tips*

*To heal dry skin, a rash, or eczema* - wash in your breakfast. Although oatmeal is a century old skin smoother, researchers recently documented the avenanthramides in oats as the key compound that soothes inflamed, itchy skin. Put whole oats in a clean, dry sock, seal the opened end with a rubber band, and drop the sock into a warm hot bath and soak in it for 20 minutes.

*Relieve Puffy, Tired Eyes* – Black tea is full of astringent compounds called tannins that can help deflate and tighten the bags under your eyes. Activate the tannins in the tea bag by dipping it in a cup of hot water for several minutes, cool it in the fridge, then apply the damp bag as a compress to closed eyes for 10 minutes.

*To whiten stained teeth* - crush a few fresh strawberries into a scrubbing pulp that you mix with a pinch of stain removing baking soda and enough water to make a paste. Apply the mixture to a soft bristled toothbrush, polish for a few minutes every 3 months. More often will erode tooth enamel. The astringent malic acid in strawberries helps buff coffee and red wine stains from the teeth.

### *Health Tips*

*Sweeten your bad breath* – gargle with a small cup of acidic lemon juice to kill odor causing bacteria, then eat a cup of plain, unsweetened yogurt that contains the beneficial lactobacillus bacteria. These so-called probiotics compete with and replace the reeking bacteria in your mouth. The lemon/yogurt combo instantly neutralizes odor and lasts 12-24 hours.

*Prevent Headaches* – try using magnesium (200-400 mg) to reduce the muscle tension and spasms that cause your head to throb. Not any type will do. The supplement must contain at least 200 mg. of active elemental magnesium because magnesium is more preventive than curative. The treatment works best on premenstrual headaches

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because you can predict when they're coming and take a dose a day in advance. If you have kidney problems, consult a healthcare professional before taking magnesium.

*Relieve menstrual cramps* - take 1/2 to 1 teaspoon of crampbark tincture every two hours on the days of your worst cramps. Recent studies show that this North American plant works as a muscle relaxant to quickly relieve painful spasms.

## RECIPES

### *Rice Pilaf*

In 6-qt. Dutch oven sauté for 5 minutes:

- ½ c. (1 stick) butter
- 2 c. uncooked rice
- 1 c. onion, chopped
- 1 c. celery, coarsely chopped
- 8 oz. Mushrooms OR Golden raisins
- Stir in and bring to boil:
- 2-(13-3/4 oz) cans of chicken broth
- ¾ c water
- ½ tsp thyme
- 1 tsp salt (opt)

Simmer (covered) for 25-30 minutes, until rice is cooked OR bake at 350o for 45 minutes. Just before serving toss with:

- ½ c. coarsely chopped parsley

Leftovers rewarm nicely!

### *Grilled Halibut with Apricot Sauce (serves 4)*

Brush a grill rack with vegetable oil. Heat grill to medium. Place on grill:

1 lb Halibut

Cook about 10 minutes on each side, until fish flakes easily with fork. While it is grilling mix together:

- ½ c. apricot preserves
- 2 TB white vinegar
- 1-1/2 tsp chopped fresh tarragon
- Spoon onto fish during last minute of serving.
- Southwest Chicken in the Crockpot

In slow cooker mix together:

- 1-15 oz can black beans, rinsed and drained
- 2-15 oz cans corn, drained
- ½ c. thick and chunky salsa

Top with:

- 6 boneless, skinless chicken breast halves

Top with:

- ½ c. thick and chunky salsa

Cover and cook on high for 2-1/2 to 3 hours, until there is no more pink inside the chicken. Overcooking will make the chicken tough!  
Sprinkle on:

1 c. shredded cheddar cheese

- Cover and cook about 5 more minutes, until cheese melts.

### *Fresh Applesauce*

In Dutch oven mix together:

- 4 lb tart apples, peeled, cored and thinly sliced
- ½ c. sugar
- 1 tsp vanilla
- 2 dashes nutmet

Let stand for about 30 minutes, until juices start to form, stirring once or twice. Cook, covered over VERY LOW heat for about 10 minutes. Turn heat up to MEDIUM and continue to cook, stirring most of the time, until desired thickness.

## Nutritious Finger Food

### *GRANOLA APPLE WEDGES*

Mix together:

- 2 tablespoons peanut butter
- 1 teaspoon honey
- Spread this on cut sides of:
- 1 Golden or Red Delicious Apple, quartered and cored
- Gently press the peanut butter coated apple wedges into:
- 1/3 cup granola

### *SWEET AND SALTY SNACK*

In a medium mixing bowl combine the following:

- 1 (6 ounce) bag plain or Cheddar cheese-flavored, fish-shaped crackers
- 1 (6 ounce) bag dried cranberries OR cherries
- 1 (7 ounce) bag dried apricots, snipped
- 1 cup peanuts

Store in an airtight container.

