

MAGAZINE

AGRI

Dulce

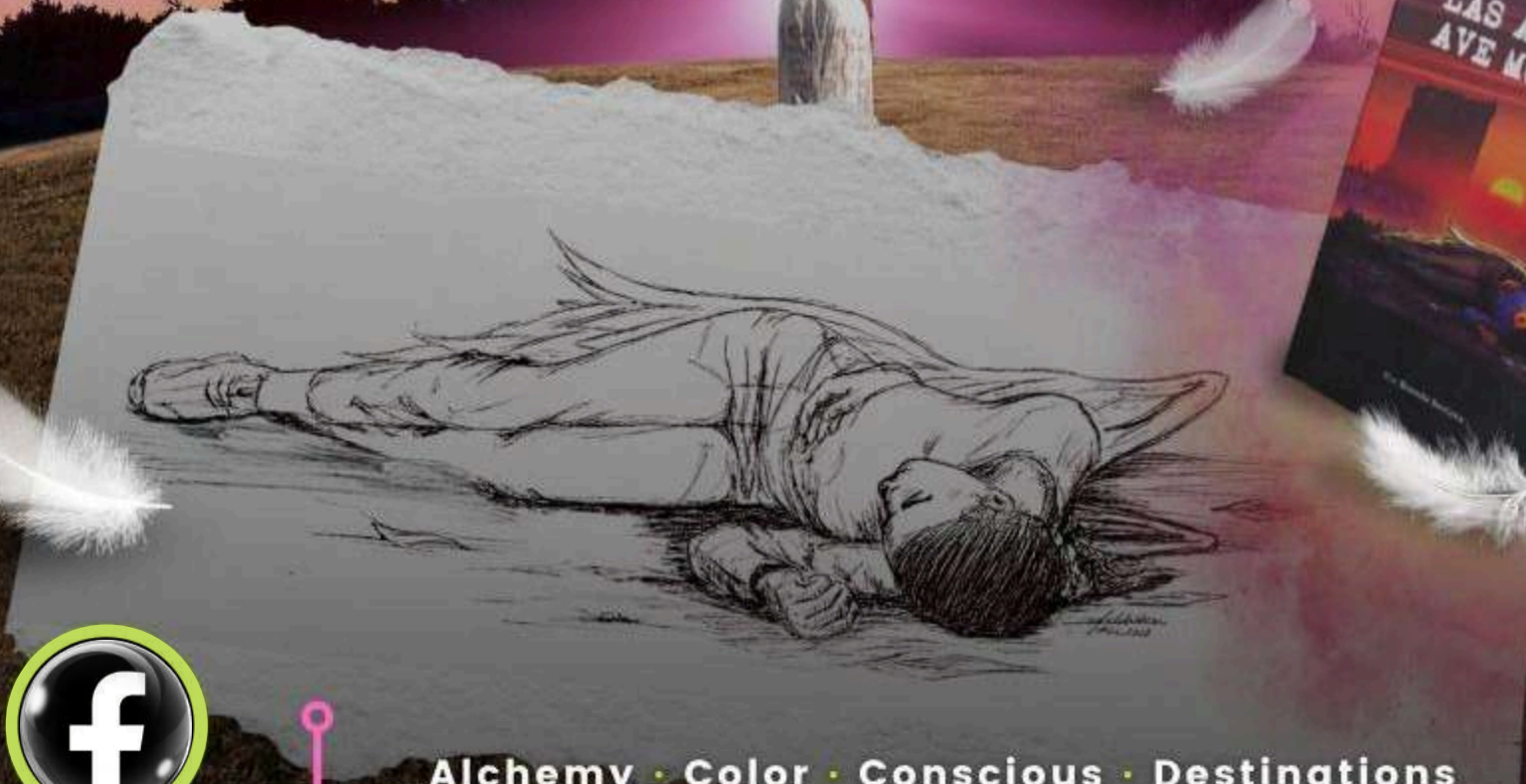
This is what transformation tastes like.



4th Anniversary

“The Wings of a Dying Bird”

A book that can change your life.



NUM. 3 - AUG - 2024



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WHENEVER YOU SPOT A SMALL HAND, FEEL FREE TO CLICK ON IT.

Illustration: Hublester Lodoza

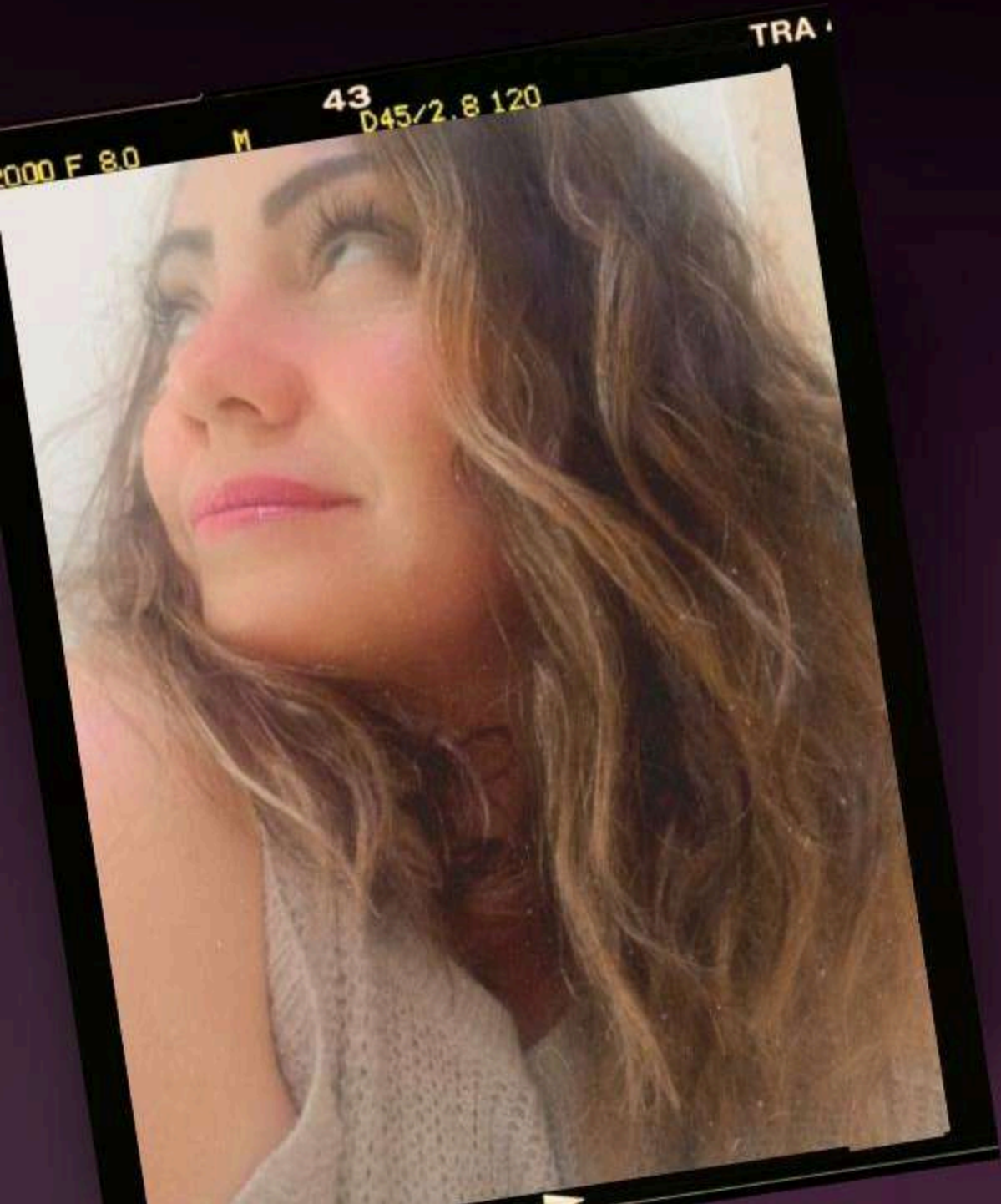


Hey transformative community! We're excited to be here for the third edition of our magazine. I'm thrilled to let you know that this month marks the 4th anniversary of my book "The Wings of a Dying Bird". It's a story that encourages you to redefine your life and aims to ignite your inner fire to bring out your best self.

