

Health Publication

NaturAlley™

Bilingual
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The Magazine of Inner Power and Science

A NEW PERSPECTIVE TO
DISCOVER OUR HIDDEN
HEALING ENERGY AND
UNDERSTAND THE
HUMAN MIND THROUGH
HEALTH ALTERNATIVES

TRAVEL DESTINATION: EL SALVADOR

WHAT IS CRYPTO CURRENCY?

The Future of Currency El Futuro de la Moneda Short History of Bitcoin

CBD A new mindset regarding conventional healthcare

Is the Subconscious
the same as the Unconscious?

Ecotherapy

FOOD OF NATURE
FOOD FOR HEALTH

BACK TO SCHOOL...Not BACK TO STRESS

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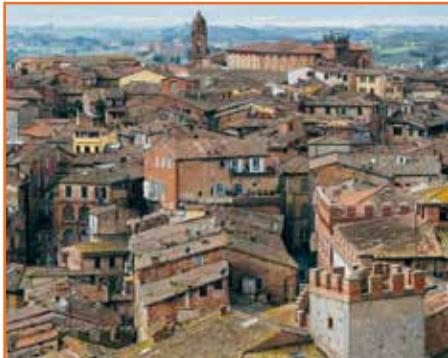
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TRAVEL TRIVIA

NAM€ THE DESTINATIONS

Think you're well traveled? Find out by taking this fun, quick quiz.
Write the number of each city in the box and match the city's name with each picture



1 - NEW YORK

2 - ROME

3 - SANTORINI

4 - INDIA



5 - SINGAPUR

6 - MEXICO

7 - TUSCANY

8 - AUSTRALIA



Publisher's Note



Taveling is one of those things we all have in mind. A dream destination is in our "Bucket List"; "getaways" are important to maintain a balanced life because it helps us to release tension and re-set our bodies and minds, even when it means only going to a family member's home and spend time with them or staying home and take care of our garden or home repairs. I will like to invite you to travel with your mind through a "Post Card" of photos taken on my recent trip to my country El Salvador. Despite all the negative news we hear, it has beautiful areas for tourism; a new country is being rebuild after decades of socio-political crisis. I had the opportunity to visit these places and journal them by photography taken and showcase it in this Issue for you to have a glance of this small country in Central America with description of the climate and geographical location.

Back to School Not Back to Stress! In this feature article, on page 8, Dayle Malen writes an amazing story about her personal experience parenting her son and how she managed to create a stress free back to school experience.

Is our conscious life ruled by our subconscious? Are we reacting automatically to memories triggered? Read on page 12, the difference between the subconscious and the unconscious mind.

The future of money...Is it Crypto Currency? In this issue the article by Robert Bayless describes what is Crypto Currency and also a story about Bitcoin on page 16.

On page 20, read the article by Nicole Brown about CBD and how this industry is changing the mindset of people regarding conventional healthcare.

Release stress with EcoTherapy, a holistic approach that connects us with Nature and healthy activities related to it. Page 24

I want to thank you and encourage writing me with topics of your interest, you, inquiring minds; about topics that no one wants to talk about, but here we can present them in a more essential way to help us understand and heal. Because if a magazine is not answering the questions... what good is it for the readers? I believe that public understanding depends on the magazine answering the truth to their questions.

Jacquie Gudiel Novoa
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NaturAlley Health Magazine™

Inspired by the concept that we can live our life to the fullest by understanding where we come from... our "ORIGIN". Discovering and integrating our Essence and freeing ourselves and our physical bodies from all the ailments caused by entities from our own past existences and our generational links. Awakening a permanent sense of well being, becoming aware of our surroundings and pursuing an ultimate Ideal balanced body, mind, spirit and the resources nature provides for us. We offer you the latest local and national information on alternative & complementary health and personal issues for the development of an integral human transcendence.

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FOOD OF NATURE

One of the most nutrient-dense foods in the world are blueberries, and they also have a large variety of antioxidants.

ANTI-AGING POWER OF BLUEBERRIES

When it comes to keeping Father Time at bay, antioxidants are your friend. They work to reverse harm done by pollutants and free radicals, and help your body guard against hazardous pathogens. Not only are blueberries rich in antioxidants as a whole, they are particularly rich in proanthocyanidins, which have shown extra anti-aging characteristics in numerous animal tests. Much of the research has shown the capacity of proanthocyanidins to reverse inflammation, the number one cause of long-lasting disease on the planet. Inflammation takes its toll on the body like no other and causes heart disease, diabetes, cancer and almost every illness known to man.

FIGHT CANCER WITH BERRIES

Clinical research has found that, unlike radiation and chemotherapy strategies, GA-rich foods like blueberries can kill cancer without harming healthy cells! For example, the Journal of Biochemical and Molecular Toxicology published a paper evaluating the anticancer properties gallic acid has on breast carcinoma MCF-7 cells. Scientists have discovered that GA slows, and even destroys, breast cancer.

In this study, however, researchers were able to separate the mechanism to two cross-link pathways, which suggests that gallic acid treatments are a more thorough approach to cancer treatment.

BLUEBERRIES AID DIGESTION

As a source of both soluble and insoluble fiber that is found in nature, the benefits of eating blueberries aid in regulating your gastrointestinal tract. This can be accomplished by eating a couple handfuls of blueberries a day.

For example, a University of Maine researcher, Vivian Chi-Hua Wu, states that the, "Addition of lowbush wild blueberries (LWB) to diets can alter the balance of gut microbe in favor of members of the Actinobacteria phylum."

Wu and her team found that wild blueberries have prebiotic potential, which encourages development of good bacteria in the colon and provides proper digestion and other health benefits.

HEART HEALTHY BERRIES

The periodical Circulation printed a report that said eating strawberries and blueberries at the same time has a powerful effect that actually decreases the threat of heart attack by as much as 33 percent. After conducting research with more than 93,000 women ages 25 to 42, they did not observe this type of benefit in other antioxidants.

Blueberries are loaded with proanthocyanidin, which is a natural pigment antioxidant that is also found in sweet potatoes. The blueberry is native to North America and folk medicine has long touted its extended life expectancy and other health benefits of blueberries.

Article excerpt from naturallivingfamily.com

FRESH BLUEBERRIES CONTAIN:

FIBER
GALIC ACID
LUTEIN
MANGANESE
RESVERATROL
VITAMIN C
VITAMIN K
ZEAXANTHIN



FOOD FOR HEALTH

The kiwi – shortened from its full name, the kiwifruit – is actually a large berry that grows on a species of woody vine in the genus *Actinidia*. Kiwis have been famously cultivated in New Zealand, but this bold berry actually originated in eastern China.

The kiwi typically grows in the shape of an oval and is roughly around the size of a typical chicken egg. Its skin is camel-colored, fibrous, and coated in a light fuzz. Despite its fuzzy covering, the kiwi's skin is edible and tart. The kiwi's flesh is bright green with a unique but pleasing texture and rows of distinctive tiny black seeds, which can also be eaten. Kiwis have a sweet, tart, and bold taste — making them a popular addition to a healthy breakfast or lunch.

Kiwi contains abundant amounts of Vitamin C, which stimulates the body's immune response. In fact, the kiwifruit contains roughly 230% of the daily recommended intake of Vitamin C. This bold fruit provides a burst of immune-boosting nutrients in every bite.

Kiwis are also rich in antioxidants. Antioxidants help to eliminate free radicals within the body and reduce oxidative stress. Ultimately, this may protect the body from inflammation and disease.

TREATMENT OF ASTHMA

The abundance of Vitamin C in kiwis has been linked to the reduction of wheezing symptoms in some asthma patients. This is especially true of children, who seem to benefit the most from the consumption of kiwis.

NUTRITION

KIWIS ARE AN EXCELLENT SOURCE OF:

Article Excerpt from <https://www.webmd.com/>

VITAMIN C

DIETARY FIBER

IRON

CAROTENOIDS

ANTIOXIDANTS

NUTRIENTS PER SERVING

A 140 GRAM SERVING OF KIWI CONTAINS:

CALORIES: 90

PROTEIN: 1 GRAMS

FAT: 1 GRAMS

CARBOHYDRATES: 21 GRAMS

FIBER: 5 GRAMS

SUGAR: 15 GRAMS



- "It is with great regret that we did not get permission to publish nor adapt the original article "Back to School, Not Back to Stress" in our Summer 2020 edition. Our apologies to the original author, Dayle Malen, LCSW, M.Ed. We respect her and her work, and sincerely hope she can accept our sincerest apology. It is our honor to publish the original article in this edition, giving her full credit in the byline."



Photo by
Olia Danilevich

BACK TO SCHOOL...Not BACK TO STRESS

By Dayle Malen, LCSW, M.Ed.

Well, guess who's yelling "Yea, they're back!" and who's yelling "OH NO! They're back!"? Believe it or not, both parents and teachers! As a parent and a former teacher, I know the feelings of both. As a psychotherapist, I hear the frustration from the focus of our Yees and Oh No's - our children. So now, sit back, breathe, relax with notebook or highlighter in hand, and mark off the possible "points of hope and faith" that have proven effective through personal and professional experience, and the trial and errors of a comrade in battle.

Although the beginning of a year is full of expectations, hopes and good intentions, it also contains...fear! Fear of repeating last year's and perhaps many year's frustrations, and the inability to find and solve the "real" problems. Our children are a year older or there are now more children in school or now we add a new job to the mix. So where do we start in maintaining our sanity and creating less stress? First and foremost, address the fear and live by the Serenity Prayer!

ALTHOUGH THE BEGINNING OF A YEAR IS FULL OF EXPECTATIONS, HOPES AND GOOD INTENTIONS, IT ALSO CONTAINS... FEAR!

