

Chapter 1 : The Three Foot Shapes “ Root2Being

The startling body shape transformations of Victoria's Secret models - from natural big boobs in the Nineties to using chicken fillets now We reveal the changing shapes of the Victoria's.

My new neighbor, Howie, wanted me to take him fishing in one of the local lakes, early one spring. We parked our vehicle by the beach and then carried our canoe and equipment down to the shore. We had a Coleman stove so we could cook a fresh walleye lunch on shore. The lake was three or four miles long and about a half mile wide. It was a long narrow lake. We paddled out into the middle of the lake and ended up about a mile from one end. As we settled in to fish we noticed the weather was changing and the wind was dying down. The fishing was good and we had two or three walleye on the stringer. I had just moved into the neighborhood where Howie lived so we sat and talked and got to know each other better. We enjoyed a few beers we had on hand. About noon we found that fog had moved in and we no longer could see any shoreline. It continued to get worse until we could hardly see each other in the canoe. I decided that there was no point going to shore for lunch as we could end up paddling the wrong way and end up three or four miles way down the lake. Hughie was not an experienced canoeist and he was a little nervous of the changing weather. We were hungry and had some hot dogs and buns along so I set up the Coleman stove in the bottom the canoe in front of me and cooked the hot dogs. Hughie was sitting in the front of the canoe but had managed to turn around earlier so we sat facing each other. We continue fishing while eating a couple of hot dogs. We also had a medium sized can of peaches. It seems the can opener was not in the packsack so Hughie volunteered to open the can with his pocket knife. The procedure of opening the can became quite involved and Hughie had a great deal of difficulty. He stabbed and pried the lid off until he was able to bend the lid half open and then extracted the peaches out onto aluminum camping dishes for us to eat from. Once all the eating and clean up was done we continued fishing and drinking a few more of the beers we had brought along. The fog continued to hang densely around us but there was no wind so we continued to fish and enjoy our outing. We could not see or hear anything and felt like we sat in a bubble. The tranquil scene was disturbed when Howie stated that he needed to take a pee but was afraid to stand up in the canoe. I refused to try and paddle to shore and suggested he pee in the peach can which lay in the bottom of the canoe. With poor hand eye coordination Howie managed to get his fly open, pried back the lid of the can, and carefully started peeing. When the can was almost full, his thumb slipped off the lid of the can and the jagged lid snapped back and partly closed on his delicate parts. He immediately started yelling for help. Keeping in mind that the can was almost full, wet, and vey sharp and jagged along the edges, he started to panic and rocked the canoe. He continue screaming and calling me to help or do something. I was at the other end of the canoe and all our equipment was piled between us. I got him to calm down and he slowly bent the can lid back so he could remove his appendage. He then dumped the contents over the side and sank back into the canoe with a huge sigh of relief. It was at this point I started laughing and the longer I laughed the madder Hughie got. Fortunately it was not long after the wind came up and the fog blew off the lake. We were then able to get back to the beach, load up and head for home. On the drive home Hugh was still embarrassed and mortified by the experience and not talking to me.

admin November 11, November 11, Comments Off on The startling body shape transformations of Victoria's Secret models - from natural big boobs in the GIGI Hadid, Kendall Jenner and Winnie Harlow were just some of the world famous models strutting on the catwalk at last night's Victoria's Secret show.