This month, you'll catch glimpses of Alondra Salas in the content, along with all the magic infused into each page by the collaborators.

Dreams, tears, drive, sorrow, rage, anxiety, happiness, affection, and heartache. Everything you experience in life changes.

Bittersweet, as it's what transformation tastes like.



Brenda Soriano

Director of Editing



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Understanding Numerology

The year 2024

In numerology, you can analyze the year 2024 by adding its digits to reveal a unique number that shows its meaning and vibration.

Total of the numbers:

$$2 + 0 + 2 + 4 = 8$$

The number that comes out is 8, and this number holds a particular significance in numerology:

Significance of the Number 8

Power and Control:

The number 8 is linked to strength, control, and drive.

It's a number that shows the capability to lead and manage situations well.

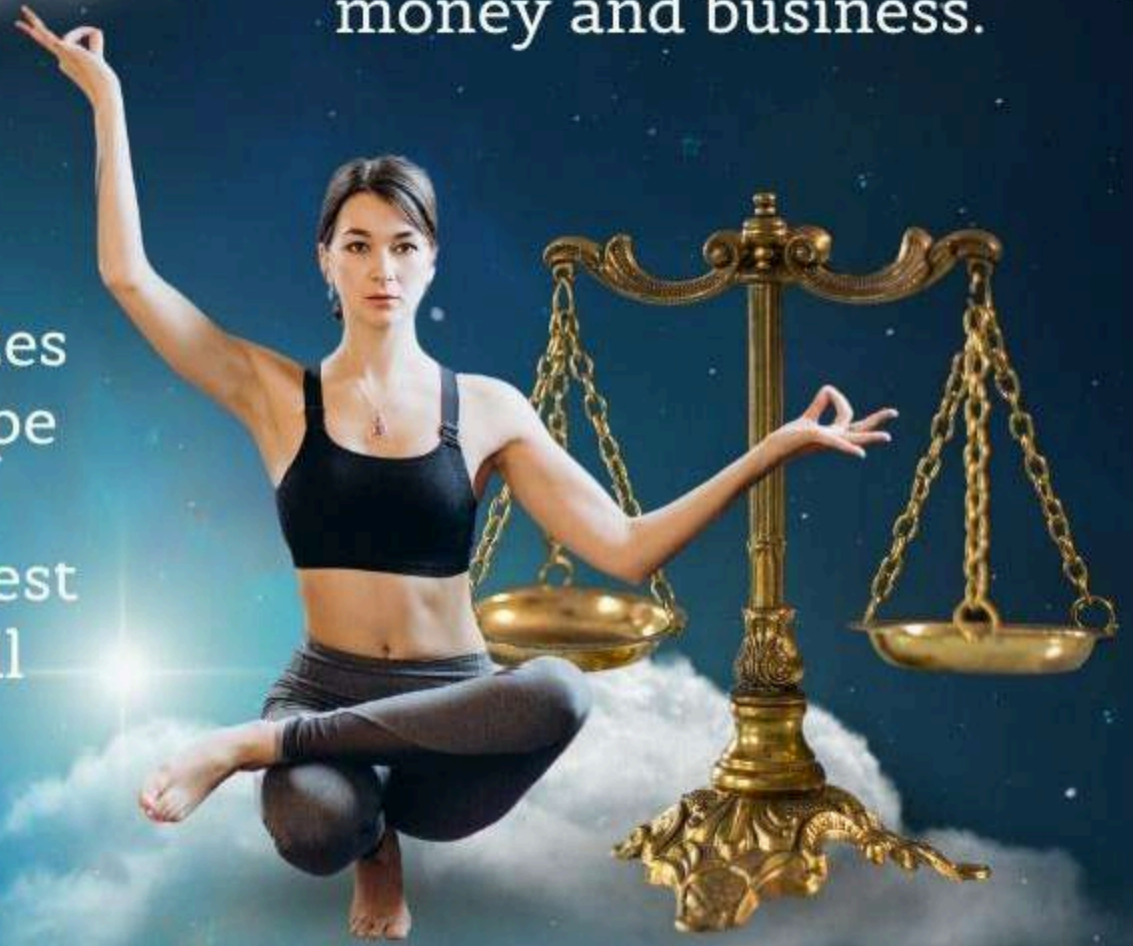


Achieving success:

This number is closely connected to financial and material success. People affected by the energy of the 8 usually possess entrepreneurial skills and a positive relationship with money and business.

Balance and Fairness:

The number 8 symbolizes balance because its shape mirrors the scales of justice. This could suggest a year where equity will be pursued. Being righteous in different aspects of life.



Transformation and Rebirth:

In numerology, the number 8 can symbolize cycles of destruction and rebuilding. A makeover moment, where the past crumbles clear the path for the new.



Being Responsible and Disciplined:

The energy of the 8 demands responsibility and discipline. Success linked to this number typically doesn't happen by chance; it comes from dedication, planning, and a solid work ethic.



Impact of the year

The year 2024

In 2024, the number 8 will be the year's number.
This year is expected to be characterized by:

Opportunities for Financial Growth:

The number 8 symbolizes balance because its shape mirrors the scales of justice. This could suggest a year where fairness and righteousness will be pursued in different aspects of life.

Leadership and Authority Changes:

Significant shifts in power and leadership positions, on both personal and global levels, could happen.

Looking for Justice:

There will probably be an emphasis on fairness, equality, and resolving conflicts, both on a personal level and as a group.

Major Changes:

It might be a year full of significant changes and transformations, where the old makes room for new structures and ways of doing things.

Challenges and Responsibilities:

The focus will be on accountability and self-control. Succeeding will involve tackling obstacles with resolve and a solid work ethic.

In 2024, influenced by the number 8, it looks like there will be lots of chances and hurdles. Balance, justice, and power will be key in what happens and the choices made.



Brenda
Soriano

Comprehensive
Wellbeing
Consultant

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“The Wings of a Dying Bird”

A tale that encourages you to redefine your life.



Acquire Book



Start playing the initial chapter of the book.

(Spanish)

Health



Physiotherapy plays a crucial role in the rehabilitation process.



SPORTS INJURIES

Physiotherapy specializes in treating injuries that occur due to sports activities. This physiotherapy type involves using different techniques to prevent athletes from declining. Recoveries are typically quicker and more intense, allowing them to return to activity as soon as possible.

One of the primary goals of sports physiotherapy is to provide treatment that ensures recovery from the injury by performing sports movements, preventing future relapses.



Sports physiotherapy focuses on preventive measures, involving assessing, enhancing, and addressing muscle conditions to prevent potential injuries from certain postures or movements. During sports physiotherapy sessions, a tailored training program is developed, including specific exercises and routines tailored to the individual's physical condition to promote quick recovery and full functionality.