What does the Serenity Prayer have to do with going back to school? Well, first take a look at its intention. In this prayer we ask to be granted 3 basic things: **serenity, courage and wisdom**. There are situations involving our children that can not be solved no matter how hard we try - and for that we ask for serenity to accept. There are situations that are sometimes difficult to accept, and change, and we ask for courage. Then there are situations we want to change and don't have a clue what to do, how to do it or if it's even possible to do so - and for that we ask wisdom to know how to tell them apart. So this year, let's begin by reflecting on the need to face our fears of repeating the past or worse, facing the worst, and instead pray we are granted serenity, courage and wisdom. If we are "awake" we realize that much of what happens with our children throughout the school year is "us" - our expectations, our efforts, our denials, our reactions, our responses, our fears, and our hopes. We enter the new year with hope. Hope that maybe things will be different this time. Hope that it will turn out exactly the way WE want it to. That our "picture" will come true and we, and our children, will then be happy and safe. But when you look

carefully, on the shadow side of that hope is a nagging whisper. For on that other side of hope is FEAR! Fear that although we have hope that we have the courage to face more problems, we hold our breath fearing that it may not turn out any better. And then there's FAITH. For those of us who understand this word, or should I say "feeling", faith is when we release all expectations of the outcome and believe that whatever the turnout, we can handle it and everything will be O.K. Faith takes practice. Faith is what we as parents must practice to find serenity in accepting the uncontrollable, courage to change what can be altered and wisdom to know the difference. For you see, it's called "parenting" because the parents lead the way and set the tone, tempo and temperament for this new year! My beginnings of this walk of faith was extremely humbling. Parenting my son was a challenge. His disabilities, behavioral difficulties and strong-willed tendencies created lots of conflicts and problems in his academic and social life. I remember choosing to walk in faith. I remember telling him one night at bedtime that we would get through these problems together and things would get better.

I wasn't quite there yet in "believing", but I was determined! I paid attention to any good event or behavior. I would compliment him, encourage him to continue and would hoop and whoop when anything positive would happen at school or with friends. I then would tell him at bedtime "I told you things would get better". Over time, my faith grew. In that same time so did my son.

He is now a delightful man, with incredible integrity and faith of his own.

How can I not "believe"?

Before I address the reality of the new school year, let me say one more thing about parenting. We each have our own natural parenting styles.

They will certainly fit with some children, as mine did with my daughter.

HOWEVER, SOME CHILDREN REQUIRE A DIFFERENT PARENTING STYLE!!!! As did my son. Until I recognized this, we clashed - big time. The battles for power were forever on, and the war could easily have been lost for both of us. Fortunately I woke up! I learned to understand my child's personality dynamics, and I developed a more effective parenting style. Mismatched parenting/children personality needs are one of the biggest factors in discipline problems and one of the biggest stress builders that exists. If you notice that these issues are creating problems, good for you for making those distinction. Now you may want to reach out for professional assistance in identifying all the issues and finding solutions for all concerned.

So in faith, we now step into reality. Most parents enter the school year with little planning and lots of expectations. The only planning I did before the first day was plan on taking my children for uniform and school supply purchasing. Even then it was a nightmare. My expectations of 'Oh no, the waiting, the lines, the grumpy kids, the grumpy adults!' were the limit of my planning. Until I leaned to plan and expect differently.

Before the shopping day I would recognize that which I could not change: the lines, the traffic, the crowds, the empty shelves, the grumpy customers (and the grumpy salespeople). But I did have the courage to change our routines. I planned on going to

at least 3 different stores before all supplies were collected. I planned WITH the children on bringing traveling games or game boys, CD players books and note-taking paper so we could be occupied while waiting in lines or traffic. As a result of "keeping the faith", letting go of my past beliefs of fear that it's going to be another one of those days', and allowing myself to release all expectations of outcome, we began to look forward to the adventures of our shopping excursions.

The event became a Malen tradition beginning with an early dinner and ending with hot chocolate.

What about the real reality: homework, disorganization, chores..life! Here are a few major points of contention in our everyday reality and ideas toward finding a solution. Remember, where there's a will, an intelligence and cooperation for problem solving including the children in the process, there's a way!

Homework: Most schools have assignment books. The easiest solution to the home work problem is to have teachers initial that day's assignment, the parent checks to see if the homework matches the assignment, then the parent initials the book on that day's assignment.

Then make certain the home work is placed in the proper tablets or folders. If the assignment is lost, at least the teacher knows by the parent' initials that it was completed.

Note: homework is a great time to notice if your child has trouble doing the work.

If he/she has the same difficulties from year to year (reading comprehension vs. oral comprehension; careless mistakes in spelling or math, impulsivity, inattentiveness), look into a learning problem! Forget the old adage, HE should know better by now! Move on and find that solution.

Disorganized notebooks and backpacks: If your child is a 'crammer' of loose paper, give him a 'loose paper folder'. Any and all loose papers given in any class are placed in that folder, which is then sorted at home

and placed in appropriate folders and binders. Many people do not have the ability to pre-plan, organize and reorganize throughout the day. It can be overwhelming. This allows them to stop only once a day to sort and file. Point of interest: Since my son is left handed, he found writing in his notebook starting in the back more comfortable for writing. It helped in avoiding the annoying problem of resting his hand on the spirals of the notebook!

Chores: list on paper all chores, days and times to be completed. Some parents consider chores a job and attach an allowance upon completion. Problem: some children would rather be broke than do their chores. The allowance can be money or a privilege, such as Nintendo, or car usage on the weekend. My house rules included doing chores which would earn the privilege of the car for the weekend. I didn't understand why my son wasn't upset when, one weekend, he couldn't use the car as a result of not doing his chores. I noticed on that weekend he had friends over, or they invited him to go with them or he was content on being alone. I then told him from then on his privilege for doing his

chore would be the use of his electronics over the weekend.

Funny how he always did his chores after that new reward was introduced.

Remember yourself!
The X-men we are not.
No special powers. If need be, spend a little more time in the restroom day-dreaming.



Learn to plan. Find a support base. Validate your feelings and learn more effective behaviors when necessary. And reach out for help. Needing support does not mean you are helpless! You are not alone!! Stress-free living requires being AWAKE and is a moment-by-moment choice. If you feel you have no choice, then you feel like most of our children.

So now is a good time to learn and teach each other how to breathe, make distinction about situations of which we have control and create options.

Maybe this year can be different after all!

- “Lamentamos mucho que no obtuvimos permiso para publicar ni adaptar el artículo original” Regreso a la escuela, no regreso al estrés “en nuestra edición de verano de 2020. Nuestras disculpas al autor original, Dayle Malen, LCSW, M.Ed . La respetamos a ella y a su trabajo, y esperamos sinceramente que pueda aceptar nuestras más sinceras disculpas. Es un honor para nosotros publicar el artículo original en esta edición, dándole todo el crédito en la firma ”.



Foto por
Olia Danilevich

REGRESO A LA ESCUELA... No REGRESO AL ESTRÉS

Bueno, adivina quién grita “¡Sí, han vuelto!” y quién grita “¡OH NO! ¡Están de vuelta!”? ¡Lo crean o no, tanto padres como profesores! Como madre y ex maestra, conozco los sentimientos de ambos. Como psicoterapeuta, escucho la frustración del enfoque de nuestros Sí y Oh No: nuestros hijos. Así que ahora, siéntese, respire, relájese con un cuaderno o un marcador en la mano y marque los posibles “puntos de esperanza y fe” que han demostrado su eficacia a través de la experiencia personal y profesional, y las pruebas y errores de un compañero en la batalla. .

Aunque el comienzo de un año está lleno de expectativas, esperanzas y buenas intenciones, también contiene ... ¡miedo! Miedo a repetir las frustraciones del año pasado y quizás de muchos años, y la incapacidad de encontrar y resolver los problemas “reales”. Nuestros hijos son un año mayores o ahora hay más niños en la escuela o ahora agregamos un nuevo trabajo a la mezcla. Entonces, ¿por dónde empezamos para mantener la cordura y generar menos estrés?

En primer lugar, aborde el miedo y viva la Oración de la Serenidad. ¿Qué tiene que ver

AUNQUE EL COMIENZO DE UN AÑO ESTÁ LLENO DE EXPECTATIVAS, ESPERANZAS Y BUENAS INTENCIONES, TAMBIÉN CONTIENE ... ¡MIEDO!

la Oración de la Serenidad con el regreso a la escuela? Bueno, primero eche un vistazo a su intención. En esta oración pedimos que se nos concedan 3 cosas básicas: serenidad, coraje y sabiduría. Hay situaciones que involucran a nuestros hijos y que no se pueden resolver por mucho que lo intentemos, y eso es lo que tenemos que aceptar con serenidad. Hay situaciones que a veces son difíciles de aceptar y cambiar, y pedimos valentía. Luego hay situaciones que queremos cambiar y no tenemos ni idea de qué hacer, cómo hacerlo o si es posible hacerlo, y para eso pedimos sabiduría para saber cómo diferenciarlas. Entonces, este año, comenzemos por reflexionar sobre la necesidad de enfrentar nuestros miedos de repetir el pasado o algo peor, enfrentar lo peor y, en cambio, orar para que se nos conceda serenidad, coraje y sabiduría. Si estamos “despiertos” nos damos cuenta de que gran parte de lo que sucede con nuestros hijos durante el año escolar somos “nosotros”: nuestras expectativas, nuestros esfuerzos, nuestras negaciones, nuestras reacciones, nuestras respuestas, nuestros miedos y nuestras esperanzas. Entramos en el nuevo año con esperanza. Espero que tal vez las cosas sean diferentes esta vez. Espero que salga exactamente como NO-SOTROS queremos. Que nuestra “imagen” se hará realidad y nosotros, y nuestros hijos,

estaremos felices y seguros. Pero cuando miras con atención, en el lado oscuro de esa esperanza hay un susurro molesto. ¡Porque del otro lado de la esperanza está el MIEDO! Temor de que, aunque tenemos la esperanza de tener el coraje de afrontar más problemas, contengamos la respiración por temor a que no resulte mejor. Y luego está la FE. Para aquellos de nosotros que entendemos esta palabra, o debería decir “sentimiento”, la fe es cuando liberamos todas las expectativas del resultado y creemos que sea cual sea el resultado, podemos manejarlo y todo estará bien. La fe requiere práctica. La fe es lo que nosotros, como padres, debemos practicar para encontrar la serenidad al aceptar la valentía incontrolable de cambiar lo que se puede alterar y la sabiduría para reconocer la diferencia. Como puede ver, se llama “crianza de los hijos” porque los padres marcan el camino y marcan el tono, el ritmo y el temperamento para este nuevo año. Mis comienzos en este camino de fe fueron extremadamente humillantes. Criar a mi hijo fue un desafío. Sus discapacidades, dificultades de comportamiento y tendencias de voluntad fuerte crearon muchos conflictos y problemas en su vida académica y social. Recuerdo haber elegido caminar en fe. Recuerdo haberle dicho una noche a la hora de dormir que superaríamos estos problemas juntos y

que las cosas mejorarían. Todavía no había llegado a "creer", ¡pero estaba decidido! Presté atención a cualquier buen evento o comportamiento. Lo felicitaba, lo alentaba a continuar y gritaba cuando pasaba algo positivo en la escuela o con amigos.

