

News Entertainment Business Nightlife

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Sneak Peek 2013 Horoscope
For Our Favorite Stars
Beyoncé



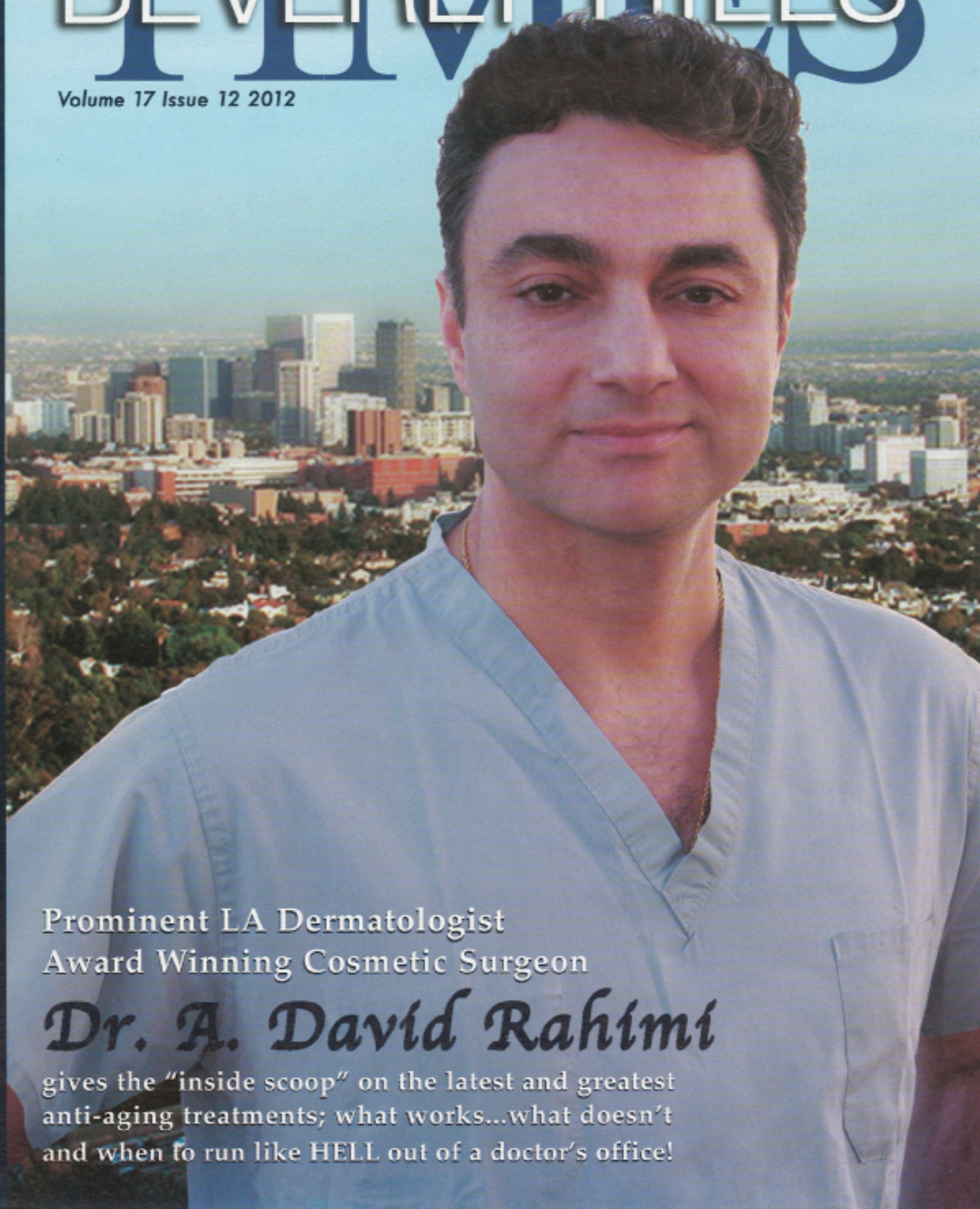
Sharon Stone
Hosts Designer Handbag
Auction For Lupus Foundation



Hollywood Diva Glam
Furniture Designer
Cindy Rocker



Music Impresario
David Foster
Performs at JWC Gala



Prominent LA Dermatologist
Award Winning Cosmetic Surgeon

Dr. A. David Rahimi

gives the "inside scoop" on the latest and greatest
anti-aging treatments; what works...what doesn't
and when to run like HELL out of a doctor's office!

BEAUTY SECRET recipes You Can Make AT HOME

By Elizabeth TenHouten

Exfoliation Doesn't Always Require Harsh Scrubbing!

Naturally we want to look young and radiant and there is undoubtedly a connection

between beauty and health. With so many skincare products on the market it's a challenge for even the most savvy beauty junkie to distinguish between chemical-laden products and those with natural ingredients. But there is a way to stop wondering what you are putting on your skin and that's by making your own topical beauty recipes at home and it's super fun! Natural, topical beauty treatments provide health benefits and skin-nutritional value like the featured recipes in this month's column. It is easy and fun to stay healthy and beautiful and be your natural, beautiful self.

An important part of a woman's beauty regime is exfoliation...

And it often gets forgotten. We know the importance of cleansing our faces and applying moisturizer (hopefully with a sun-screen ☀); as important is to exfoliate 1-2 times a week. Without proper exfoliation, an accumulation of dirt sits on the surface of skin clogging pores. That's what blackheads are, and we don't want blackheads, ladies!