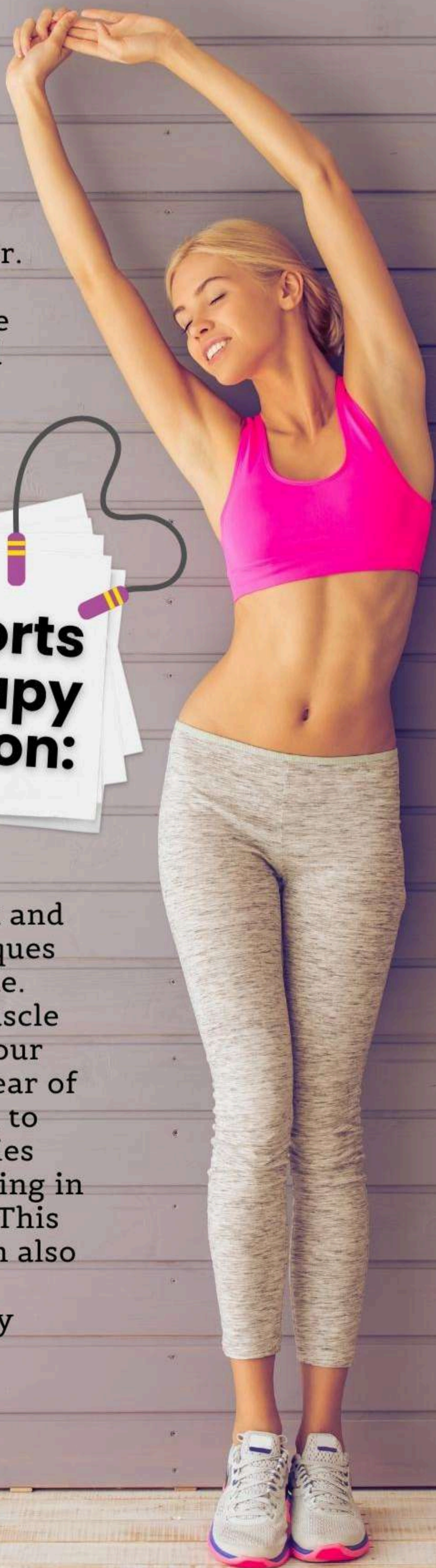


Sports physiotherapy treatments target individuals who regularly engage in any sport, whether as an amateur or high-performance athlete. Elite is something to consider. It's important to understand that there are two branches and be able to tell them apart.



**Sports
physiotherapy
for prevention:**

It relies on the work and mastering of techniques that assist the athlete. To enhance your muscle strength, work on your posture and steer clear of habits that may lead to injuries. It also readies your body for engaging in high-impact sports. This preventive approach also enhances muscle flexibility, ultimately boosting sports performance.





 **Physiotherapy
for sports
following an injury:**

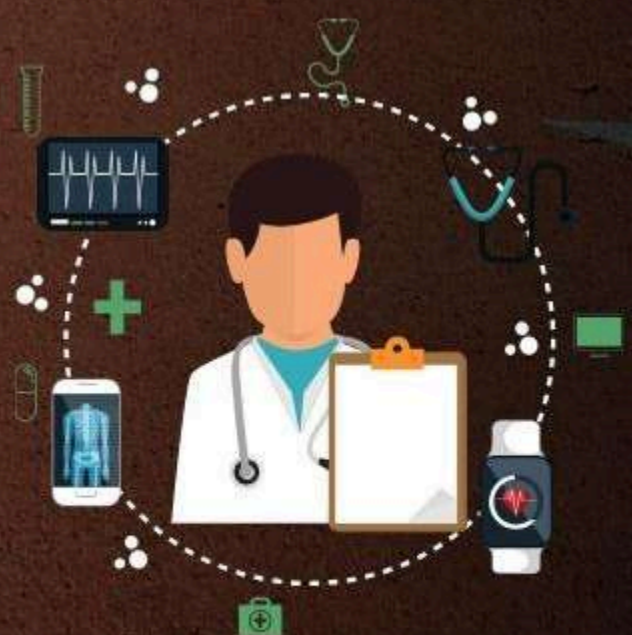
It revolves around muscle re-education treatments, regeneration of the affected area, and specific points to help speed up recovery.

The physiotherapist needs to:

Start by gathering a medical history that gives details about the individual, the patient and their injury.

Applying and assessing tests
Providing the patient with a diagnosis.

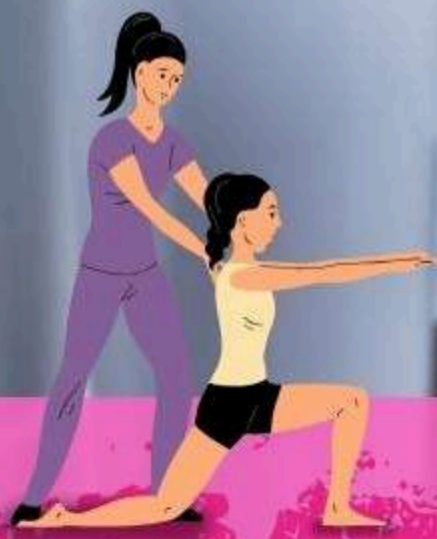
Create a treatment plan based on the time of injury and the estimated recovery time, which should involve therapeutic techniques, and methods of operating.



I'll give you a general idea of what happens during physiotherapy sessions. Each injury is unique, so treatments vary. Typically, we focus on managing pain, inflammation, any swelling, and improving mobility. If therapeutic exercises are needed, we aim to boost muscle strength, proprioception (which is the body's sense of its position and movement), and balance. We also help patients reintegrate into their sport alongside physiotherapy by practicing specific movements.

Benefits of Physiotherapy in Sports Injuries

- Enhances the athlete's physical strength.
- Aids in relaxing the body.
- Prevents harm.
- Treatment and rehabilitation for sports injuries.
- Enhances flexibility in muscles and joints.
- Improves overall performance.



People often pick up bad habits when they're in pain, like moving in ways they wouldn't usually. If we tackle these problems sooner, it's simpler to fix those movement inefficiencies.

People often pick up bad habits when they're in pain, like moving in ways they wouldn't usually. If we tackle these problems sooner, it's simpler to fix those movement inefficiencies.



An athlete's body is akin to a machine; it functions optimally when well-maintained.



Make sure to look after your body! Seek advice from a professional physical therapist to include preventive treatments in your sports regimen and, if injured, make sure to arrange your therapy for a quicker and improved recovery.



**Fernanda
Gardoni**
Physiotherapist

Follow me



Radiant



How to always look good?

Many women aim to look groomed and radiant. It's essential to keep in mind that beauty comes from within, but sometimes we feel more confident when we look good on the outside. Here are some tips to help you achieve that flawless appearance with minimal effort.



5 tips

To appear fantastic with
minor adjustments

1

Take care of your skin.

Skin forms the foundation of any beauty routine. Remember to cleanse and tone your skin daily, and exfoliate on a regular basis. Remember to apply moisturizer to maintain your skin's softness and youthfulness.



2

Wear well-fitting clothes.

Wearing the right clothes can have a significant impact on your appearance and mood. Ensure your clothes fit properly and match your personal style. When you feel comfortable and confident in what you wear, you will appear radiant. Fixed.



3

Wear natural makeup.

For a casual beauty look, opt for natural makeup. Choose a foundation that matches your skin tone, apply a hint of blush for some color on your cheeks, and a touch of mascara to make your eyes pop. Optionally, you can apply a bit of lip gloss for a final touch.





4

Use accessories.

Accessories have the power to completely change your appearance. A bold necklace or classy earrings can elevate a plain outfit to a sophisticated one.

Feel free to try out various accessories to discover your unique personal style.

5

Look after your hair.

Hair plays a significant role in your overall appearance. It's essential to wash it frequently and use products to maintain its softness and shine. If you have the time, you can also try out different styles. Various hairstyles can add a unique flair to your appearance.



Looking polished and glowing doesn't need to be hard. By following these easy tips, you can enhance your look and feel self-assured and at ease in your own skin. Just keep in mind that beauty shines from the inside out, but there's nothing wrong with wanting to appear good on the outside as well.