### *DOGS IN A SWEATER*

- 1 (11 ounce) package refrigerated breadstick dough
- 8 hot dogs
- 8 Popsicle sticks
- Catsup, mustard and/or ranch dressing



Separate dough; roll each piece into a 15-inch rope. Insert sticks into hot dogs lengthwise. Starting at one end, wrap dough in a spiral around hot dog; pinch ends to seal. Place 1 inch apart on a baking sheet that has been coated with nonstick cooking spray. Bake at 350 degrees F for 18 to 20 minutes. Serve with toppings of your choice.

## Recipes Higher in Vitamin E

### *SPINACH SALAD*

Mix the following dressing ingredients in a jar with tight fitting lid:

- 1/2 cup cold pressed extra virgin olive oil
- 3 TB red wine vinegar OR fresh squeezed lemon juice
- 1/2 tsp salt
- 1/2 teaspoon dry mustard
- 1 large peeled and smashed garlic clove
- Freshly ground pepper

Shake well and let flavors mingle at least an hour before use in refrigerator. Bring to room temperature before using.

In large salad bowl combine:

- Bag of baby spinach
- 2 thinly sliced hard boiled eggs
- Thinly sliced red onion

Toss with some of the above dressing.

***SWEET POTATO BISCUITS***

Sift together:

- 1 cup all-purpose flour
- 1/2 teaspoon salt
- 3 teaspoons baking powder
- Cut in:
  - 4 tablespoons solid shortening
- Add:
  - 1 cup cooked sweet potatoes, mashed
  - 1/4 to 1/2 cup milk, enough to make a firm dough

Preheat oven to 400oF.

Roll out on floured cutting board. Cut with biscuit cutter and bake for 25-30 minutes (until browned).

**Recipes Higher in Protein*****COLD HAM ROLL-UPS (makes 5)***

Bring to room temperature:

- 1-3oz pkg cream cheese

Spread onto:

- 5 slices med thickness deli ham
- Sprinkle with:
  - 2 green onions, finely chopped

Roll up and refrigerate until firm.

***ROUND STEAK CASSEROLE***

Preheat oven to 300 Degrees F. Mix together in large bowl:

- 2 pounds round steak, cut into bite-size pieces
- 1 # sliced mushrooms
- 1 envelope dry onion soup
- 1 can cream of mushroom soup
- 1/2 cup burgundy wine

Pour mixture into greased 2-qt. casserole. Cover tightly with aluminum foil. Bake in 300 degree oven for 3 hours. Keep dish tightly covered throughout whole cooking time!

***HIGH-PROTEIN SMOOTHIE***

Blend together in blender or food processor:

- 1 cup fresh or frozen berries, any variety
- 1/2 cup cottage cheese
- 1 scoop protein powder
- 1/2 cup orange juice
- 1/2 cup milk
- 2-3 ice cubes

## RECIPES USING COMMON ANTIOXIDANT INGREDIENTS

### *Roasted Carrots, Sweet Potatoes, and Shallots*

Heat oven to 450o F. In a bowl combine:

- 1 pound sweet potatoes, peeled and cut in small pieces
- 2 TB olive oil
- 1 tsp salt
- 1 pound baby carrots (one 16-ounce bag)
- 2 medium onions, peeled and cut in eighths

Stir everything to coat with oil

Remove the sweet potatoes from the above mixture and put them in a roaster pan that has been sprayed with non-stick spray.

Cover the sweet potatoes with foil. Bake at 450o F for 20 minutes.

Increase the oven temp to 475o F.

Remove foil from the potatoes. Add the rest of the vegetables. Toss all together.

Roast at 475o F for 12 minutes. Stir the mixture. Roast for 8 more minutes, stirring at least once or twice, until carrots, potatoes and onions are tender and browned

### *Sweet Potato Soup (6 servings)*

In large pot boil until very soft:

- 4 large sweet potatoes, cut in pieces
- 8 carrots

- Drain, peel and cube. Place in food processor. In the empty pot sauté:
- 1 large onion, chopped
- 1 TB olive oil
- Add the 2nd mixture to food processor. Add:
- 2 tsp grated fresh ginger
- 1 tsp ground nutmeg
- 1/2 TB salt (optional)
- 2 tsp fresh ground black pepper

Process, leaving some texture/some puree. Return to pan, add until desired consistency:

- 2 cups milk

Simmer, stirring most of the time for 5 minutes. Garnish with:

- 1/2 red bell pepper, minced
- 3 sprigs parsley, chopped

### *Layered Vegetable Dinner in the Crockpot*

Layer in crockpot in this order:

- 6 potatoes, sliced
- 1 large onion, sliced
- 2 carrots, sliced
- 1 red pepper, sliced
- 1 zucchini, sliced
- 1 cup corn, frozen or fresh
- 1 cup peas, frozen or fresh

Optional vegetables can be added:

- Mushrooms
- Broccoli
- Green beans

Make a sauce of the following ingredients and pour over vegetables:

- 2 1/2 cups tomato sauce
- 1/4 cup tamari, low-sodium
- 1 tsp thyme, ground
- 1 tsp dry mustard
- 1 tsp basil
- 2 tsp chili powder
- 1/2 tsp cinnamon
- 1/8 tsp sage
- 2 TB parsley flakes

Cook 6 hours at high or 12 at low.