Luego le decía a la hora de dormir "Te dije que las cosas mejorarían".

Con el tiempo, mi fe creció.

En ese mismo tiempo también lo hizo mi hijo. Ahora es un hombre encantador, con una integridad increíble y una fe propia.

¡Cómo no "creer"!

Antes de abordar la realidad del nuevo año escolar, permítanme decir algo más sobre la crianza de los hijos. Cada uno de nosotros tiene su propio estilo de crianza natural. Seguramente encasarán con algunos niños, como lo hizo el mío con mi hija.

SIN EMBARGO, ¡ALGUNOS NIÑOS REQUIEREN UN ESTILO DE CRIANZA DIFERENTE! Como hizo mi hijo. Hasta que reconocí esto, nos enfrentamos, a lo grande. Las batallas por el poder duraban para siempre, y la guerra podría haberse perdido fácilmente para los dos. ¡Afortunadamente me desperté! Aprendí a comprender la dinámica de la personalidad de mi hijo y desarrollé un estilo de crianza más eficaz. Las necesidades de personalidad de los padres / hijos no coincidentes son uno de los factores más importantes en los problemas de disciplina y uno de los mayores generadores de estrés que existe. Si nota que estos problemas están creando problemas, es bueno que haga esa distinción. Ahora es posible que desee buscar asistencia profesional para identificar todos los problemas y encontrar soluciones para todos los interesados.

Entonces, con fe, ahora damos un paso hacia la realidad. La mayoría de los padres ingresan al año escolar con poca planificación y muchas expectativas. La única planificación que hice antes del primer día fue llevar a mis hijos a comprar uniformes y útiles escolares. Incluso entonces fue una pesadilla. Mis expectativas de "¡Oh, no, la espera, las colas, los niños gruñones, los adultos gruñones!" Fueron el límite de mi planificación. Hasta que me incliné a planificar y esperar de manera diferente.

Antes del día de compras reconocería aquello que no podía cambiar: las filas, el tráfico, las multitudes, los estantes vacíos, los clientes gruñones (y los vendedores gruñones). Pero tuve el coraje de cambiar nuestras rutinas. Planeaba ir al menos a 3 tiendas diferentes antes de que se recogieran todos los suministros. Planeé CON los

niños traer juegos de viaje o muchachos, reproductores de CD, libros y papel para tomar notas para que pudiéramos estar ocupados mientras esperábamos en las filas o en el tráfico. Como resultado de "mantener la fe", dejar atrás mis creencias pasadas de miedo de que 'va a ser otro de esos días' y permitirme liberar todas las expectativas de resultados, comenzamos a esperar las aventuras de nuestras excursiones de compras. El evento se convirtió en una tradición de la familia Malen comenzando con una cena temprana y terminando con chocolate caliente.

¿Qué pasa con la realidad real: deberes, desorganización, quehaceres ... la vida! Aquí hay algunos puntos importantes de controversia en nuestra realidad cotidiana e ideas para encontrar una solución. Recuerde, donde hay voluntad, inteligencia y cooperación para la resolución de problemas, incluyendo a los niños en el proceso, ¡hay una manera!

Tareas de Trabajo

Escolar: la mayoría de las escuelas tienen libros de tareas. La solución más fácil al problema del trabajo en la casa es hacer que los maestros pongan sus iniciales en la tarea de ese día, el padre verifica si la tarea coincide con la tarea y luego el padre pone sus iniciales en el libro en la tarea de ese día. Luego, asegúrese de que el trabajo en casa se coloque en las tabletas o carpetas adecuadas. Si se pierde la tarea, al menos el maestro sabe por las iniciales de los padres que se completó. Nota: la tarea es un buen momento para notar si su hijo tiene problemas para hacer el trabajo.

Si él/ella tiene las mismas dificultades de un año a otro (comprensión de lectura versus comprensión oral; errores por descuido en ortografía o matemáticas, impulsividad, falta de atención), ¡busque un problema de aprendizaje! Olvídense del viejo adagio, ¡Él debería saberlo mejor a estas alturas! Sigua adelante y encuentre esa solución.

Cuadernos y mochilas desorganizados: si su hijo es un "abarratador" de papel suelto, entréguele una "carpeta de papel suelto". Todos y cada uno de los papeles sueltos que se dan en cualquier clase se colocan en esa carpeta, que luego se clasifica en casa y se coloca en carpetas y carpetas apropiadas.

Muchas personas no tienen la capacidad de planificar, organizar y reorganizar a lo largo del día. Puede resultar abrumador. Esto les permite detenerse solo una vez al día para clasificar y archivar. Punto de interés: dado que mi hijo es zurdo, le resultaba más cómodo escribir en su cuaderno empezando por la parte de atrás. ¡Le ayudó a evitar el molesto problema de apoyar la mano en las espirales del cuaderno!

Quehaceres Caceros: enumere en papel todas las tareas, días y horas a realizar.

Algunos padres consideran que las tareas del hogar son un trabajo y adjuntan una asignación monetaria como recompensa al completarlas. Problema: algunos niños prefieren estar arruinados antes que hacer sus quehaceres. La asignación puede ser dinero o un privilegio, como Nintendo, o el uso del automóvil durante el fin de semana. Las reglas de mi casa incluían hacer las tareas del hogar que me permitieran

tener el privilegio del auto durante el fin de semana. No entendía por qué mi hijo no estaba molesto cuando, un fin de semana, no pudo usar el automóvil como resultado de no hacer sus quehaceres.

Me di cuenta de que ese fin de semana tenía amigos, o lo invitaban a ir con ellos o se contentaba con estar solo.

Entonces le dije que a partir de ese momento su privilegio por hacer su tarea sería el uso de sus dispositivos electrónicos durante el fin de semana. Gracioso como siempre hacía sus quehaceres después de que se introdujera la nueva recompensa.

¡Recuérdese a sí mismo! No somos los X-men. Sin poderes especiales. Si es necesario, pase un poco más de tiempo en el baño soñando despierto. Aprenda a planificar. Encuentre una base de apoyo. Valide sus sentimientos y aprenda comportamientos más efectivos cuando sea necesario. Y busque ayuda. ¡Necesitar apoyo no significa que esté indefenso!

¡Usted no está solo!! Vivir sin estrés requiere estar DESPIERTO y es una elección momento a momento. Si siente que no tiene otra opción, entonces se siente como la mayoría de nuestros hijos.

Así que ahora es un buen momento para aprender y enseñarse mutuamente a respirar, hacer distinciones sobre situaciones de las cuales tenemos el control y crear opciones.

¡Tal vez este año pueda ser diferente después de todo!



IS THE SUBCONSCIOUS

excerpt from article by Manuel Ramos translated into English

Reference: www.publico.es/psicologia-y-mente/existe-realmente-el-subconsciente/

What is called Subconscious?

Back in the 19th century, in a display of boldness and creative inspiration, the first psychoanalytic gurus told us that the subconscious or unconscious was an "instance of our psyche" that apparently possessed the secret and all-embracing power to control everything we do, we say or wish.

They even dared to envision dark invisible forces that from that hidden instance repressed us and prevented certain desires from becoming conscious. For them, only dreams, the couch or introspection allowed them to unravel the gloomy enigmas of that indecipherable instance that was hiding in who knows what corner of our "interior".

At present, without going any further, the medical dictionary of the University Clinic of Navarra tells us that subconscious is an 'ambiguous term that is used in colloquial language rather than in scientific language.

In a general sense, it is what is below the threshold of consciousness ... This definition refers to the contents that are not conscious or are not activated in knowledge at a certain moment, but can be made conscious at other moments.

For its part, the dictionary of the RAE (Royal Spanish Academy) indicates that subconscious is everything that does not become conscious. He defines subconscious as the "state of consciousness in which, due to the low intensity and duration of his perceptions, the individual has little knowledge of them."

It is not easy to talk about the 'subconscious' without completely abandoning the rigor, precision and necessary empirical foundation that knowledge, research and scientific dissemination require. Not in vain, it is a colloquial concept, deeply anchored in the popular culture of the last century and a half, but mostly rejected or ignored by Psychology, Neurology and by the scientific community in general.

But it becomes much more complex, if not impossible, to relate this word to the description, explanation, prediction or effective modification of any type of human behavior.

As in other areas of knowledge, superstition and science go their separate ways.

the same as THE UNCONSCIOUS?

What is called Unconscious?

Leaving aside the old speculation about the of an impenetrable "subconscious" that dominated people's lives beyond their control, later cognitive psychology wanted to define the unconscious as a system made up of cognitive contents, actions and processes that take place in the body and are important to describe and explain its internal and external functioning.