Valeria Quintana

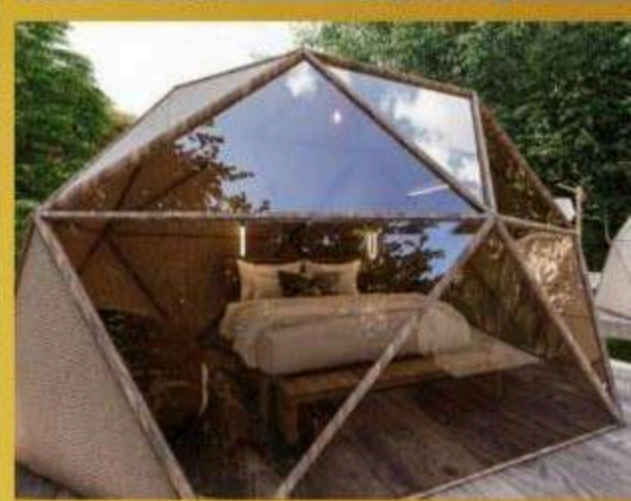
Stylist

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Location / Capital Gains / Construction Options / Sustainable Development



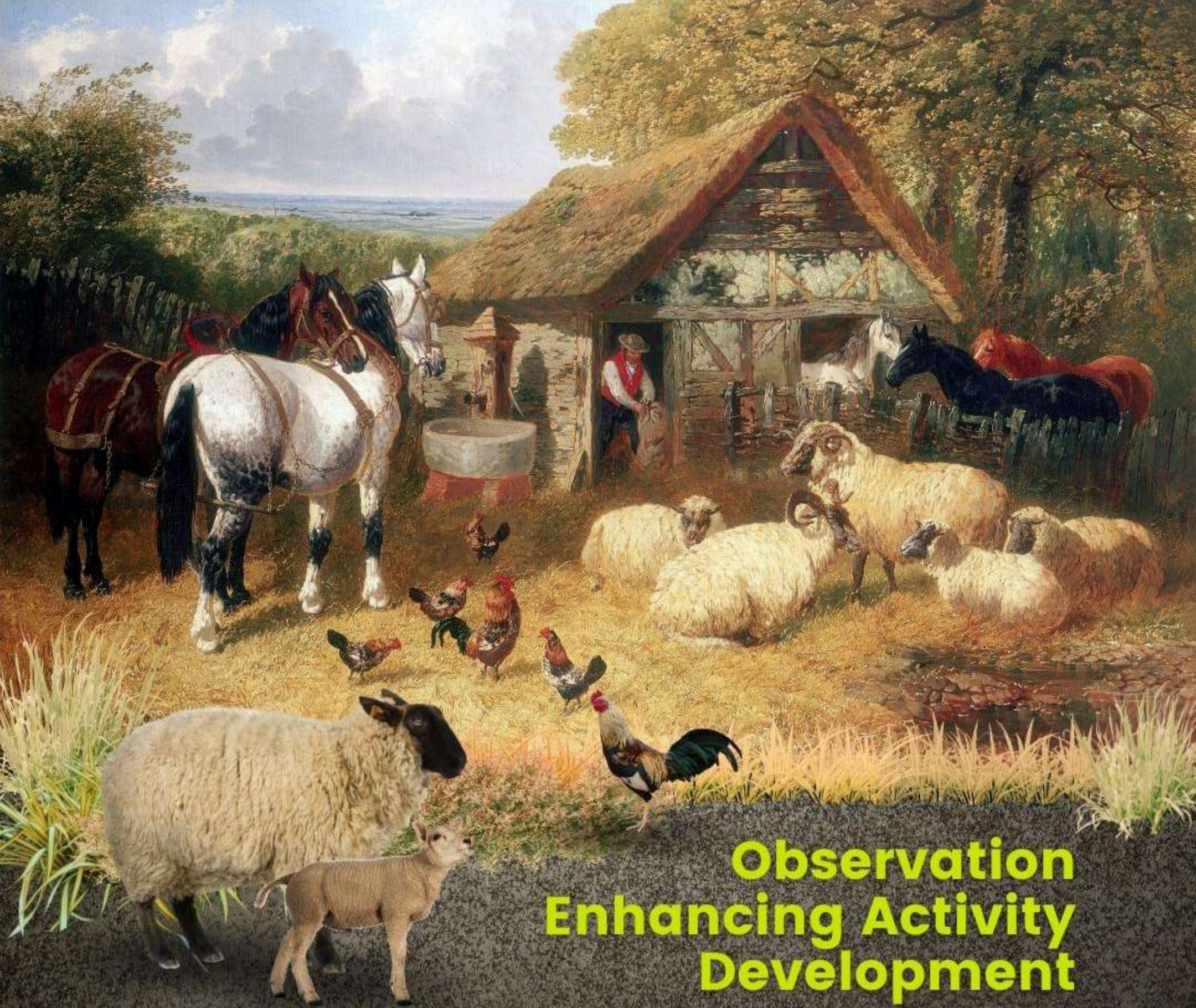
CONTACT



Expressing gratitude **Mother Nature**

Natural cycles have been used by human race for centuries. However, different civilizations have left a legacy to us, about their knowledge of natural processes that they have observed, studied or adapted to their daily practice.



