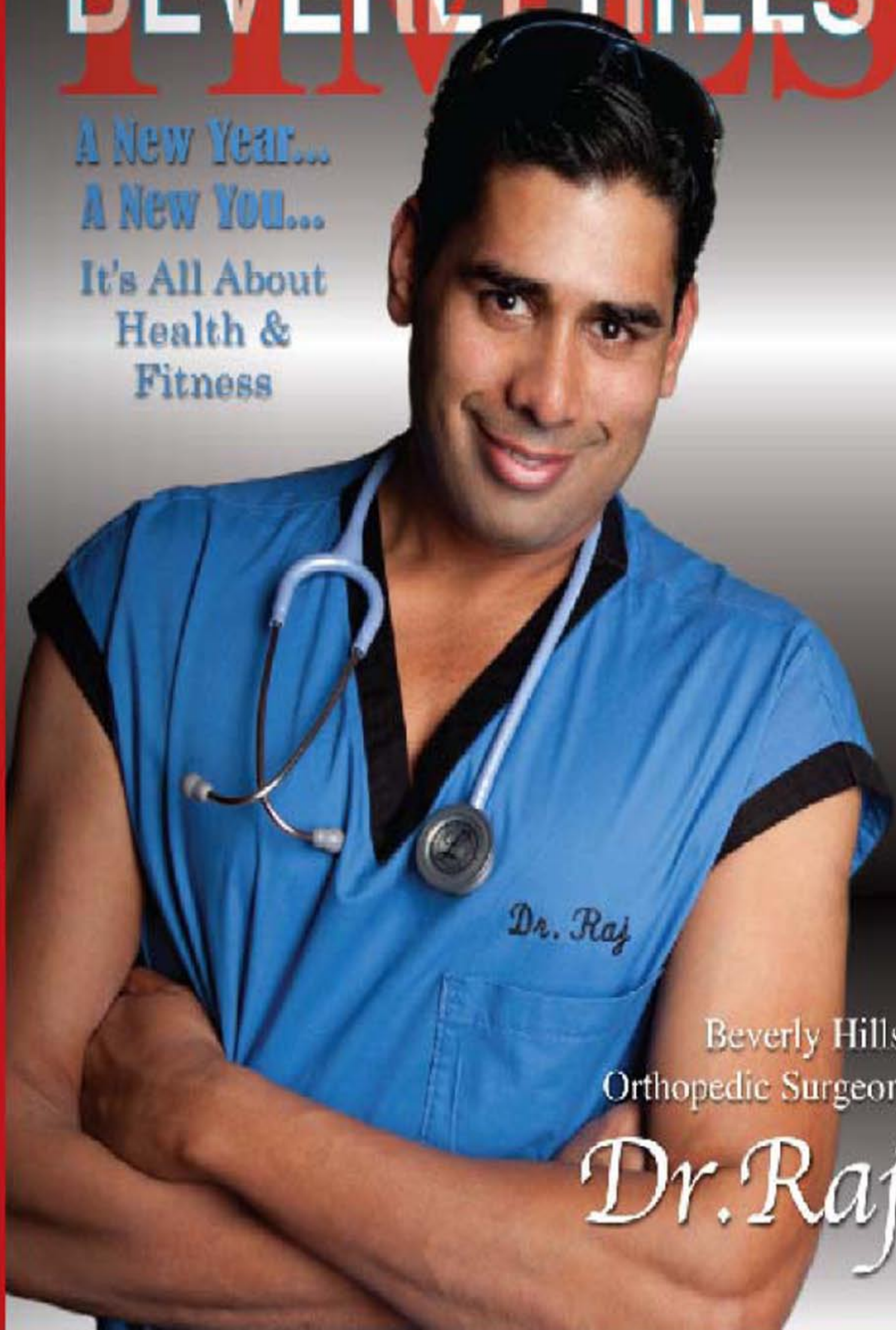


# TMZ BEVERLY HILLS

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HAPPY HOLIDAYS  
HAPPY NEW YEAR  
11.1.13  
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# Natural Beauty

BY ELIZABETH TENHOUTEN

During the cooler months the Earth gives us the Harvest Moon which appears as a 'darker sun'—like an amber sphere in the evening horizon, adding a so-magical mystique to the holiday season starting in October. This special moon is a guest in the Autumn Equinox (*Ha, it's not just a gym!*) Welcome to the Holiday season.

## WHO KNOWS THE MOON'S... (III) BY E. E. DIMMINS

*Who knows if the moon's a ballerina, craning neck up  
a keen eye in the sky, filled with pretty people?  
(and if you and I should get into it, if they should  
take me and take you into their balloons, why then  
we'll go up higher with all the pretty people: from  
houses and steeples and clouds: go sailing away  
and away sailing into a new city: which nobody's  
ever visited, where always it's spring) and every-  
one's in love and flowers with themselves*

I love sharing seasonal antioxidants, which cause us to eat natural beauty, and among my ultimate favorite are pomegranates; late October and into November they will be ripe in all their glory.

## Follow this method (courtesy of Cooking Well Beautiful Skin) for seeding an ideal Antioxidant:

Wear an old shirt or apron to protect your clothes. Use a plastic cutting board, as pomegranates stain wood and pomegranate seeds can stain the grout on your counter, too. Using a sharp knife cut the pomegranate into two or three pieces. With the sea of ruby red seeds facing away from you, use your thumbs to push the pomegranate pieces inside out, away from you, over a bowl. Once the pomegranate is popped inside out, simply pick off the seeds. To avoid staining your fingers, I wear disposable latex gloves while seeding the pomegranate.

Another avenue to achieve natural beauty is to indulge in your own home spa! It's simple. Lavender Steam Facial Beauty Recipe (Courtesy of Cooking Well Beautiful Skin). If your facialist is out-of-town, fear not!

## Antioxidant-Rich Beauty Recipe:

Over the stove, bring a medium-sized pot of water to a high heat (almost boil). Use a towel to cover your head and sides of the pot, trapping the steam. Allow it to rise to your face and open your pores. For added relaxation, use drops of essential essential oil. The calming aroma smells divine. Slowly inhale, relaxing breaths; the heat and moisture will open your skin's pores and release oxidants and toxins. When you feel your face has a sleek, yet wetness cover up it, gently pat your face with a cool, damp cloth to rinse away the toxins you have just sweated out and seal your pores. This is a cleansing, natural way to release your skin of undesirable toxins. It is your at-home facial.

It's simple and important for you to take the time to behold the beauty that you see in the mirror, as well as the beauty you see in nature.

Elizabeth Tenhouten (Cooking Well Beautiful Skin)



From Health magazine, Natural Solutions, and Your Health Connection, to the Discovery Channel's Planet Green, Young Hollywood, Relate magazine and US Weekly, Elizabeth Tenhouten's beauty tips and expert advice regularly appear on television, online, and in national publications. She is raising the beauty bar to a new level.

"Instead of indulging in all of the Holiday candy and deserts try adding some healthy sweets into the mix for yourself."