Ted Winters October 16, How to Skate Faster No matter what your sport is, being able to skate faster is going to enhance your performance on the ice. Slow skaters may have a good skating technique but often lack the physical conditioning needed to be a fast skater. Research done on the skating abilities of hockey players show that a fitness training program may improve skating skills, including being able to skate faster. Genetics may play a small role in how fast you can skate only in that they predetermine the shape and metabolic makeup of your body. They are more focused on fitness and nutrition than ever before. Exercises specific to skating allow athletes to fine tune their fitness abilities so they can be a faster skater. Exercises to Help You Skate Faster Exercising and building up your respiratory system can help you be a faster skater. Every time you glide or push forward on the ice you need to lift one leg and balance on a thin blade of steel. Improving balance can help you with your skating speed. The following exercises can help you with balance, flexibility, and strength: Skater Squats To skate faster you need to increase your lower body power and strength. Squats are one of the best exercises to achieve this. This exercise will work on your quads, glutes, and hamstrings. Start with the right side and rest your right back foot on a gym bench behind you. Flex your left front knee and hip, and slowly lower yourself down until there is a degree angle at the knee. Repeat for 8 reps, then do the same movement with the left foot back on the bench. Do 6 to 10 sets. Lunges Lunges help condition your body to move at the hip joint while your legs and glutes do most of the work. Stand with your feet shoulder width apart. Move your right leg out to the right while shifting your body weight in the same direction, over your right leg. There should be a degree angle between your knee and the floor. Your toes, body, and head should remain facing forward. Now keep your back upright and sit down with your butt. Repeat with the same movement on your left side. Continue to perform 50 to reps. Sprints can condition your body to do bursts of energy, which can help you skate faster. Sprint for 50 to yards and then take a 2-minute rest so you can perform the next sprint with maximum effort. Repeat this sprinting cycle 10 to 15 times. Stretching Increasing your flexibility can improve your speed by making it easier for you to move your legs without discomfort in the hip joints and lower back. Regular stretching can also help to prevent injuries. A lunge with a twist is a good dynamic stretch to get the muscles ready for movement. Quad and hamstring stretches are good static stretches to isolate certain muscles before you skate. Athletes who perform on the ice require more of certain nutrients to provide their body with the energy needed to skate fast. The following nutrition tips can help you achieve maximum nutritional health. Protein also helps support a strong immune system. Good protein choices include, fish, lean poultry, and meat. Other protein options include cheese, eggs, nuts, and Greek yogurt. Eating the right amount of carbohydrates may help you perform longer and skate faster. Examples of good carbs include brown rice, legumes, almond milk, and grains. Not only do fats help your body store energy, they also help the muscles to recover faster. Sources of good fats include avocados, olive oil, and salmon. Hydration can help prevent injury and keeps your body running at optimum performance. Consider a weight loss program to reach a healthy body weight. This may help to improve your skating speed. Supplementing Nutrition is important for any athlete, including those who need to skate fast. Nutrition deficiencies may leave you feeling tired and unable to perform at your best. Another symptom of low testosterone is weakened muscles which can also impair your performance on the ice. By using the tips in this article and doing the recommended exercises you may be able to skate faster than you ever have before. J Phys Ther Sci. Retrieved on October 10, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4111111/> Genetic influence on athletic performance. Vol 2, Issue 4: Int J Sports Phys Ther. Energy and macronutrient intakes of elite figure skaters. J Am Diet Assoc. Dietary protein for athletes: Carbohydrates for training and competition. Journal of Sports Sciences. Volume 29 Issue sup 1: Fluid consumption, exercise, and cognitive performance. Prevalence of Dietary Supplement Use by Athletes: Systematic Review and Meta-Analysis. World J Mens Health.

Chapter 3 : BBC - Future - How your face betrays your personality and health

*Changing Shape (Nature's Secrets) [Paul Bennett] on www.nxgvision.com *FREE* shipping on qualifying offers. Looks at animals that change their appearance as they develop, including butterflies, ladybugs, dragonflies, frogs.*