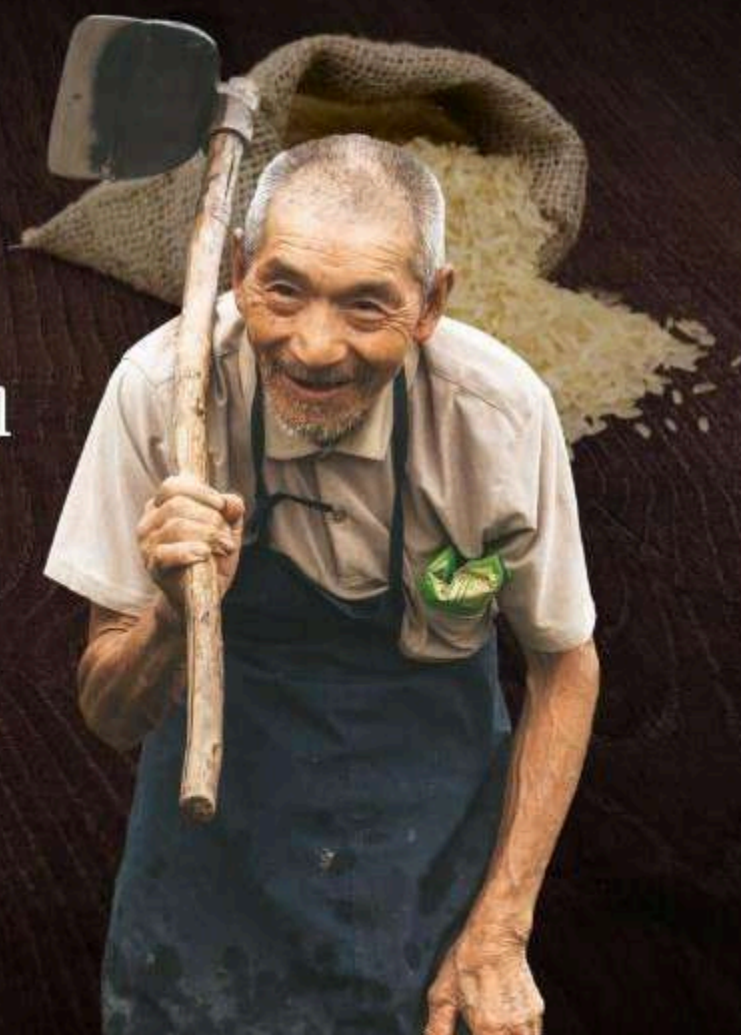


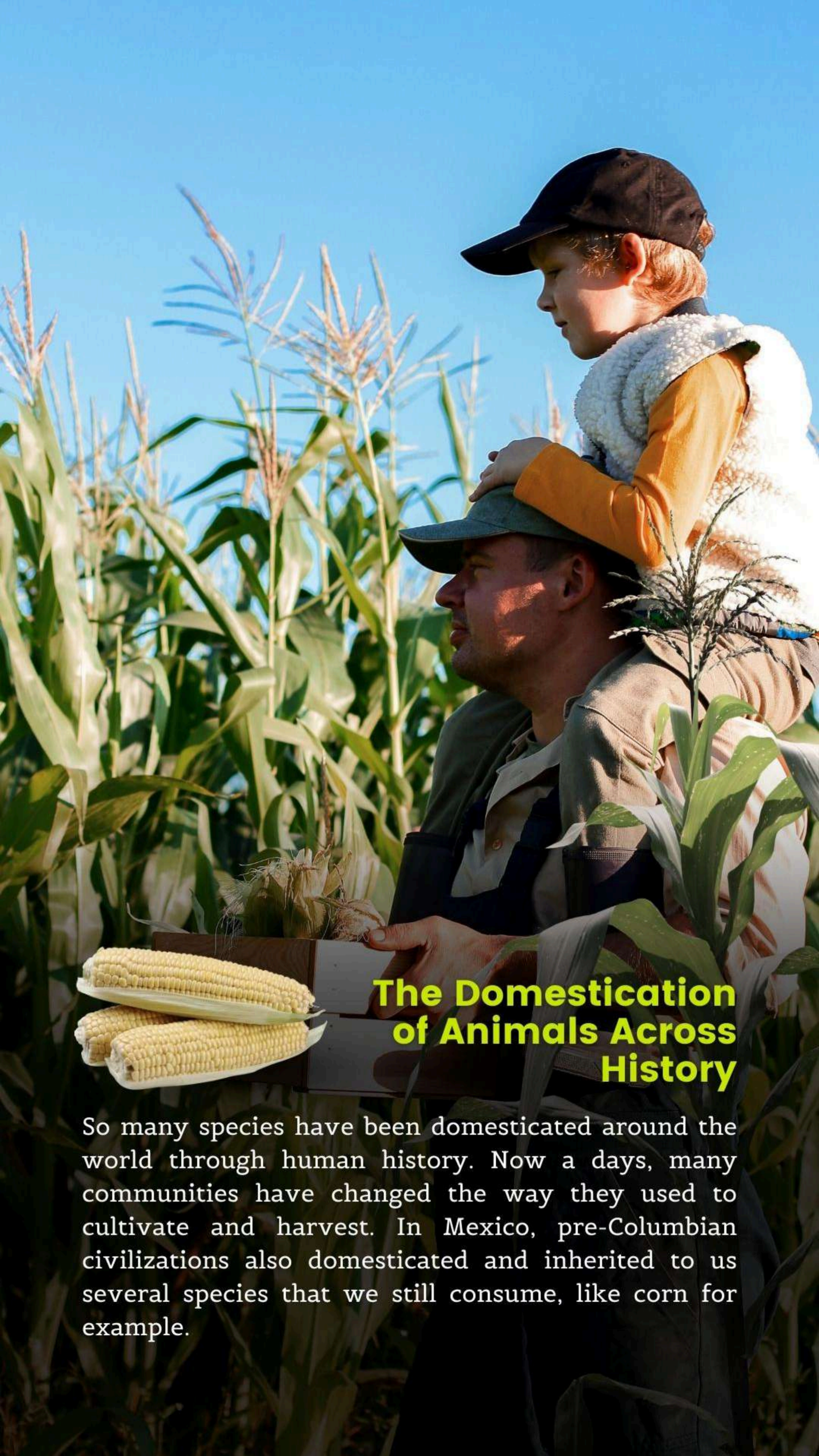
Observation Enhancing Activity Development

Due to observation and the attempts to adapt species, it has been possible to develop activities such as agriculture, forestry or animal husbandry. These processes are known as species domestication, which has been useful to have an abundance of these species, accelerate their growth or experiment on their adaptation to new places distinct than the wild environment.

Understanding the Natural World

The domestication of species is due to the deep environmental knowledge that humans have preserve of ecosystems, which has allowed us to understand the natural cycles, the diverse relationships between species, their importance in life chain, and of course, the time that it takes for natural cycles to continue.





The Domestication of Animals Across History

So many species have been domesticated around the world through human history. Now a days, many communities have changed the way they used to cultivate and harvest. In Mexico, pre-Columbian civilizations also domesticated and inherited to us several species that we still consume, like corn for example.

Corn Tradition in Mexico

Corn is a crop with a millenary tradition in Mexican territory. Mexican indigenous people, who descends from pre-Columbian civilizations, still uses ancestral practices such as “milpa” to produce corn and other associated crops such as “quelites”, beans, pumpkins, “chilacayotas”, chili peppers, among others.

Milpa Ritual

Before the beginning of making “milpa”, there is a ceremonial tradition whose purpose is to express gratitude for former harvest and also to request the permission to use the land in order to obtain good harvest from the milpa.



Spirituality and Connecting with Nature

This traditional ceremony is performed when the land is prepared for planting, people gather in the planting space and receive a wise person of the community, which is the only one who are able to speak and be heard by Mother Nature.

Ceremony Components

Through the ceremony, it can be appreciated the spirituality and the connection between wise person and Mother Nature. Through their words in native language, that person establish a deep communication with Mother Nature, that is respectful but kind. Wise person express gratitude for the previous harvest she provided, then to request a permission to use the land for obtaining a good sowing and finally to harvest what family needs.





The Significance of Culture and Self-Reflection

Besides the communication between wise person and Mother Nature, gathered people makes an offering, which includes; native flowers that are also use for decoration of sowing spot, the seeds to be blessed, incense, and sometimes liquor.

These ceremonies, sustain cultural traditions in rural territories, but also shows us the deep relationship between some traditional communities and their ecosystems, we can appreciate they maintain respect for natural cycles, through the environmental knowledge they still have. Because of that, they have learned how much time land needs to rest before the next sowing, also they know how to work their lands, how to take care of it, and how to honor it. These communities take care of their planting sites by cleaning the soil and fertilizing it in a more natural way, using elements that are found in the same natural environment, so families will benefit from the products of their lands.

These traditions invite us to think over the importance of gratitude to Mother Nature and what emanates from it, and finally that we are part of the earth instead of the owners of it.



Fatima
Lodoza

Economic expert and
college lecturer

Write me





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UNIVERSIDAD
INTEGRAL DE ESTUDIOS SUPERIORES

Duration
3 years

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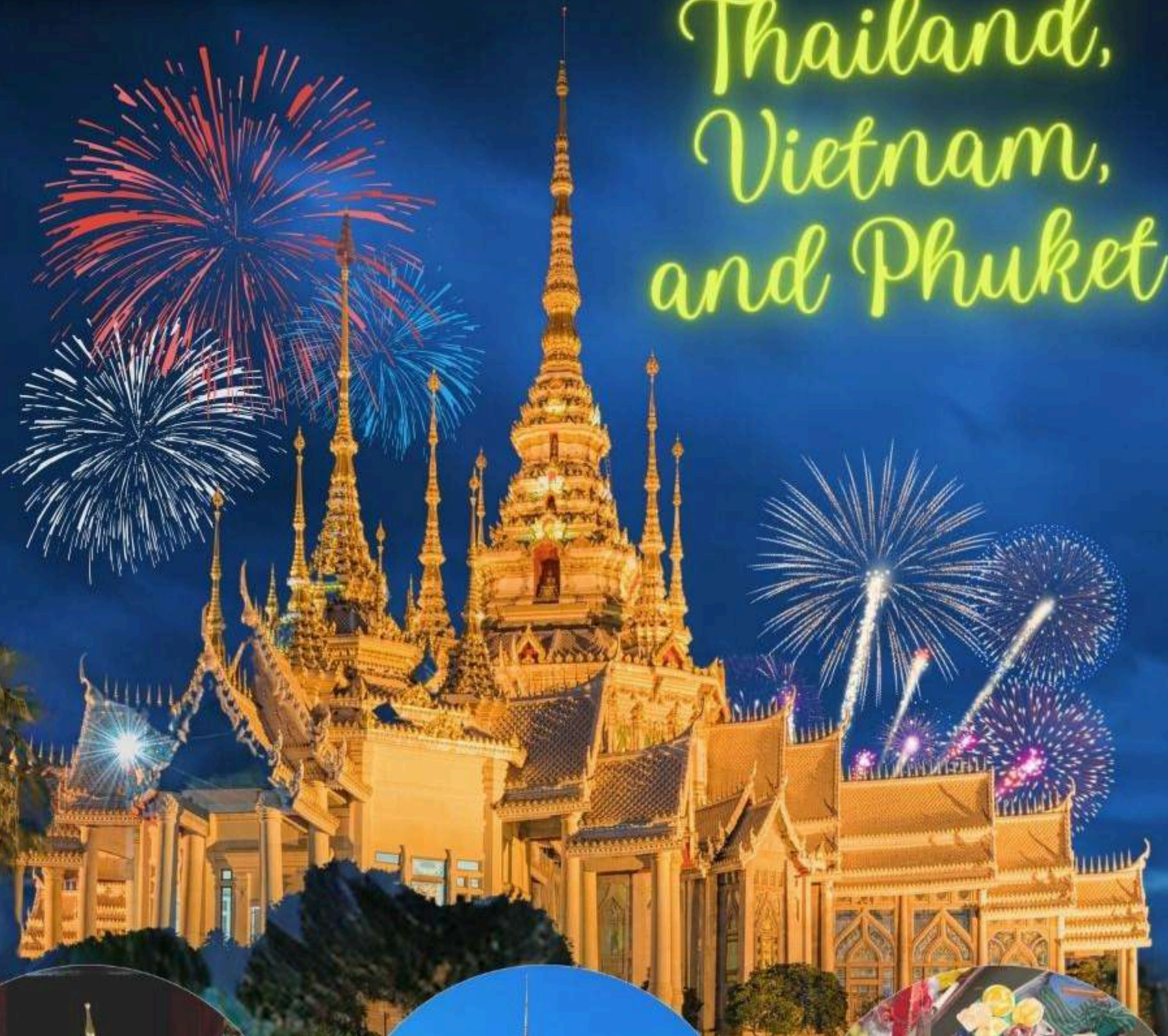
Check out the
promo video.