By their own non-conscious nature, people are not aware of these processes nor do we have any subjective perception of them. We do not speak of an "instance" with a separate identity, but of a set of functional processes vital and essential for our survival, without any obscurantist or mystical nuance.

HOW DOES THE UNCONSCIOUS WORK?

As we have already pointed out, from neuroscience we will not speak so much of a differentiated instance, but of a set of processes in which we do not realize the role exerted by our nervous system. Indeed, it is possible to describe a number of automatic, reflexive or involuntary behaviors that are managed by our brain,

without for this reason we have to continually make conscious decisions about critical processes.

To cite the most well-known examples, no one voluntarily decides when to start digestion or what actions their pancreas or small intestine should perform at any given time. It is not even in our hands one hundred percent to control what memories arise in our consciousness according to the situation in which we find ourselves at all times, such as a Christmas meal, a wedding, a final exam, a funeral, a night on holiday or on your retirement day. **These actions and many others are part of the aforementioned unconscious contents or processes.** They are automatisms that we are not aware of and that have enormous relevance so that we continue to live every day.

It is worth mentioning a good number of movements and learned behaviors that are initially conscious and later become part of these automated processes, such as balancing on a bicycle; shower every morning; driving a car on a path that is very familiar to us or even breathing when we do not think we are breathing.

Illustration by Dreamstime.com

¿ES EL SUBCONSCIENTE

Extracto de Artículo por Manuel Ramos

Referencia: www.publico.es/psicologia-y-mente/existe-realmente-el-subconsciente/

¿A qué se le llama subconsciente?

Allá por el siglo XIX, en un alarde de audacia e inspiración creativa, los primeros gurús del psicoanálisis nos contaron que el subconsciente o inconsciente era una 'instancia de nuestra psique' que al parecer poseía el poder omnímodo y secreto de controlar todo lo que hacemos, decimos o deseamos. Incluso se atrevieron a visionar oscuras fuerzas invisibles que desde aquella instancia oculta nos reprimían y evitaban que determinados deseos llegaran a ser conscientes. Para ellos, solo los sueños, el diván o la introspección permitían desentrañar los lóbregos enigmas de aquella indescifrable instancia que se escondía en vaya usted a saber qué rincón de nuestro 'interior'.

En la actualidad, sin ir más lejos, el diccionario médico de la Clínica Universitaria de Navarra nos dice que subconsciente es un 'término ambiguo que se utiliza en el lenguaje coloquial más que en el científico. **En sentido general, es lo que se halla por debajo del umbral de la conciencia...**' Esta definición hace referencia a los contenidos que no son conscientes o no están activados en el conocimiento en un determinado instante, pero sí pueden hacerse conscientes en otros momentos.

Por su parte, el diccionario de la RAE (Real Academia Española) nos indica que subconsciente es todo aquello que no llega a ser consciente. Define subconsciencia como el "estado de conciencia en el que, por la poca intensidad y duración de sus percepciones, el individuo apenas tiene conocimiento de ellas".

No resulta fácil hablar del "subconsciente" sin abandonar antes por completo el rigor, la precisión y el necesario fundamento empírico que requieren el conocimiento, la investigación y la divulgación científica. No en balde, se trata de un concepto coloquial, muy anclado en la cultura popular del último siglo y medio, pero mayoritariamente rechazado o ignorado por la Psicología, la Neurología y por la comunidad científica, en general. Pero se torna mucho más complejo, por no decir imposible, relacionar esta palabra con la descripción, la explicación, la predicción o la modificación efectiva de cualquier tipo de comportamiento humano.

Tal y como sucede en otros ámbitos del conocimiento, la superstición y la ciencia se mueven por caminos separados.

lo mismo **QUE EL INCONSCIENTE?**

¿A qué se le llama el inconsciente?

Dejando a un lado la vieja especulación sobre la existencia de un "subconsciente" impenetrable que dominaba la vida de las personas ajeno a su voluntad, con posterioridad la psicología cognitiva quiso definir el inconsciente como un sistema integrado por los contenidos, acciones y procesos cognitivos que tienen lugar en el organismo y que son importantes para describir y explicar su funcionamiento interno y externo.

Por su propia naturaleza no consciente, las personas no nos damos cuenta de estos procesos ni tenemos percepción subjetiva alguna de los mismos. No se habla de una 'instancia' con identidad separada, sino de un conjunto de procesos funcionales vitales e imprescindibles para nuestra supervivencia, sin ningún matiz oscurantista o místico.

¿CÓMO FUNCIONA EL INCONSCIENTE?

Como ya hemos apuntado, desde la neurociencia no hablaremos tanto de una instancia diferenciada, sino de un conjunto de procesos en los que no nos percatamos del protagonismo ejercido por nuestro sistema nervioso. En efecto, es posible describir un sinnúmero de comportamientos automáticos, reflejos o involuntarios que son gestionados por

nuestro cerebro, sin que por ello tengamos que estar continuamente tomando decisiones conscientes sobre procesos críticos. Por citar los ejemplos más conocidos, nadie decide voluntariamente cuándo comenzar a hacer la digestión o qué acciones debe realizar en cada momento su páncreas o su intestino delgado. Ni tan siquiera está en nuestra mano al cien por cien controlar qué recuerdos afloran a nuestra conciencia según la situación en la que nos encontremos en cada momento, como pueden ser una comida de Navidad, una boda, un examen final, un funeral, una noche de fiesta o el día de tu jubilación. **Estas acciones y otras muchas forman parte de los mencionados contenidos o procesos inconscientes. Son automatismos de los que no nos damos cuenta y que poseen una enorme relevancia para que sigamos vivos cada día.**

Cabe citar un buen número de movimientos y conductas aprendidas que inicialmente son conscientes y después pasan a formar parte de estos procesos automatizados, como mantener el equilibrio sobre una bicicleta; ducharnos cada mañana; conducir un automóvil por un trayecto que nos resulta muy familiar o incluso respirar cuando no pensamos que estamos respirando.

I\$ THIS THE FUTURE OF CURRENCY?

WHAT ARE CRYPTO CURRENCIES? Article by Robert Bayless

At their most basic, crypto currencies are lines of software code which records the transaction of: **Payer X** sends **Y** number of crypto coins to **Payee Z**. **This line of code is embedded in a block of code, which is then added to a public chain of transactions, called a block chain, which extends all the way back to the original transaction.**

The block chain is encrypted, with a public key, akin to a bank account number, and a private key, similar to an ATM PIN. The private key, held by the owner of one or more crypto coins, is protected by 256 encryption, and is thus considered hack-proof. This feature provides anonymity to the holder of the private key. If the private key is lost, it cannot be recovered by the owner. The value is gone. If the private key is stolen, the thief can access any and all of the crypto coins associated with that account.

A crypto currency “wallet” is software that stores the combination of public key and private key, called digital credentials, that allows the holder to spend and receive crypto coins. A crypto currency wallet is a collection of these keys. Wallets and crypto currency can be purchased from clearing houses available on-line.

Crypto currencies are digital currency. Crypto currency can act as a medium of exchange, like paper money, as a store of value, like a bank account, and allow for speculation in crypto currency itself, like the stock market. Qualities that make crypto currencies attractive include decentralization and anonymity.

The block chains are not held by central banks, but are held in individual computer nodes, presently comprised of more than 40,000 privately held computers, which participate in the network located

on the Internet. Each node holds a copy of the entire block chain, and each newly coded block of transactions must match all other privately held blocks, so that cheating is impossible. Each transaction is recorded on a public ledger, making the money traceable even as it travels from one anonymous account to another.

 Bitcoin BTC	↓ 2.44% >
 Ethereum ETH	\$2,065.71 ↓ 9.54% >
 Bitcoin Cash BCH	\$474.27 ↓ 4.79% >
 Litecoin LTC	↓ 5.61% >

Bitcoin

Bitcoin, which originated in China in 2009, is the first crypto currency, and is the best known of the more than 5,000 crypto currencies available for purchase today.

While Bitcoin can be used as a store of value, Bitcoin valuation shows extreme volatility. In October of 2020, one Bitcoin average around \$10,000, zoomed to over \$60,000 in April of 2021, and fell back to \$43,000 in July of 2021. Financial advisors do not recommend using Bitcoin as a primary investment vehicle, instead suggesting that no more than 10% of an investor's portfolio appear in a Bitcoin wallet.

When the Bitcoin debuted in China, the Chinese Communist government almost immediately banned the use of Bitcoin to purchase real world goods, and banned Chinese financial institutions from using Bitcoin in 2013. In 2018, the Chinese government banned online trading of crypto currencies.

Apparently, the decentralization and anonymity of crypto currencies are anathema to the strangle-hold the CCP wants to maintain over the financial markets in China.

In contrast to Chinese policy, in June of 2021, the Legislature of El Salvador is in the face of a possible Bitcoin as legal tender. Other countries world-wide can be expected to follow suit over the next few years.

Bitcoin Cash
\$473.27

↑ \$236.65 (100.01%) Past year



24h **1w** **1m** **6m** **1y** **All**

Bitcoin Cash
\$472.57

↓ \$25.74 (5.16%) Past 24 hours



24h **1w** **1m** **6m** **1y** **All**



Reference images: www.google.com/search?q=free+to+use+venmo+bitcoin+graphs&tbo=isch&ved=

¿E\$ E\$TE EL FUTURO DE LA MONEDA?

¿QUÉ SON LAS CRIPTOMONEDAS?

