

News Entertainment Business Nightlife

TMV BEVERLY HILLS

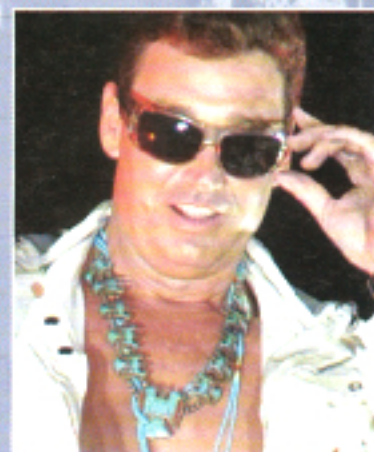
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Lifestyle Architect
to the Jet Set Crowd
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JACK ARMSTRONG



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With LA-based Allied Wallet taking over the global credit card processing market, Founder/CEO **Andy Khawaja** gets ready for his next billion dollar deal!



All Raw Diet — NOT FOR EVERYONE!

Sharyn Wynters, ND



More people are talking about a vegetarian, raw food lifestyle and for good reason. There are many reasons to eat raw food; from weight loss to improved health, emotional balance, a deeper connection with the natural/spiritual aspects of life. I experienced each of these benefits as I shifted to a mostly raw diet years ago. It was a part of a larger transition that helped me walk away from a degenerative disease the medical profession said was impossible. This lifestyle turned my health around and until recently, I thought it was the best diet for everyone. As a naturopath, I counsel many people and have directed them to the benefits of raw food. For most individuals it has supported significant improvement in their health. But occasionally, someone did not thrive on an all raw diet and I wondered why. About year ago, I met an Ayurvedic naturopath, we made an instant connection and became friends. She explained, from an Ayurvedic perspective why some people don't do well on an all raw diet. The explanation was part of a deeper wisdom found in Ayurvedic science and made sense to me. I decided to learn more about Ayurveda and it added depth to my understanding of health.

The word, Ayurveda translates to Science of Life — an ancient and traditional system of natural healing based on the sacred connection between man and nature. Ayurveda is concerned with the concept of balance. Not just the balance of systems and organs, but mind, spirit and our relationship with nature, family, climate, etc. Ayurveda offers a system for managing your lifestyle (especially diet) based on your nature, or "constitution"... defined as the sum of your physical, mental, and spiritual attributes which remain the same throughout your life. Your "constitution" is referred to as your dosha, which means "that which is easily disturbed." Because of your natural predisposition, certain foods and environmental conditions disturb your natural balance. Your constitution defines your potential weaknesses, and provides clues to help you regain balance when stress or unusual circumstances throw you a curve. Have you heard someone say a particular food doesn't agree with him/her? I've learned when certain foods don't agree with you, it's a clue to a larger imbalance that can be averted by eating according to the guidelines of your constitutional type, and other things that throw you off balance. I discovered ONE CONSTITUTION that does not do well with too much raw food as raw foods lack a "warming influence" and other elements required by this particular type of individual to stay balanced. Does that mean some individuals can't take advantage of the benefits of raw food? No, but understanding your constitutional helps you determine the right kinds of raw food and the right kinds of gently cooked foods you should include in your diet.

Meeting an Ayurvedic naturopath was a blessing for me. And from her perspective, meeting a naturopath committed to raw food was an equal blessing. Together, we designed a full week of meals for the three basic constitutional types that include the best of both—Ayurvedic science and raw food. It's called, Ah... Raw Veda! Visit: www.AhRawVeda.com and discover your constitutional type and download a week of recipes for your constitutional type. You don't have to be vegetarian, vegan, or committed to raw food to enjoy these recipes that are designed especially for you. Get started today and discover greater balance in your life. ●



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Sharyn Wynters is a naturopath with more than 30-years experience and author of, *The Pure Cure*. VISIT: www.wyntersway.com

Natural Beauty

BEAUTY SECRET recipes You Can Make AT HOME

By Elizabeth Tenhouten

HOW TO PROTECT YOUR SKIN DURING THE HOT DAYS OF SUMMER

Summertime in the city of angels is warm and gorgeous. The sun, whether it is beaming in the blue sky, or hiding behind some June gloom clouds, is present. So, be mindful to wear an SPF with a minimum value of 30 for your face and body. With any change in the seasons, our skin is affected. The summer months tend to be a contributing environmental factor for skin becoming oilier, thus breakouts are a concern.

HOT WEATHER • OILY SKIN and UGLY BLEMISHES...

Here is a quick DIY beauty tip to deal with a whitehead, or comedone, or any other minor blemish. If you have a pimple, dab some Neosporin ointment on the blemish. It is antibacterial and will help your pimple heal faster. You can also rely on some toothpaste, which will help dry-out the blemish.

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Honey is a natural antibacterial agent, and the following DIY natural beauty mask is your step towards a clear complexion. Carrots are rich in vitamin A, and the nutrients are in the skins, so no need to peel the carrots in this natural beauty recipe. Just wash them well with a vegetable brush.



Honey Skin Clearing Mask
(Courtesy of *Cooking Well: Beautiful Skin*, Hatherleigh Press/Random House, 2009)

Ingredients:

6 carrots
3 tablespoons honey
4-6 drops lavender essential oil

Preparation & Application:

Bring a pot of hot water to a boil. Throw in carrots, cut in to chunks with the skins in tact. Boil until the carrots are soft, for approximately 15 minutes. Mash them in a bowl. Add honey and lavender essential oil and mix until you have a smooth, thick orange paste. Place in the refrigerator for 20 minutes to allow for it to cool. Remove from the refrigerator and apply to your face, avoiding the eye area. It is a good idea to use a tongue depressor for application to avoid depositing the oil from your fingertips onto your face. Leave on your face for 10 minutes and rinse with cool water to seal the pores. ●