Destinations



Explore the Magic of

Thailand, Vietnam, and Phuket



Thailand is known as The Land of Smiles.

Thailand, famously called "The Kingdom of Smiles", is a lively and unique place that blends the modernity of Bangkok with the tranquility of its ancient temples. A must-see spot is the Temple of the Emerald Buddha, situated in the Grand Palace in Bangkok. This temple represents the Buddhist religion and showcases Thai architecture beautifully. Don't forget to visit the floating markets to immerse yourself in local life and savor delicious dishes like pad thai and mangoes with sticky rice.



Interesting facts about Thailand:

Thailand stands out as the sole country in Southeast Asia that has never been colonized by a European power.



The customary Thai greeting, known as "wai," involves pressing the palms of the hands together and nodding the head slightly.



The Songkran Festival, also called the Thai New Year, is renowned for its water fights that go on for days.



Thailand boasts over 35,000 Buddhist temples scattered across the nation.

The elephant represents Thailand as the national animal, and there are sanctuaries specifically for its protection and welfare.





Vietnam: Exploring the Past

Vietnam offers a mix of bustling cities and quiet rural landscapes. Hanoi, the capital, takes you back in time with its old town and historic streets. Ha Long Bay, a UNESCO World Heritage Site, is known for its thousands of karst islands in the emerald waters. Hoi An Town is renowned for its old houses, colorful lanterns, and timeless charm.



Interesting facts about Vietnam:

Vietnam ranks as the world's second-largest coffee exporter, following Brazil.



The classic Vietnamese outfit, called "ao dai," symbolizes elegance and culture.



Ha Long Bay boasts over 1,600 islands and islets, with many being uninhabitable.



Hanoi is well-known for its street food, particularly pho, a noodle soup that is a signature dish of the country.



Hoi An is famous for being called the "Lantern City" because of its vibrant lanterns that decorate the streets and buildings.





Phuket: Tropical Paradise

Phuket is famous for its stunning beaches and luxurious tropical vibe. It's renowned for its clear waters and sandy shores, providing a perfect mix of relaxation and excitement. Patong Beach is well-known for its vibrant nightlife, whereas Kata Beach is perfect for those looking for peace and natural charm. Moreover, Phuket's Big Buddha, a majestic 45-meter-tall statue, provides a breathtaking panoramic view of the island and symbolizes peace and calmness.



Interesting facts About Phuket:

Phuket is Thailand's biggest island and is about the same size as Singapore.



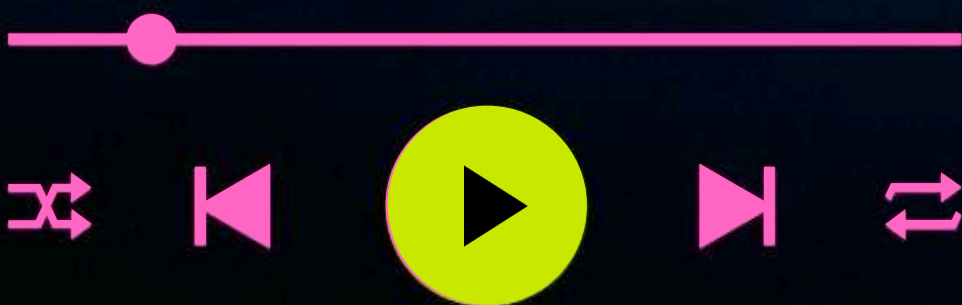
The Phuket Vegetarian Festival is famous for its intense spiritual processions and rituals.

Patong Beach is well-known for its water activities, such as parasailing and personal watercraft.



Phuket boasts a distinctive cultural blend of Thai, Chinese, Malay, and European influences.

Phuket Aquarium houses a diverse range of native marine species, including endangered sea turtles.



Watch the video showcasing stunning images of these destinations.





Dive into the adventure of exploring Thailand, Vietnam, and Phuket! These places will not just show you breathtaking views and captivating cultures but also give you memories to cherish forever. Check out our social media stories to see these marvels from our perspective and start planning your next journey. Enchantment is on the horizon!



Would you like to know these wonderful places? Join us in a small, private group.

From October 24 to November 10, 2024



CONTACT





THE BOMB THAT EXPLODES



Check out the
playlist.

IRANDA

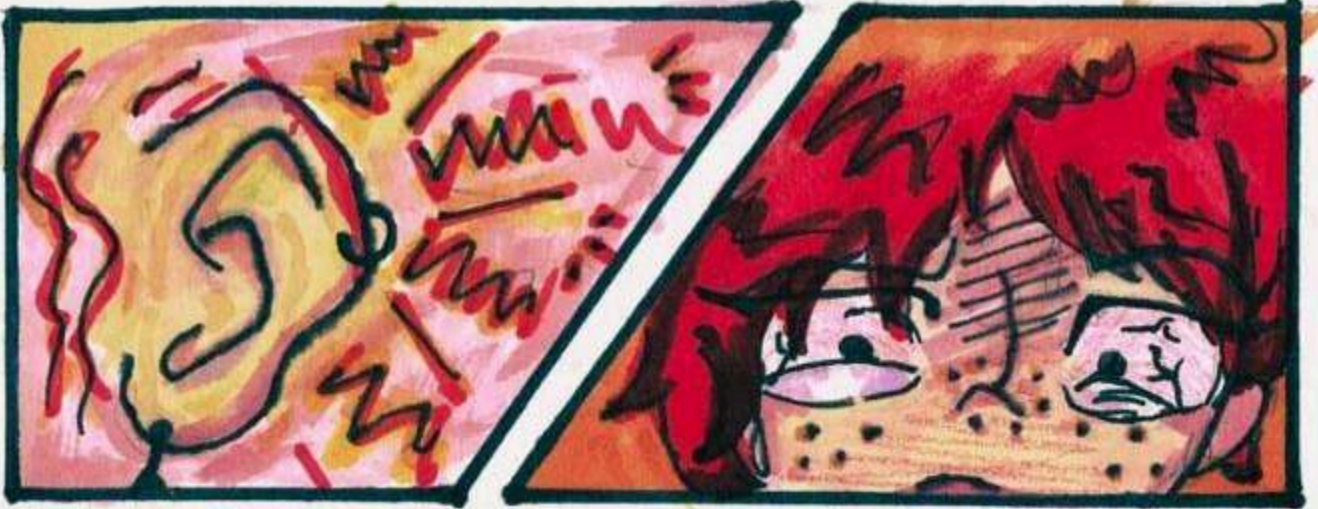


Check out my
playlist.

 **PLAY**

 Spotify

Hold...
Please be
patient.



I'm going
to lose
my mind!