Traducido del artículo de Robert Bayless

En su forma más básica, las monedas criptográficas son líneas de código de software que registran la transacción de: **El pagador X** envía una cantidad **Y** de monedas criptográficas al **beneficiario Z**. **Esta línea de código está incrustada en un bloque de código, que luego se agrega a una cadena pública de transacciones, llamado cadena de bloques, que se extiende hasta la transacción original.**

La cadena de bloques está encriptada, con una clave pública, similar a un número de cuenta bancaria, y una clave privada, similar a un PIN de cajero automático. La clave privada, en poder del propietario de una o más criptomonedas, está protegida por cifrado 256 y, por lo tanto, se considera a prueba de piratería. Esta función proporciona anonimato al titular de la clave privada. Si se pierde la clave privada, el propietario no podrá recuperarla. El valor se ha ido. Si la clave privada es robada, el ladrón puede acceder a todas y cada una de las criptomonedas asociadas con esa cuenta.

Una "billetera" de criptomonedas es software que almacena la combinación de clave pública y clave privada, llamadas credenciales digitales, que permite al titular gastar y recibir criptomonedas. Una cripto Monedero es una colección de estas claves. Se pueden comprar carteras y criptomonedas en las cámaras de compensación disponibles en línea.

Las criptomonedas son moneda digital. La moneda criptográfica puede actuar como un medio de intercambio, como el papel moneda, como un depósito de valor, como una cuenta bancaria, y permitir la especulación con la moneda criptográfica en sí, como el mercado de valores. Las cualidades que hacen que las criptomonedas sean atractivas incluyen la descentralización y el anonimato. Las cadenas de bloques no están en manos de los bancos centrales, sino que se mantienen en nodos informáticos individuales,

actualmente compuestos por más de 40.000 computadoras privadas, que participan en la red ubicada en Internet. Cada nodo contiene una copia de toda la cadena de bloques, y cada bloque de transacciones recién codificado debe coincidir con todos los demás bloques privados, por lo que las trampas son imposibles. Cada transacción se registra en un libro público, lo que hace que el dinero sea rastreable incluso cuando viaja de una cuenta anónima a otra.

 Bitcoin BTC	↓ 2.44% >
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Bitcoin

Bitcoin, que se originó en China en 2009, es la primera moneda criptográfica y es la más conocida de las más de 5000 monedas criptográficas disponibles para su compra en la actualidad.

Si bien Bitcoin se puede utilizar como reserva de valor, la valoración de Bitcoin muestra una volatilidad extrema. En octubre de 2020, un Bitcoin promedia alrededor de \$10,000, subió a más de \$60,000 en abril de 2021, y cayó a \$43,000 en julio de 2021. Los asesores financieros no recomiendan usar Bitcoin como vehículo de inversión principal, sino que sugieren que no más de 10 El% de la cartera de un inversor aparece en una billetera Bitcoin.

Cuando Bitcoin debutó en China, el gobierno comunista chino prohibió casi de inmediato el uso de Bitcoin para comprar bienes del mundo real y prohibió a las instituciones financieras chinas usar Bitcoin en 2013.

En 2018, el gobierno chino prohibió el comercio en línea de criptomonedas. Aparentemente, la descentralización y el anonimato de las criptomonedas son un anatema para el dominio que el PCCCh quiere mantener sobre los mercados financieros en China. En contraste con la política china, en junio de 2021, la Legislatura de El Salvador está considerando aceptar Bitcoin como moneda de curso legal. Se puede esperar que otros países de todo el mundo sigan su ejemplo en los próximos años.

Bitcoin Dinero en Efectivo
\$473.27

↑ \$236.65 (100.01%) Año Pasado



24 horas 1s 1m 6m 1a **Todos**

Bitcoin Dinero en Efectivo
\$472.57

↓ \$25.74 (5.16%) Las ultimas 24 Horas



24h 1s 1m 6m 1a **Todos**



Imagenes de referencia: www.google.com/search?q=free+to+use+venmo+bitcoin+graphs&tbo=isch&ved=

*semana
mes
año
todos

CBD

By Nicole Brown

The CBD (cannabinoid) industry has the potential to be one of the most disruptive sectors in the world. Not only has the rising popularity of CBD started to destigmatize an industry that has long been criminalized, but it is changing the mindset of millions of people regarding conventional health care.

This heightened interest is allowing users to discover healthier, more natural options, really taking their health into their own hands. Because cannabinoids have so many potential health benefits, it is challenging consumers worldwide to feel differently about healthcare and look outside of traditional options.

As demands are forecasted to maintain its accelerated course, we are seeing more and more brands (smartly) use CBD and other cannabinoids as the anchor to a more complex formulation of value-add ingredients. It is foreseeable that cannabinoids are evolving more into that space rather than being perceived and sold as a silver bullet all on its own (unlike THC). These more sophisticated formulations, targeted at supporting specific wellness needs (e.g., sleep, anxiety, stress, pain) are easier for health-conscious consumers to understand and largely quite effective.

What are some of the most advantageous ingredient candidates to pair up with CBD for the best results? When it comes to combining cannabinoids with other supplements, it is possible to split the focus between strengthening its benefits and making up for what it lacks. For instance, cartilage structure and strength are not an area CBD has been found to improve. However, by combining it with a supplement such as collagen protein, the overall repair process garners

support, while managing the pain with CBD. The key to a successful supplement combination is in selecting products that can synergize in a way that acts to your advantage.

Here is a look at some powerful CBD duos and trios to combine with cannabinoids for the best results. It is also a focus on key market and segment trends to watch for 2021 and beyond.

CBD AND ASHWAGANDHA

If you struggle with stress management on a day-to-day basis, this is the combination to explore. What triggers stress in the first place? Of course, stress is a completely individual notion, and everyone perceives it differently. However, on a biological level, the process is identical for everyone, and the issue lies in the production of a hormone known as cortisol. Cortisol levels, as well as stress in general, affect our functioning on numerous levels, including the immune system, digestion, heart rate, airways, brain functions, and blood pressure. While cortisol is a hormone alerting us of possible danger, its excessive production does significantly affect the quality of life and social relationships.

Ashwagandha is one of the most popular natural supplements directly affecting the levels of cortisol. According to a [placebo-controlled study](#), with regular use, ashwagandha could lower the levels of the stress hormone and aid in long-term cortisol management, which is one of the main prerequisites for stress control. As already noted, CBD has also been found to alleviate stress and aid in mood management, hence the recommendation for pairing up these two valuable ingredients.

CBD AND L-THEANINE

The root of many anxiety disorders seems to be in the excessive reaction of the nervous system, also known as the fight-or-flight response. This kind of reaction is our survival instinct, and it is completely justified in certain situations. However, problems occur with the hypersensitivity of the nervous system which may lead to chronic anxiety. CBD seems to have a calming effect on the nervous system thanks to its influence on the neurotransmitter GABA, which is one of the main factors in the functioning of the nervous system. However, in cases of panic attacks or anxiety episodes, relaxing the nervous system is not enough, as it is the brain that needs this kind of attention, as well. The amino acid L-theanine resembles the neurotransmitter glutamate, largely responsible for brain stimulation. By "posing" as glutamate, L-theanine is essentially limiting its activity in the brain and stopping it from reaching certain receptors that would trigger or increase anxiety.

CBD, CURCUMIN, AND BOSWELLIA

The common ground between these three supplements is inflammation, and by joining forces they can even take on bigger challenges such as chronic inflammation. Chronic inflammation is a long-term, persistent condition, whereas acute (short-term) inflammation occurs in shorter periods. CBD has demonstrated great potential in both categories of conditions, but when combined with curcumin and Boswellia Serrata, the anti-inflammatory activity is much stronger.

In addition to enhancing the anti-inflammatory activity of CBD, curcumin and Boswellia have been found to

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CHANGING THE MINDSET OF PEOPLE REGARDING CONVENTIONAL HEALTHCARE

More retail brands are using CBD in their product formulations.



Article Continues on page 22



inhibit the activity of the main enzymes behind the production of inflammatory compounds, COX, and 5-LOX.

Therefore, each of the elements in this supplement trio has a significant role in inflammation management, either at its very root by controlling the enzymes, or later on in its manifestation.

CBD, GLUCOSAMINE, AND CHONDROITIN SULPHATE

When it comes to joint pain and chronic conditions such as arthritis, CBD can be quite effective in alleviating symptoms and easing inflammation. However, the underlying cause in these conditions that requires special attention is the degradation of the cartilage which protects the joints and bones. With cartilage damage, inflammation worsens, as well as the painful, often debilitating symptoms.

In addition to CBD easing symptoms, the role of glucosamine and chondroitin is to aid in joint structure repair. In addition to repairing the very structure of the cartilage, these supplements also stimulate the production of synovial fluid. These three ingredients work together to cover all the areas in the management of joint disorders.

CBD AND COLLAGEN

While on the topic of the structure and strength of joints, bones, and cartilage, collagen must be included as it is the prevalent bodily protein. Collagen is the most abundant protein in the human body, also known as the glue holding the body together. Besides the mentioned areas, collagen is also very much present in the skin, tendons,

and ligaments. Therefore, its role in the normal functioning of pretty much the entire human body is of utmost importance.

In the case of joint, bone, or skin damage, or even chronic conditions, CBD and collagen make a perfect match. With CBD, pain and inflammation can be managed, which is a normal bodily response in these situations. On the other hand, collagen supplementation allows the body to make up for the depleted collagen and preserve and/or regain structural stability.

Furthermore, a study conducted by N. M. Kogan and colleagues suggest that cannabinoids may aid the body in its natural collagen production. Namely, CBD has been shown to promote the healing of bones and skin tissue by increasing collagen levels and supporting its natural manufacturing process in the body.

FINAL THOUGHTS

No doubt about it, cannabinoids are here to stay, and the CBD industry is forecasted to maintain its upward trajectory in the years to come. Advancements in both CBD product innovation and CBD research will only continue to propel each other towards beneficial and dynamic growth as cannabinoids gain greater relevance in the health sector. The months ahead present opportunities for niche markets to become more relevant through product diversity and specialization, combined with targeted product innovations and marketing strategies.

Why do CBD products have a high price point?