By David Robson 13 March You might expect a great philosopher to look past our surface into the depths of the soul – but Ancient Greek thinkers were surprisingly concerned with appearance. Aristotle and his followers even compiled a volume of the ways that your looks could reflect your spirit. Impudence, the treatise says, was evident in "bright, wise-open eyes with heavy blood-shot lids"; a broad nose, meanwhile, was a sign of laziness, like in cattle. Sensuous, fleshy lips fared little better. The philosophers saw it as a sign of folly, "like an ass", while those with especially thin mouths were thought to be proud, like lions. View image of Getty Images Credit: Getty Images Today, we are taught not to judge a book by its cover. But while it is wise not to set too much by appearances, psychologists are finding that your face offers a window on our deepest secrets. Even if you keep a stony poker face, your features can reveal details about your personality, your health, and your intelligence. Lefevre has found that people with higher levels of testosterone tend to be wider-faced with bigger cheekbones, and they are also more likely to have more assertive, and sometimes aggressive, personalities. To calculate this yourself, compare the distance from ear-to-ear with the distance between the top of your eyes, and your upper lip. Using volunteers to rate former US presidents on different psychological attributes, Lefevre found that face shape seemed to reflect their perceived ambition and drive. Such analyses of historical figures are perhaps best taken with a pinch of salt, however, and it has to be said that other traits, such as cooperation and intelligence, should be equally important for success. Plump cheeks As you might expect, your health and medical history are also written in your countenance – and the detail it offers is surprising. The amount of fat on your face, for instance, provides a stronger indication of your fitness than more standard measures, such as your body mass index. How could the plumpness of your cheeks say so much about you? Perhaps the fullness of your face reflects the fatty deposits in the more harmful areas, Jones says. Or it could be that facial fat is itself dangerous for some reason. View image of Thinkstock Credit: Thinkstock Besides these more overt cues, very subtle differences in skin colour can also reveal your health secrets. Jones and Lefevre emphasise this has nothing to do with the tones associated with ethnicity, but barely-noticeable tints that may reflect differences in lifestyle. You appear to be in more robust health, for instance, if your skin has a slightly yellowish, golden tone. The pigments in question are called carotenoids, which, as the name suggest, can be found in orange and red fruit and veg. Carotenoids help build a healthy immune system, says Lefevre. Jones has found that women tend to adopt a slightly redder flush at the peak of the menstrual cycle, perhaps because estradiol, a sex hormone, leads the blood vessels in the cheek to dilate slightly. It may be one of many tiny shifts in appearance and behaviour that together make a woman slightly more attractive when she is most likely to conceive. Looking smart As Jones points out, these secrets were hiding in plain sight – yet we were slow to uncover them. But now the discipline is gaining credibility, we may find that there are many more surprises hiding in your selfies. Needless to say, it is not as simple as whether or not they wear glasses. Further research might explain exactly how we make these snap judgements. Thinkstock It will also be interesting to see how the link between personality, lifestyle and appearance changes across the lifetime. One study managed to examine records of personality and appearance, following subjects from the s to the s. The scientists found that although baby-faced men tended to be less dominant in their youth, they grew to be more assertive as the years wore on – perhaps because they learnt to compensate for the expectations brought about by their puppyish appearance. Women who had more attractive, sociable, personalities from adolescence to their 30s slowly started to climb in physical attractiveness, so that in their 50s they were considered better-looking than those who had been less personable but naturally prettier. One possibility is that they simply knew how to make the best of their appearance, and that their inner confidence was reflected on subtle differences in expression. Getty Images After all, there is so much more to our appearance than the bone structure and skin tone, as one particularly clever study recently demonstrated. The scientists asked volunteers to wear their favourite clothes, and then took a photo of their face. Even though the

clothes themselves were not visible in the mugshots, impartial judges considered them to be considerably more attractive than other pictures of the participants. The finding is particularly striking, considering that they were asked to keep neutral expressions:

Chapter 4 : Twilight73 " A personal history

*Nature'S Secrets [Paul Bennett] on www.nxgvision.com *FREE* shipping on qualifying offers. A title from the new NATURE'S SECRETS series which explains the process of metamorphosis in a wide range of insects as well as the more unusual creatures such as frogs and toads.*