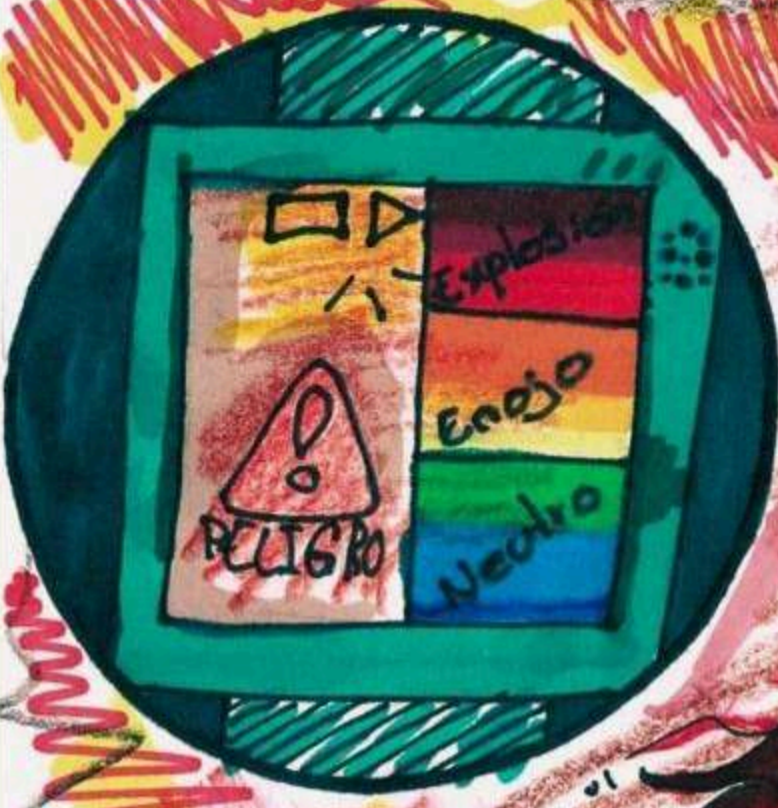
Hey, kids,
watch out!

Look, The
ice cream
van!!!



Check out my playlist.

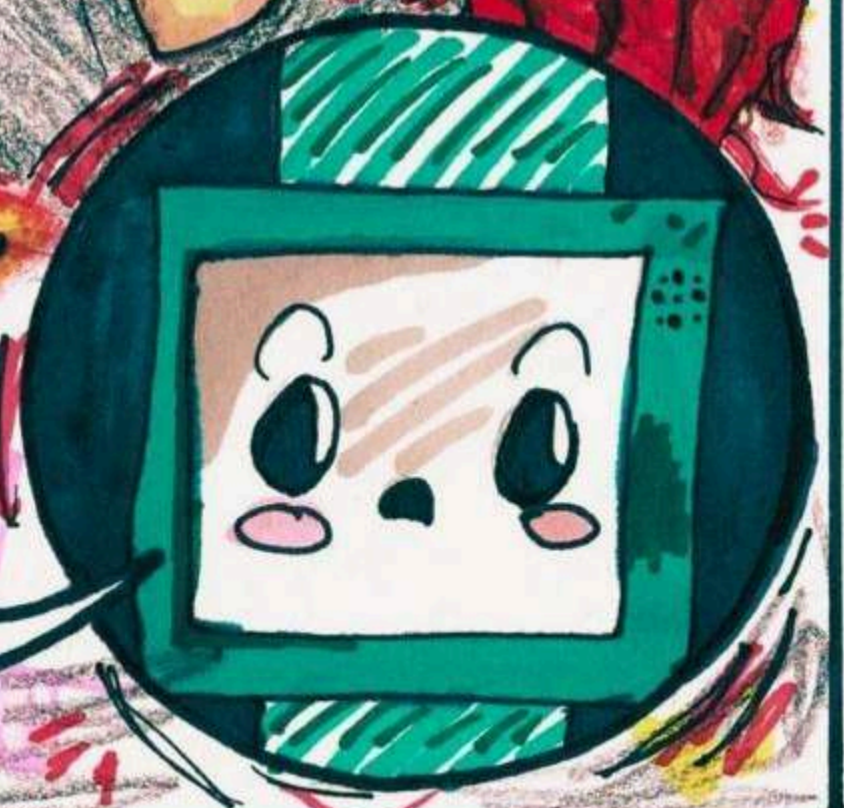
PLAY



Control yourself...
Take a deep breath, dear!
Just breath.

YA BASTA
GALLENS
TODOS!

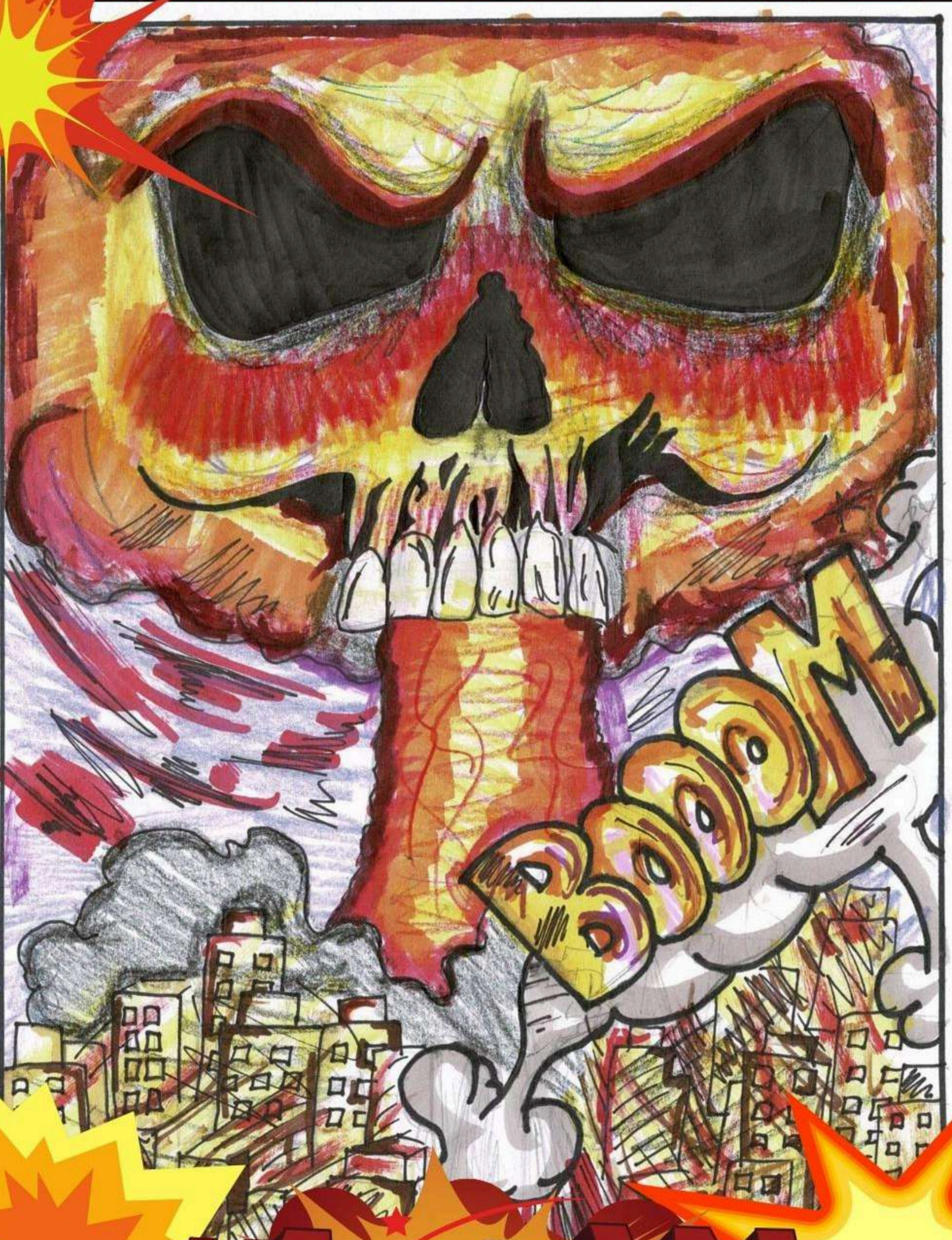
I'm going to send out an evacuation alert to all systems!