The advantages of skin-saving, natural ingredients are many. If you whip-up the *Fruit Acid Exfoliator with apples*, know that apples contain natural fruit acids, which exfoliate and slough off dead skin cells. I explain the skin health benefits of each ingredient in my home-made recipes. Honey is nature's moisturizer, helping skin retain its natural moisture by adding hydration. *Eucalyptus honey*, specifically, is a highly-effective antiseptic with antibacterial/anti-inflammatory properties — valuable for a healthy, glowing complexion. It also has a pleasing aroma and provides a cool, refreshing effect, inducing mental calm. Eucalyptus honey can be found at your local

health food store or farmer's market. Here is a sneak-peak at one of the yet to be released recipes in my new book, and you read it here FIRST!

FRUIT ACID EXFOLIANT

(Courtesy of Elizabeth's new book, *Natural Beauty: Homemade Recipes for Radiant Skin & Hair*, Hatherleigh Press/Random House 2013)

INGREDIENTS

1 organic apple, cored and quartered
1 tablespoon eucalyptus honey

PREPARATION & APPLICATION

Core and quarter an apple; discard all but the seedless slices; put in a blender and grind. Pour ground apple into a small bowl and add eucalyptus honey, or any honey. Stir mixture with a tongue depressor until it becomes silky/grainy. Apply to a clean face; leave for 15-20 minutes; rinse with warm water; follow with a splash of cool water to seal pores.



Another of my favorite recipes in *Natural Beauty* is my *Gentle Exfoliator* because exfoliation isn't about abrasive scrubbing of pores; ingredients do the trick! One ingredient is sour cream which contains a high value of lactic acid which functions as a gentle exfoliator removing dead skin cells as you cleanse.

GENTLE EXFOLIATOR (Courtesy of *Natural Beauty: Homemade Recipes for Radiant Skin & Hair*, Hatherleigh Press/Random House 2013)

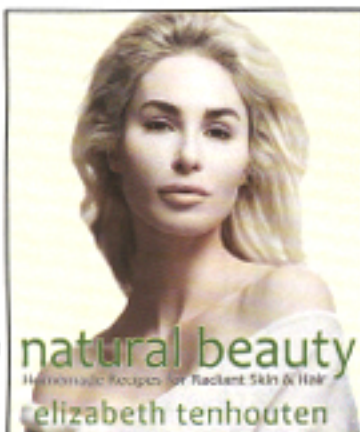
INGREDIENTS

1 teaspoon almond oil
2 teaspoons coconut oil
1 tablespoon sour cream

PREPARATION & APPLICATION

Mix oil ingredients & sour cream until whipped, then gently apply to face; avoid eye area. Rinse well with warm water. ●

From *Natural Health Magazine* to *Discovery Channel's Planet Green*, author Elizabeth TenHouten's expertise as a beauty and skincare expert raises the beauty bar to a new level with her natural, homemade beauty recipes for radiant skin.



What is currently being done in the U.S. to ensure the wise use and safety of our nation's groundwater? — Kevin Orr, Baton Rouge, LA

Keeping fresh water safe and abundant is a challenge for all societies. In the United States, about half of the country's drinking water comes from groundwater sources. Many rural areas derive all of their drinking water from groundwater, which also provides 40% of the irrigation needs of American farmers. While underground aquifers may at one point have seemed limitless, huge demands for water (especially in arid areas like the Southwest) means that groundwater reserves are precious and need to be carefully managed with conservation in mind. Also, groundwater is easily contaminated by any number of common man-made products such as gasoline, oil, road salts, pesticides, fertilizers and other chemicals.



Management of water supplies is decentralized; local/regional water authorities manage supplies for municipalities around the country; oversight comes via the U.S. Environmental Protection Agency (EPA), mandated by the Clean Water Act and Safe Drinking Water Act enacted in 1972. It addresses water pollution, requiring everyone, especially large water users including large industrial and agricultural operations to deal with water inflows and outflows in a responsible, non-polluting manner. The 1974's Safe Drinking Water Act requires the EPA to set standards for drinking water quality that 150,000 public water entities across the country must meet. Third party laboratories provide detailed analyses to ensure that local supplies meet the EPA's expectations. The laws work to keep groundwater supplies safe, but environmentalists want strengthened substantially in the face of drought-inducing global warming and other threats.

Regulation and enforcement of industry/agriculture is protects limited groundwater supplies and consumers must help. The Groundwater Foundation, a Nebraska-non-profit educates people and inspires action to ensure sustainable, clean groundwater for future generations. They suggest taking short showers; shut off water while brushing teeth and shaving; run full loads of dishes and laundry; fix leaky faucets; water plants and lawn only when necessary. The group advocates recycling used motor oils; limit fertilizers/pesticides on plants, lawns, gardens; reduce household chemical use; dispose leftover chemicals at hazardous waste collection sites (earth911.com), not down drains or gutters.

Initiate a Source Water Protection process; locate local groundwater sources and identify ways to protect and conserve them. Download the Groundwater Foundation's free Source Water Assessment and Protection Workshop Guide with information on source water protection strategies and where the Safe Drinking Water Act and Clean Water Act intersect. Guide funding was provided by the EPA's Office of Groundwater and Drinking Water. It's a must-read for officials, policymakers and activists deliberating land use and water quality issues. www.groundwater.org. The EPA Office of Groundwater & Drinking Water: www.epa.gov/aboutepa/ow.html#ground. ●

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