To answer the question do why CBD products carry a high price tag, you have to follow the journey that begins with cultivation of the raw hemp material. Growing hemp requires considerable manual work and inspection during growth as well as harvest, and the harvested hemp must further go through a drying process, which can require large, sheltered spaces and proper conditions.

Next, the process to extract cannabinoids from the harvested hemp requires a sophisticated process, utilizing expensive, highly calibrated machines. Finally, Good Manufacturing Practices (GMP), and quality control require significant levels of investment. Reputable companies do not simply make cannabinoid materials and put them out in the world. They engage in extensive research and development, abide by GMP guidelines, and enact stringent quality control and testing to create superior hemp products. These initiatives require the services of highly educated, experienced, and knowledgeable laboratory workers, extremely sophisticated equipment, and equally reputable partners for third-party testing and evaluation, all of which contributes to why CBD has a high price point.

The Author

Nicole Brown serves as Chief Innovation Officer for North Carolina-based Open Book Extracts (OBX), an ingredient manufacturer and product development house focused on cannabinoid-enabled health and wellness.

For more information visit www.openbookextracts.com

MEDITERRANEAN CUISINE

The term “couscous” can refer to both the grain product typically made from semolina (coarsely ground durum wheat) — though it can also be made from other grains, including barley and millet.

Whole-grain couscous is a good source of fiber. Fiber is good for you in a lot of ways. It can stop your blood sugar from spiking and can keep you fuller longer. It also can help lower cholesterol, which can reduce your chances of heart disease. This recipe was found in an old recipe book my cousin had saved.

ORIGINAL GRANDMA'S RECIPE

Marmahon - Marmaon (2 pounds) Greek Couscous

The chicken soup is prepared; 12 cups of water, onion, garlic, parsley, chili and tomato, all measurements are to your taste.



The chicken is cooked with all this ingredients and save the soup from the cooked chicken.



In a separate saucepan, put 1 stick of margarine per pound of marmahon and 6 cups of chicken broth per pound.

1 onion, finely chopped and mix with 1 envelope of Continental soup flavor with saffron.

The marmaon is added to this preparation, it is tested for salt and stir it so that it does not stick, until the soup is consumed.



When the Marmahon is almost dry, add the chickpea taste and enjoy.

RECETA ORIGINAL DE MI ABUELA

Marmahon – Marmaon (2 libras)

Se prepara la sopa de pollo; 12 tazas de agua, 1 cebolla, ajo, perejil, chile verde y tomate todas las medidas al gusto.

Se coce el pollo con todo esto para sacar la sopa, y guarde la sopa.

En una cacerola aparte, poner 1 barra de margarina por libra de marmahon y 6 tazas de caldo de pollo por libra.

1 cebolla bien picada y se le pone un sobre de consome continental con azafran.

A este preparado se le agrega el marmaon, se prueba de sal y se esta moviendo para que no se pegue hasta que se consuma la sopa.

Cuando esta casi seco se le pone el garbanzo, al gusto hasta que seque. Disfruten

What is ECO ECOTHERAPY

It is an area of psychology that embraces ecology and aims to be holistic in theory and practice
(Buzzell and Chalquist, 2009).

1. NATURE MEDITATION:

This meditation takes place in a natural setting, such as a park, and is sometimes done as a group therapy. Members of the group may identify something in nature which attracts them and then spend a few minutes contemplating how this aspect of nature relates to them and what they can learn from it. For example, an elderly person struggling with feelings of worthlessness might develop greater self-respect after meditating on how the older trees in a forest provide shelter for birds and shade for younger plants. The activity usually ends with group members sharing what they learn.

2. HORTICULTURAL THERAPY:

The use of plants and garden-related activities can be used to promote well-being. Activities may include digging soil, planting seedlings, weeding garden beds, and trimming leaves. This type of intervention may be recommended in cases of stress, burnout, and substance abuse, as well as in cases of social isolation among the elderly. Programs such as Thresholds, a Chicago-based mental health agency, has also helped

*Ecotherapy: Healing with nature in mind
San Francisco, CA: Sierra Club Books.*

THERAPY ACTIVITIES AND TECHNIQUES

military veterans experiencing posttraumatic stress through horticultural and ecotherapies.

world and are sometimes recommended for reducing stress, anxiety, depression, and anger.

3. IN ANIMAL-ASSISTED THERAPY

One or more animals is introduced into the healing process. Some studies have demonstrated that petting or playing with a dog, for example, reduces aggression and agitation in some populations. Physical exercise in a natural environment: This can include activities such as walking, jogging, cycling, or doing yoga in a park. These types of activities foster increased awareness of the natural

4. INVOLVEMENT IN CONSERVATION ACTIVITIES:

The act of restoring or conserving the natural environment can assist in creating a sense of purpose and hopefulness. Since this activity is usually done in groups, it may also help foster a sense of belonging and connectedness while simultaneously improving one's mood.



Qué es ECO ECOTERAPIA

Es un área de la psicología que abarca la ecología y tiene como objetivo ser holística en la teoría y la práctica. (Buzzell y Chalquist, 2009).

1. MEDITACIÓN EN LA NATURALEZA:

Esta meditación se lleva a cabo en un entorno natural, como un parque, y a veces se realiza como terapia de grupo. Los miembros del grupo pueden identificar algo en la naturaleza que los atrae y luego dedicar unos minutos a contemplar cómo este aspecto de la naturaleza se relaciona con ellos y qué pueden aprender de él. Por ejemplo, una persona mayor que lucha con sentimientos de inutilidad puede desarrollar un mayor respeto por sí mismo después de meditar sobre cómo los árboles más viejos en un bosque brindan refugio a los pájaros y sombra a las plantas más jóvenes. La actividad generalmente termina cuando los miembros del grupo comparten lo que aprenden.

2. TERAPIA HORTÍCOLA:

El uso de plantas y actividades relacionadas con el jardín se puede utilizar para promover el bienestar. Las actividades pueden incluir cavar la tierra, plantar plántulas, desyerbar las camas del jardín y recortar las hojas. Este tipo de intervención puede recomendarse en casos de estrés, agotamiento y abuso de sustancias, así como en casos de aislamiento social entre los ancianos. Programas como Thresholds, una agencia de salud mental con sede en Chicago, también ha ayudado a los veteranos militares que experimentan estrés postraumático a través de la horticultura y las ecoterapias.

Artículo extractado de <https://www.inspimundo.com/2018/10/ecoterapia-terapia-verde/>

TERAPIA ACTIVIDADES Y TÉCNICAS

3. EN LA TERAPIA ASISTIDA POR ANIMALES:

Se introduce uno o más animales en el proceso de curación. Algunos estudios han demostrado que acariciar o jugar con un perro, por ejemplo, reduce la agresión y la agitación en algunas poblaciones. Incluyendo ejercicio físico en un entorno natural: esto puede incluir actividades como caminar, trotar, montar en bicicleta o hacer yoga en un parque. Este tipo de actividades fomentan una mayor conciencia del mundo natural y, a veces, se recomiendan para reducir el estrés, la ansiedad, la depresión y la ira.

La ecoterapia incluye actividades tales como jardinería, cultivo de alimentos y trabajos de conservación ambiental.

4. PARTICIPACIÓN EN ACTIVIDADES DE CONSERVACIÓN:

El acto de restaurar o conservar el medio ambiente natural puede ayudar a crear un sentido de propósito y esperanza. Dado que esta actividad generalmente se realiza en grupos, también puede ayudar a fomentar un sentido de pertenencia y conexión al mismo tiempo que mejora el estado de ánimo.

En resumen, pasar tiempo en espacios verdes o acercar la naturaleza a tu vida cotidiana puede beneficiar tanto tu bienestar mental como físico. Hacer cosas como cultivar alimentos o flores, hacer ejercicio al aire libre o estar rodeado de animales puede tener muchos efectos



TRAVEL DESTINATION: EL SALVADOR

El Salvador is bounded by Honduras to the north and east, by the Pacific Ocean to the south, and by Guatemala to the northwest. Its territory is situated wholly on the western side of the isthmus, and it is therefore the only Central American country that lacks a Caribbean coast. The entire territory of El Salvador is located on the Central American volcanic axis, which determines the major geographic regions of the country.

ALSO KNOWN AS: REPUBLIC OF
EL SALVADOR REPÚBLICA DE EL SALVADOR

CAPITAL : SAN SALVADOR

POPULATION: (2020 EST.) 6,764,000

HEAD OF STATE AND GOVERNMENT:
ACTUAL PRESIDENT: NAYIB BUKELE

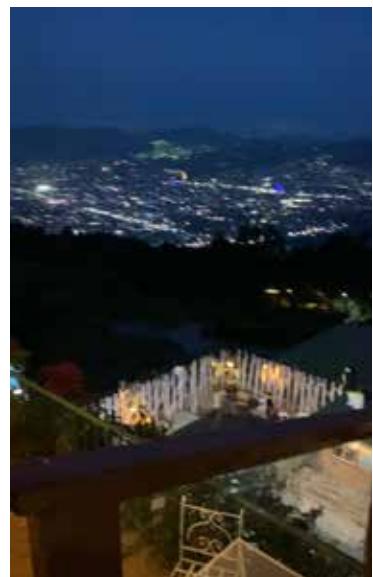
FORM OF GOVERNMENT:
REPUBLIC WITH ONE LEGISLATIVE HOUSE
(LEGISLATIVE ASSEMBLY [84])