***Thai Broccoli Salad Makes 4 servings***

Blend and set aside:

- 1/4 cup creamy OR chunky peanut butter
- 2 TB Equal® Spoonful\*
- 1-1/2 TB hot water
- 1 TB lime juice
- 1 TB light soy sauce
- 1-1/2 tsp dark sesame oil
- 1/4 tsp red pepper flakes
- Heat in lg skillet over med-hi heat:

- 2 TB vegetable oil
- Add:
- 3 cups fresh broccoli florets
- 1/2 cup chopped red pepper
- 1/4 cup sliced green onion
- 1 clove garlic, crushed

Stir-fry for 3-4 minutes, until vegetables are crisp tender. Remove from heat and stir in peanut butter mixture. Serve warm or at room temperature.

\* May substitute 3 packets Equal® sweetener

### *Baked Spinach*

Prepare according to package directions:

- 2-(10 ounce) packages frozen chopped spinach
- Drain well, squeezing all of the water out. Mix with:
- 8 ounce container dairy sour cream
- 1/2 cup Parmesan cheese
- 1/2 teaspoon garlic salt

Pour into baking dish that has been sprayed with non-stick spray, top with:

- 2/3 cup bread crumbs mixed with
- 2 TB butter

Bake at 350o F for 20-25 minutes, until lightly browned and hot throughout.

You can further build your body's defenses with nutritional supplements. There is a product on the market today called Super Food that

is formulated for those days when you can't eat 3-5 servings of fruits/vegetables.

## RECIPES FOR ANEMIA

### *Sweet Potato-Cherry Squares with Orange Icing*

Preheat oven to 350o. Coat 9x13 pan with non-stick spray.

In large bowl, beat:

- 2 TB butter, softened OR 2 TB canola oil
- 1-1/2 c. brown sugar
- 1 c. applesauce
- 2 eggs
- 1 TB vanilla
- 1 tsp orange extract

In small bowl, combine:

- 3 c. whole wheat flour
- 2 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 tsp baking powder
- 1 tsp baking soda
- 1/4 tsp salt (opt)
- Stir this into the egg mixture until just mixed. Stir in:
- 3 c. shredded sweet potatoes, firmly packed
- 1-1/2 c. dried cherries



Pour into prepared pan. Bake for 30-40 minutes, until toothpick inserted in center comes out clean. Cool completely on rack.

### **Icing**

In medium bowl place:

- 2 c. confectioner's sugar
- 3 TB orange juice
- grated rind of one orange OR 1 tsp orange extract
- Mix until smooth, spread on cooled cake.

### *Oven Barbequed Chuck Roast*

Preheat oven to 350o. Trim visible fat from:

- 4 to 5 lb. chuck roast

Cook for 2 hours. Drain off the fat and juices.

In small bowl, mix together:

- 1-8 oz can tomato sauce
- ½ c. A1 steak sauce
- 2 TB vinegar
- ½ c. brown sugar

Pour mixture over the roast, continue to cook for 1 more hour or until tender. If there are leftovers, slice the meat and coat with leftover sauce. Refrigerate for delicious sandwiches.

***Broccoli Supreme***

Preheat oven to 350o. Spray 2-qt casserole with non-stick spray.

Cook according to package:

- 1-10 oz box frozen broccoli

Drain. In medium bowl blend together:

- 1 can cream of chicken soup
- 1 TB flour
- Add:
- ½ c. sour cream
- ¼ c. grated carrot
- 1 TB grated (or VERY finely chopped) onion
- ¼ tsp salt (opt)
- 1/8 tsp pepper

Stir in the cooked broccoli. Pour this into prepared casserole dish.

In small bowl combine:

- ¾ c. stuffing mix
- 2 TB butter, melted

Cover top of broccoli mixture with this. Bake for 30-35 minutes, until hot and bubbly, taking care that top doesn't get too brown. Cover with foil if it is!

***Blueberry-Banana Bread***

Preheat oven to 350o. Grease and flour an 8x4" loaf pan.

In small bowl sprinkle:

- ½ c. fresh or frozen blueberries with
- 2 TB flour

Set aside.