The ancient Greeks were downright obsessed with it—and even today we tend to side with symmetry in everything from planning our furniture layout to styling our hair. In geometry, a fractal is a complex pattern where each part of a thing has the same geometric pattern as the whole. So with romanesco broccoli, each floret presents the same logarithmic spiral as the whole head just miniaturized. Essentially, the entire veggie is one big spiral composed of smaller, cone-like buds that are also mini-spirals. Incidentally, romanesco is related to both broccoli and cauliflower; although its taste and consistency are more similar to cauliflower. For thousands of years, humans have marveled at the perfect hexagonal figures in honeycombs and wondered how bees can instinctively create a shape humans can only reproduce with a ruler and compass. The honeycomb is a case of wallpaper symmetry, where a repeated pattern covers a plane. How and why do bees have a hankering for hexagons? Well, mathematicians believe that it is the perfect shape to allow bees to store the largest possible amount of honey while using the least amount of wax. The Fibonacci sequence is 1, 2, 3, 5, 8, 13, 21, 34, 55, 89, , and so on each number is determined by adding the two preceding numbers together. Counting spirals on sunflowers can be difficult, so if you want to test this principle yourself, try counting the spirals on bigger things like pinecones, pineapples, and artichokes. But why do sunflowers and other plants abide by mathematical rules? As it turns out, the most irrational number is something known as the golden ratio, or Phi, and it just so happens that if we divide any Fibonacci or Lucas number by the preceding number in the sequence we get a number close to Phi. In the case of the nautilus, this growth pattern allows it to maintain the same shape throughout its whole life unlike humans, whose bodies change proportion as they age. As is often the case, there are exceptions to the rule—so not every nautilus shell makes a Fibonacci spiral. But they all adhere to some type of logarithmic spiral. One animal might be considered to have taken the whole symmetry-to-attract-a-mate thing too far; and that animal is the peacock. He remained furious until he came up with the theory of sexual selection, which asserts that animals develop certain features to increase their chances of mating. Apparently peacocks have the sexual selection thing down pat, since they are sporting a variety of adaptations to attract the ladies, including bright colors, a large size, and symmetry in their body shape and in the repeated patterns of their feathers. Some scientists theorize that the orb webs are built for strength, and the radial symmetry helps to evenly distribute the force of impact when prey hits the web, resulting in less rips in the thread. But the question remains: Physicist Richard Taylor did a study on crop circles and discovered—in addition to the fact that about one is created on earth per night—that most designs display a wide variety of symmetry and mathematical patterns, including fractals and Fibonacci spirals. Understanding why plants and animals opt for symmetry is hard enough to wrap our brains around, but inanimate objects—how on earth did they figure anything out? Apparently, it all boils down to chemistry; and specifically, how water molecules arrange themselves as they solidify/crystallize. Water molecules change to a solid state by forming weak hydrogen bonds with each other. These bonds align in an ordered arrangement that maximizes attractive forces and reduces repulsive ones, which happens to form the overall hexagonal shape of the snowflake. No snowflake has the exact same experience coming down and therefore they all look slightly different from one another. Having recently discovered a new section on the edges of the Milky Way Galaxy, astronomers now believe that the galaxy is a near-perfect mirror image of itself. Based on this new information, scientists are more confident in their theory that the galaxy has only two major arms: How does it happen? The symmetry in this ratio makes the sun and the moon appear almost the same size when seen from Earth, and therefore makes it possible for the moon to block the sun when the two are aligned. But every one to two years, everything is in precise alignment, and we can witness the spectacular event known as a total solar eclipse. For instance, every year the moon drifts around four centimeters further away from Earth, which means that billions of years ago, every solar eclipse would have been a total eclipse. If

things keep going the way they are, total eclipses will eventually disappear, and this will even be followed by the disappearance of annular eclipses if the planet lasts that long. Some theorize that this sun-moon symmetry is the special factor which makes our life on Earth possible. Content and copy writer by day and list writer by night, S. Grant enjoys exploring the bizarre, unusual, and topics that hide in plain sight.

Chapter 5 : Shape Magazine: Diet, fitness and beauty features, with an online community.

Thankyou Jasmine my massage was the best i have ever had. Didn't even know i had a sore neck but you definitely found the spot and fixed it. I could have stayed laying on the table all day it was so relaxing and was finished off by a beautiful facial.