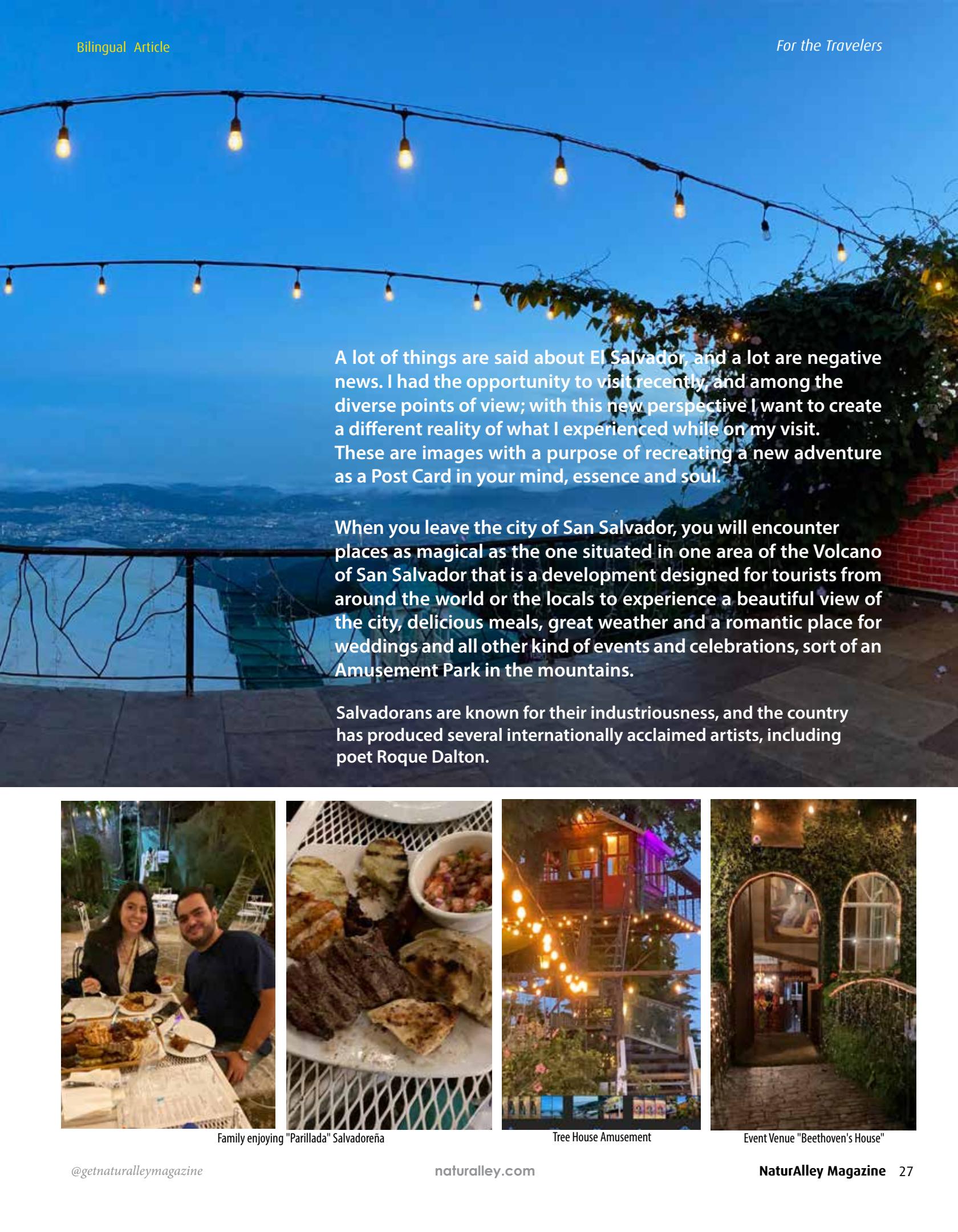


Volcanic Turistic Place



View of San Salvador City from Restaurant Linda Vista





A lot of things are said about El Salvador, and a lot are negative news. I had the opportunity to visit recently, and among the diverse points of view; with this new perspective I want to create a different reality of what I experienced while on my visit. These are images with a purpose of recreating a new adventure as a Post Card in your mind, essence and soul.

When you leave the city of San Salvador, you will encounter places as magical as the one situated in one area of the Volcano of San Salvador that is a development designed for tourists from around the world or the locals to experience a beautiful view of the city, delicious meals, great weather and a romantic place for weddings and all other kind of events and celebrations, sort of an Amusement Park in the mountains.

Salvadorans are known for their industriousness, and the country has produced several internationally acclaimed artists, including poet Roque Dalton.



Family enjoying "Parillada" Salvadoreña

Tree House Amusement

Event Venue "Beethoven's House"

TRAVEL DESTINATION: EL SALVADOR

El Salvador is one of the destination were you can feel very back to basics... to "decompress". This is an image of the new Hwy and bridge "bypass" to connect the capital city of San Salvador, with "Surf City", a place on the coast of the city of La Libertad where we can find an array of nice restaurants with exotic seafood meals, delicious natural fruit drinks and a spectacular view of the ocean. - in El Salvador "cities" are called "Departments" or "Departamentos" in spanish.

The climate of El Salvador is tropical but is moderated by elevation in the interior; in general it is warm rather than hot, varying between the high 50s and low 70s F (about 15 and 23 °C). Heavy rains, known as the temporales, fall in the winter season, from May to October. The dry summer season lasts from November to April. There is considerable climatic variation in the different regions. The Pacific lowlands and low areas

in the middle Lempa River valley have mean monthly temperatures between the high 70s and mid-80s F (about 25 and 29 °C). In San Salvador, the capital, which is 2,238 feet (682 metres) above sea level, the maximum monthly mean temperature is in the mid-90s F (about 34 °C), in March, and the lowest monthly mean is in the low 60s F (about 17 °C), in January. In the mountains, above 4,800 feet (1,460 metres),

mean monthly temperatures vary between the low 60s and low 70s F (about 17 and 22 °C). Annual precipitation on the Pacific lowlands averages about 65 to 70 inches (about 1,700 mm); on the southern and northern mountain ranges, at elevations between 2,000 and 3,500 feet (600 and 1,060 metres), the average is between 70 and 100 inches (1,800 and 2,500 mm); the higher mountains receive a little



Natural Pools of Sea Water



Surf Lessons available



This Restaurant gets its name due to the Seagulls formation in the sky (Pelicanos in spanish)



more. Annual precipitation recorded in the deeper valleys and surrounding plateau-like areas is between about 45 and 60 inches (1,100 and 1,500 mm).

In San Salvador, the wet season is warm, oppressive, and overcast and the dry season is hot, humid, and mostly clear. Over the course of the year, the temperature typically varies from 63°F to 87°F and is rarely below 59°F or above 91°F.

Sea water temperature throughout El Salvador warms above 20°C and it is enough for a comfortable bath. The warmest sea temperature in El Salvador today is 31.1°C (in La Union), and the coldest water temperature is 29.8°C (La Libertad).

The trip can be as safe as you want it to be, there are shuttlers and Uber and private companies providing transportation services from the moment you get off the

airplane and leave the Airport to the specific destination. Also there are private AIRBNB properties if you don't want to stay in a hotel in the city. Just make the arrangements before your trip to avoid any late minute situations. This could be a vacation like any other around the world, when you get ready to travel, one of the destinations could be El Salvador.



Ocean view thru the volcanic rocks and walking along the Natural sea and rocks Trail

VIAJE DE DESTINO: EL SALVADOR

El Salvador limita con Honduras al norte y al este, con el Océano Pacífico al sur y con Guatemala al noroeste. Su territorio está situado íntegramente en el lado occidental del istmo, por lo que es el único país centroamericano que carece de costa caribeña. Todo el territorio de El Salvador está ubicado sobre el eje volcánico centroamericano, que determina las principales regiones geográficas del país.

También conocido como:

Republic of El Salvador

República de El Salvador

Capital: San Salvador

Población: (2020 est.) 6.764.000

Jefe de Estado y de Gobierno:

Presidente actual: Nayib Bukele

Forma de gobierno :

República con una casa legislativa

(Asamblea Legislativa - 84)



Lugar Turístico Volcanango



Vista de la ciudad de San Salvador desde el restaurante Linda Vista





Se dicen muchas cosas sobre El Salvador y muchas son noticias negativas. Tuve la oportunidad de visitar recientemente, y entre los diversos puntos de vista; con esta nueva perspectiva quiero crear una realidad diferente de lo que experimenté durante mi visita. Estas son imágenes con el propósito de recrear una nueva aventura como una Postal en su mente esencia y alma.

Cuando salga de la ciudad de San Salvador, encontrará lugares tan mágicos como el único desarrollo ubicado en un área del Volcán de San Salvador, que es un desarrollo diseñado para que los turistas de todo el mundo o los locales experimenten una hermosa vista de la ciudad, deliciosas comidas, buen clima y un lugar romántico para bodas y todo tipo de eventos y celebraciones, una especie de Parque de diversiones en la montaña.

Los salvadoreños son conocidos por su laboriosidad y el país ha producido varios artistas de renombre internacional, entre ellos el poeta Roque Dalton.



Familia disfrutando de "Parrillada" Salvadoreña



Plato de carne a la parrilla Exquisito con frijoles fritos y tortillas



Lugar de eventos de la casa del árbol



Lugar de eventos "Casa de Beethoven"

VIAJE DE DESTINO: EL SALVADOR

El Salvador es uno de los destinos donde se puede volver a lo básico para "descomprimirse".