Sift together:

- 1-1/2 c. flour ( less the 2TB you added to the blueberries)
- 2/3 c. sugar
- 2-1/4 tsp baking powder
- ½ tsp salt

Stir in:

- ½ c. oatmeal
- Blend together:
- 2 eggs, beaten
- 1/3 c. butter, melted
- 1 c. ripe banana, mashed

Add this to dry ingredients, stirring by hand just until moistened. Carefully stir in the coated blueberries – just distribute them throughout the batter.

Pour into loaf pan. Bake for 1 hour, or until toothpick inserted in center comes out clean. Cool in pan for 10 minutes, then remove to a rack. Wrap when completely cooled. Best if stored for 1 day before slicing.

## COMFORT FOOD RECIPES

### *Tapioca Pudding*

Mix together in medium saucepan and let stand (no heat) for 5 minutes:

- 1/3 c. sugar
- 3 TB Minute© tapioca
- 2-3/4 c. milk
- 1 egg, well beaten

Cook on medium heat, stirring constantly, until mixture comes to a full boil. Remove from heat. Stir in:

- 1 tsp vanilla

Mixture will thicken up as it cools. Can be served warm or chilled. Store leftover pudding in the refrigerator.

### *Libby's Famous Pumpkin Pie*

Preheat oven to 425o.

In small bowl mix together:

- 3/4 c. sugar
- dash salt
- 1 tsp cinnamon
- 1/2 tsp ginger
- 1/4 tsp cloves
- In large bowl beat:
- 2 large eggs

At low speed add:

- 1-15 oz can Libby's© pumpkin (NOT pumpkin pie filling!)

- the above sugar/spice mixture
- 1-12 oz can Carnation© evaporated milk

Pour into deep unbaked 9” pie shell, or into 4-cup buttered casserole dish. Bake at 425o for 15 minutes, then reduce heat to 350o and continue to bake for 40-50 minutes – until knife inserted in center comes out clean. (Make sure crust is not getting too dark). Cool for 2 hours, then put in refrigerator.

### *Shepherd's Pie Serves 4-6*

Brown together then drain well:

- 1 lb. groundbeef
- 1 medium onion, chopped
- Return meat mixture to pan. Add and heat gently:
- 1-10 oz can tomato soup
- 1 tsp Worcestershire sauce
- ½ tsp salt
- ¼ tsp crushed basil
- 1/8 tsp pepper
- 1-10 pkg frozen mixed vegetables, cooked according to pkg directions

Spread into a prepared 2-qt casserole dish. Top with:

- 3 cups hot, seasoned mashed potatoes

Sprinkle lightly on top:

- Paprika

Microwave 6-8 minutes, until hot throughout. Let stand 3 minutes before serving.

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***9 Cups of Delicious/Nutritious Granola***

Preheat oven to 300o.

Combine in large mixing bowl and set aside:

- 5 c. uncooked oatmeal
- ½ c. wheat germ
- 1 c. raw sunflower seeds, without shells
- 1 c. sliced almonds
- Combine in saucepan:
  - ¾ c. brown sugar
  - ¾ c. water
  - ¼ c. corn oil
  - ¼ c. molasses or honey
  - ½ tsp salt
  - 2 tsp cinnamon
  - 2 tsp vanilla

Heat until sugar is dissolved, but do not boil. Pour syrup over dry ingredients, stirring until well coated. Spread granola onto 2 large cookie sheets. Bake for 20 minutes, stirring occasionally. (Continue to bake 15 minutes longer if you prefer crunchy granola). Cool the granola and then add:

- 2 c. dried fruit (raisins/apricots/cherries/dates etc.), lg pieces chopped

Store in airtight containers. Use within 6 months.

***Sweet Potato Pie***

Preheat oven to 350o.

Boil for 40-50 minutes until done, then remove skin from:

[hormones-beauty-health.com](http://hormones-beauty-health.com)

- 1 large sweet potato, (about 2 cups cooked)
- Put it in med mixing bowl and whip with electric mixer along with:
  - ½ c. butter, at room temperature
  - 1 c. white sugar
  - ½ c. evaporated milk
  - 2 eggs
  - ½ tsp ground nutmeg
  - ½ tsp cinnamon
  - 1 tsp vanilla

Beat until well-blended, about 1 minute. Pour into:

- 9" unbaked pie shell.

Bake for 55 - 60 minutes or until knife inserted in center comes out clean.

Cool completely. Serve with fresh whipped cream.

*Cucumber Wrap for Sunburned Skin*

Feel the heat escape from your sunburnt body by using cucumber and essential oils found in the recipe below:

Ingredients:

- 4 lb. cucumbers, plus skin and pips, whizzed in a blender
- 2 drops lavender oil 2 drops tea tree oil
- 2 drops chamomile oil

Steps:

Cover your body with the cucumber mixed with the essential oils

Wrap the body in a gauze or cotton sheet; leave for 30 minutes

Cucumber leaves the skin soft, so moisturizing afterwards is optional.



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