The secrets of beauty lies in ancient Ayurveda. Stress management techniques are the secret to beautiful skin. Eating good is the new beautiful you. Is flawless skin just too much to ask for? A late night leads to dark circles in the morning. Got an upcoming party? Oh wait, I spy a zit. We try every new face wash, sunscreen, anti-ageing cream that hits the market. And we are ever so willing to try anything under the sun to get beautiful skin. But it is not an overnight miracle. Browse through our beauty secrets , tackle your skincare issues and follow our tricks regularly to get beautiful skin naturally. Ever wondered how to get a glowing skin? Whether you have time for intensive skin care or not, pamper yourself by acing the basics. Lucky for you, we make face-care easy. **The Golden Rule Do:** Make sure you always and we mean always remove your makeup before hitting the sheets. The skin needs to breathe overnight. Just put some olive oil on a cotton pad and gently massage the oil onto your face to get rid of the makeup and dirt. Forget that exfoliation is indispensable. At least once or twice a week, exfoliate your skin to remove the layers of dead skin, sure to leave you with a more healthy glow and brighter skin. You can also apply a paste of walnut in powder form with yogurt to exfoliate your skin, as the antioxidants present in walnuts help remove dirt and promote radiant skin. Never forget to exfoliate your skin and remove the makeup before calling it a night. **Sun and Skin Do:** Since a lifetime of sun exposure can cause wrinkles, age spots and other skin problems, you have to protect your skin from the sun. You are **What You Eat Do:** Keep a note of what you put on your plate. Eat fresh fruits , greens, sufficient protein and vitamins. A diet rich in vitamin C and low in fats and sugar promotes radiant skin. Consider a low-sugar diet, which can keep insulin levels down, allowing cells to maintain a healthy balance. Eat spicy and fermented foods, salt, citrus fruits, fried food. Fresh fruits and greens is what healthy skin needs. Running, jogging and yoga will give your body the necessary blood circulation, and also accelerate the cleansing process of your entire body. You will notice a glow on your face after working out. Just take a brisk walk around the block. Skip skincare before and after a workout. Apply a toner to help minimize oil production before heading out. Exfoliate after, and then apply shea butter or olive oil to moisturize the skin. Try to sleep at least 8 hours every night. You can also apply honey on your face twice or thrice a week to naturally soothe and heal your skin. Rahul Nagar, Dermatologist, Max Hospitals. Apply lots of moisturizer, and avoid hot water as it dries out the skin excessively. **H2O to The Rescue Do:** Drink lots of water daily, at least 8 glasses if not more. Also, eats fruits and vegetables that have a high water content such as watermelon, cucumber, orange, strawberry, grapefruit and cantaloupe. It helps prevent and reduce eye puffiness in the morning, maintains pH balance and naturally hydrates your skin if you spritz it on during the day. Wash your face with warm water, three times a day, and gently massage your face in circular motions, ensuring that the cleanser contains alpha hydroxyl acid or beta hydroxyl acid. Zaheer Ahmed, Dermatologist, Max Hospitals. Benzoyl peroxide appears to be effective due to its antibacterial actions. Pop pimples because it can lead to more swelling, redness, and even scarring. Feel a pimple is on its way? Just clean the area with rose water, and place a chilled green tea bag for 10 minutes. Also, if you wear glasses or sunglasses, make sure you clean them frequently to keep oil from clogging the pores around your eyes and nose. Never pop your pimples. Use rose water or chilled green tea bags. **Go Back to Your Roots Do:** Use Ayurvedic scrubs to nourish the skin, and help it breathe better. Luckily for you, everything you need is already in your kitchen. Yes, the secrets of beauty lies in ancient Ayurveda. Make Sudarshan Kriya your beauty mantra. Just breathing right could rid you of spots and pimples. Have a regular skin care regimen. Apply the pulp of fresh cherries on your face before going to bed. Forget to pamper yourself. A gentle facial massage with oils could work wonders. Depending on your skin type, choose oils from mustard, coconut , almond or Kumkadi as they are excellent nourishing agents which help to get glowing skin. Better still â€” switch on some soothing instrumental music. After 20 minutes, what do you have? Beautiful skin and a relaxed you. Pamper yourself

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occasionally with spa treatments. Take out time for yourself, and try to avoid stress as much as possible. Have you ever noticed that when you are stressed, you tend to break out more? This is because stress causes your body to produce cortisol and other hormones, making the skin more oily. Practice stress management techniques like breathing exercises, yoga and meditation. The more you meditate, the more you radiate. Neglect your jawline and facial muscles. For just 5 minutes a day, perform a few facial exercises. You can jut out your lower lip in such a way that wrinkles are created on the chin, then lower your chin to your chest. Another exercise that works wonders is to look up towards the ceiling and pout. It stretches out the muscles making the skin more firm. While we spend so much time and energy on honing our bodies and looks, we forget to express our inner joy and happiness. People may say you look 10 years younger than you are!

Chapter 6 : Total Body Wellness Products | Nature's Secret :: Natures Secret

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How the changing US sports betting market will shape the NHL November 1, Å. Ivan Johnson In May of this year, in what was a landmark moment in the history of the United States sports betting.