Esta es una imagen de la nueva autopista y puente "bypass" que conecta la ciudad capital San Salvador, con "Surf City", un lugar en la costa de la ciudad de La Libertad donde se encuentra una variedad de agradables restaurantes con comidas exóticas de mariscos, deliciosas bebidas de frutas naturales, y una vista espectacular del océano. - en El Salvador a las "ciudades" se les conoce con el nombre de "Departamentos"

El clima de El Salvador es tropical pero está moderado por la elevación en el interior; en general, es más cálido que caliente, variando entre los 50 y los 70 grados F (alrededor de 15 y 23 ° C). Las lluvias intensas, conocidas como temporales, caen en la temporada de invierno, de mayo a octubre. La temporada seca de verano dura de noviembre a abril. Existe una variación climática considerable en las diferentes regiones. Las tierras bajas del Pacífico y las áreas bajas en

el valle medio del río Lempa tienen temperaturas mensuales medias entre los 70 y los 80 grados F (aproximadamente 25 y 29 ° C). En San Salvador, la capital, que se encuentra a 682 metros (2,238 pies) sobre el nivel del mar, la temperatura media mensual máxima es de alrededor de 34 ° C (mediados de 90 ° F), en marzo, y la media mensual más baja está en la baja. 60s F (alrededor de 17 ° C), en enero. En las montañas, por encima de los 4,800 pies (1,460 metros), las

temperaturas medias mensuales varían entre los 60 y los 70 grados F (alrededor de 17 y 22 ° C). La precipitación anual en las tierras bajas del Pacífico tiene un promedio de 65 a 70 pulgadas (alrededor de 1.700 mm); en las cadenas montañosas del sur y del norte, en elevaciones entre 2,000 y 3,500 pies (600 y 1,060 metros), el promedio está entre 70 y 100 pulgadas (1,800 y 2,500 mm); las montañas más altas reciben un poco más. La precipitación anual registrada en los valles más profundos



Piscinas naturales de agua de mar



Clases de Surf disponibles



Este Restaurante recibe su nombre debido a la formación de Gaviotas en el cielo



y las áreas similares a mesetas circundantes está entre aproximadamente 45 y 60 pulgadas (1,100 y 1,500 mm).

En San Salvador, la temporada de lluvias es cálida, opresiva y nublada y la temporada seca es calurosa, húmeda y mayormente despejada. Durante el transcurso del año, la temperatura generalmente varía de 63 ° F a 87 ° F y rara vez está por debajo de 59 ° F o por encima de 91 ° F.

La temperatura del agua de mar en todo El Salvador se calienta por encima de los 20 ° C y es suficiente para un cómodo baño. La temperatura del mar más caliente en El Salvador hoy es 31.1 ° C (en La Unión), y el agua más fría. La temperatura es de 29,8 ° C (La Libertad).

El viaje puede ser tan seguro como deseé, hay servicios de transporte y empresas privadas y uber que

brindan servicios de transporte desde el momento en que te bajas del avión y sales del aeropuerto hacia el destino específico. También hay propiedades privadas de AIRBNB si no desea alojarse en un hotel de la ciudad. Simplemente haga los arreglos antes de su viaje para evitar situaciones de última hora. Estas podrían ser unas vacaciones como cualquier otra en el mundo, cuando esté listo para viajar, uno de los destinos podría ser El Salvador.



Vista al mar por las rocas volcánicas y acceso para caminar por el sendero de roca natural

HEALTH BENEFITS OF

Rosemary

Article excerpt from
<https://simplyhealth.io>
<https://5.healthnwell.com>

This fragrant herb originates from the Mediterranean, and most people associate it with cooking, where it has a use for flavoring on a variety of dishes. This perennial shrub lives for longer than 2-years, and it's grown all over the world in commercial farms and private herb gardens.

Rosemary also features surprising health benefits as well. The herb is rich in calcium, iron, and vitamin B6, as well as polyphenol micronutrients that have potent effects on the nervous and digestive systems. Perfume manufacturers rely on rosemary in their formulation, as it provides a distinct earthy fragrance.

In its spice format, rosemary comes as whole leaves, or a ground powder to flavor chicken, beef, and lamb recipes.

However, rosemary has **benefits in traditional medicinal treatments as a muscle relaxant, immune booster, and circulatory enhancer.**

Here are some health benefits of consuming rosemary in your diet...

Potent Polyphenol Compounds

Polyphenols are compounds found in fruit, vegetables, and herbs – producing the plant's natural characteristics. Polyphenols give plants their color and flavor, as well as their therapeutic properties. Rosemary is rich in polyphenol antioxidants,

making it a particularly useful herb for treating a variety of health conditions.

As part of the same family as mint, the menthol properties of the herb provide potent anti-inflammatory properties for the skin and digestive system. Eating crushed rosemary helps to reduce gastrointestinal inflammation responsible for a slew of digestive diseases and dysfunctions.

Consuming rosemary in your diet also helps to reduce systemic inflammation in other areas of the body. If you suffer from arthritis or issues affecting the nervous system, then eating rosemary can help relieve your symptoms of pain and irritation.

Combining the oil; with a carrier oil, such as coconut oil or olive oil, allows you to use it as a skincare lotion to help heal the crack on your feet and elbows.

Rosemary is a rich source of antioxidants and anti-inflammatory compounds, which are thought to help boost the immune system and improve blood circulation. Laboratory studies have shown rosemary to be rich in antioxidants, which play an important role in neutralizing harmful particles called free radicals. It is safe to eat as a spice in food. People with high blood pressure, ulcers, Crohn's disease, or ulcerative colitis should not take rosemary.

Rosemary is a member of the same family as thyme, oregano, and basil.

Rosemary oil can be toxic if ingested and should never be taken orally.

Can you drink rosemary tea everyday?

Rosemary tea offers some impressive potential health benefits. Drinking the tea, or even simply inhaling its aroma, may benefit your mood and brain and eye health. It may also help prevent oxidative damage that can lead to numerous chronic diseases.

What does Rosemary do to your brain?

May Improve Brain Function. In ancient Greece and Rome, rosemary was thought to strengthen memory. Research indicates that inhaling rosemary oil helps prevent the breakdown of acetylcholine, a brain chemical important for thinking and concentration.

Does smelling rosemary improve our memory?

With the exam season approaching and revision under way, university researchers have suggested that the smell of rosemary could enhance memory. A study found that pupils working in a room with the aroma of rosemary, in the form of an essential oil, achieved 5% to 7% better results in memory tests.



RECIPE

Rosemary Citrus Spritzer

YIELD

Makes 10 to 12 drinks

INGREDIENTS

2 lemons
2 oranges
4 (4-inch) sprigs fresh rosemary
3/4 cup sugar
1/4 cup honey
Ice
Soda water
Rosemary and lemon for garnish (optional)

INSTRUCTIONS

1. Peel off thick strips of zest from 1 lemon.
2. Juice the lemons and oranges into a liquid measuring cup – you should have about 1 cup of juice. Top off with water if necessary to make 1 cup.
3. Combine zest, juice, rosemary, sugar, and honey in a saucepan over medium heat. Boil for 1 minute, stirring constantly to dissolve the sugars.
4. Remove from heat and let sit 10 minutes. Strain, discard solids, and let syrup cool completely.
5. To serve, fill an 8-ounce glass halfway with ice cubes, add 2-3 tablespoons syrup, fill with soda water, and stir. Garnish with rosemary sprigs and/or lemon slices, if desired.

RECIPE NOTES

Variations:

- Use 1 cup lemon juice and omit oranges.
- Use 1 cup sugar and omit honey.
- Add a splash of gin or vodka to the glass.



By Emily Han

Reference: www.thekitchn.com/drink-recipe-rosemary-citrus-s

This recipe refresh your body and might enhance your senses. Make it for a day at the pool or whenever you feel to drink something with a citrus twist.

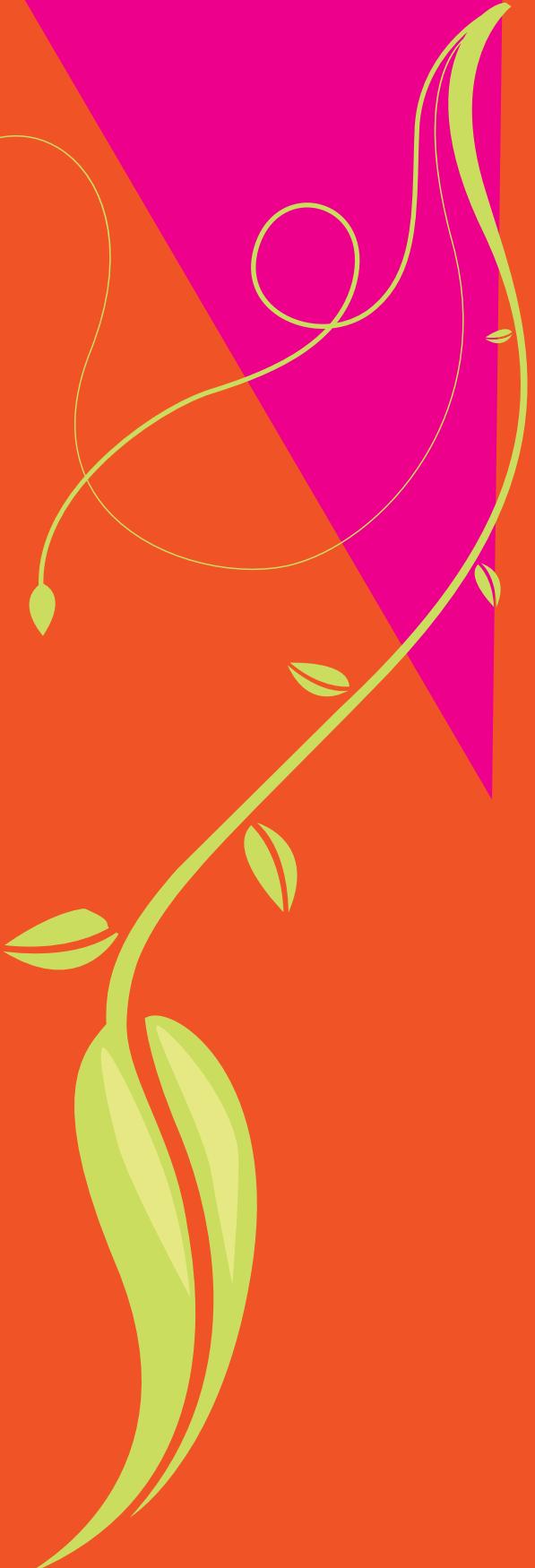


Photo by Geraud Pfeiffer

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