Check out my
playlist.

 **PLAY**

 Spotify



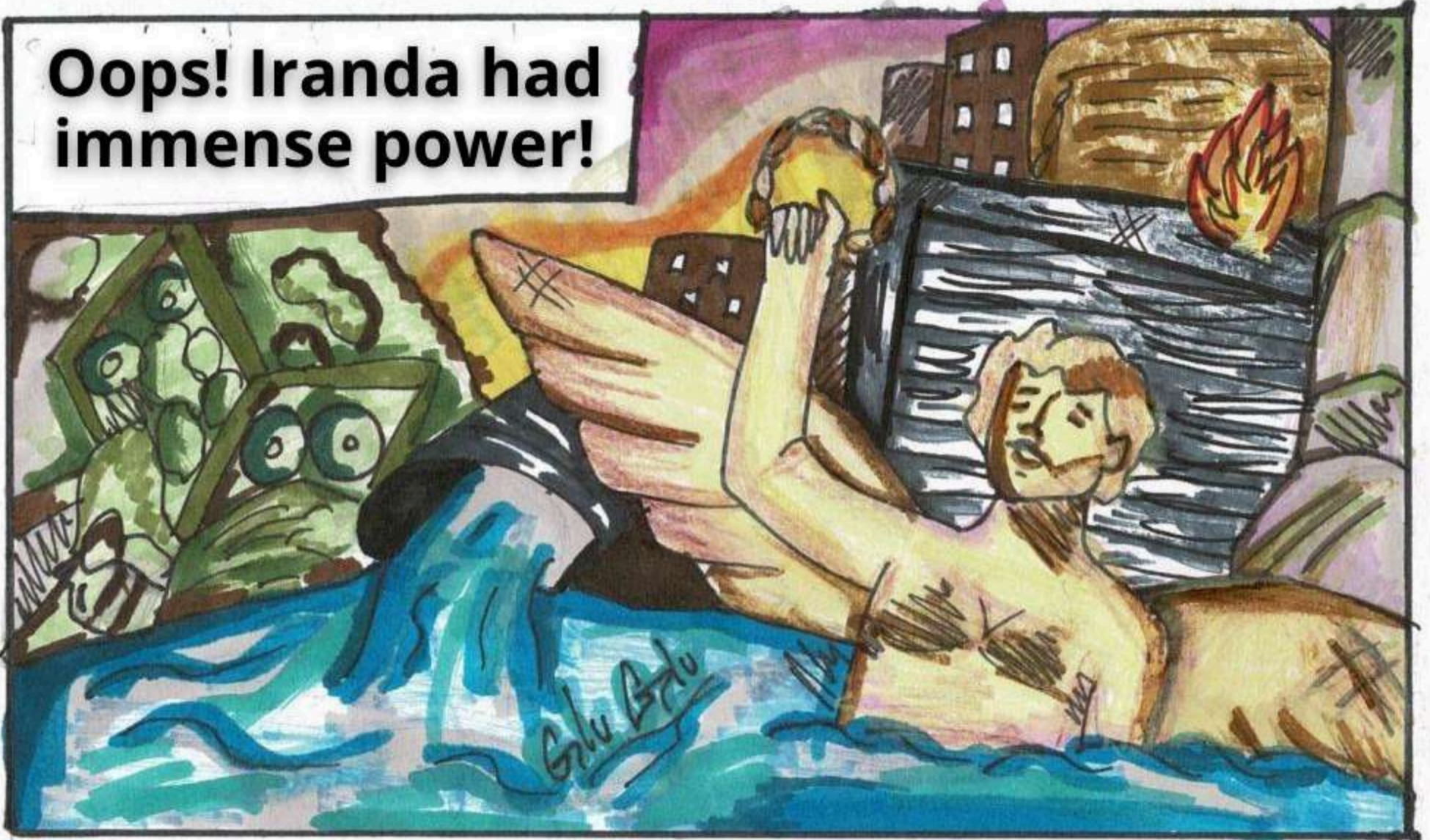
KA-POW

Check out my
playlist.

 **PLAY**

 Spotify

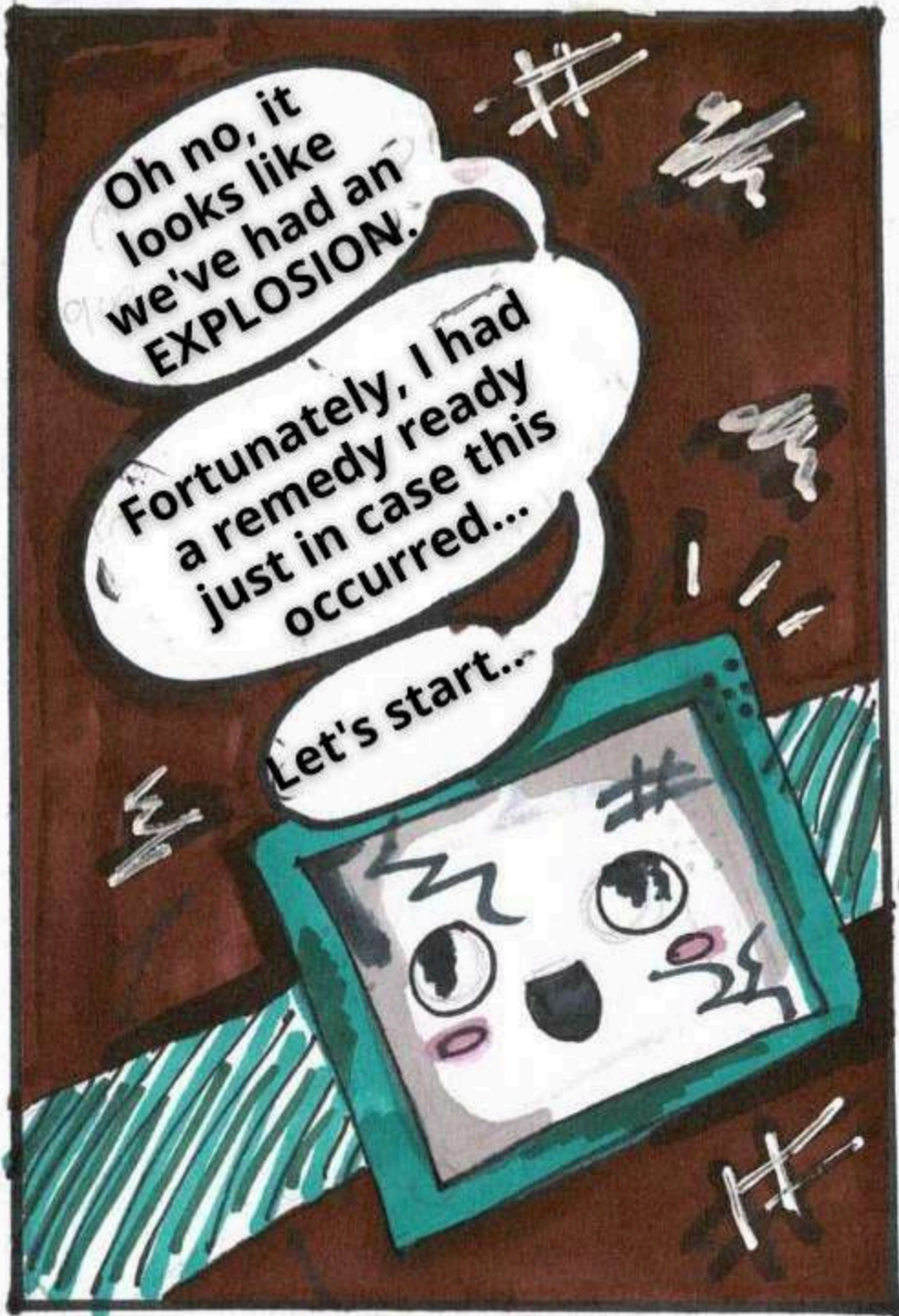
Oops! Iranda had
immense power!



Oh no, it
looks like
we've had an
EXPLOSION.

Fortunately, I had
a remedy ready
just in case this
occurred...

Let's start...



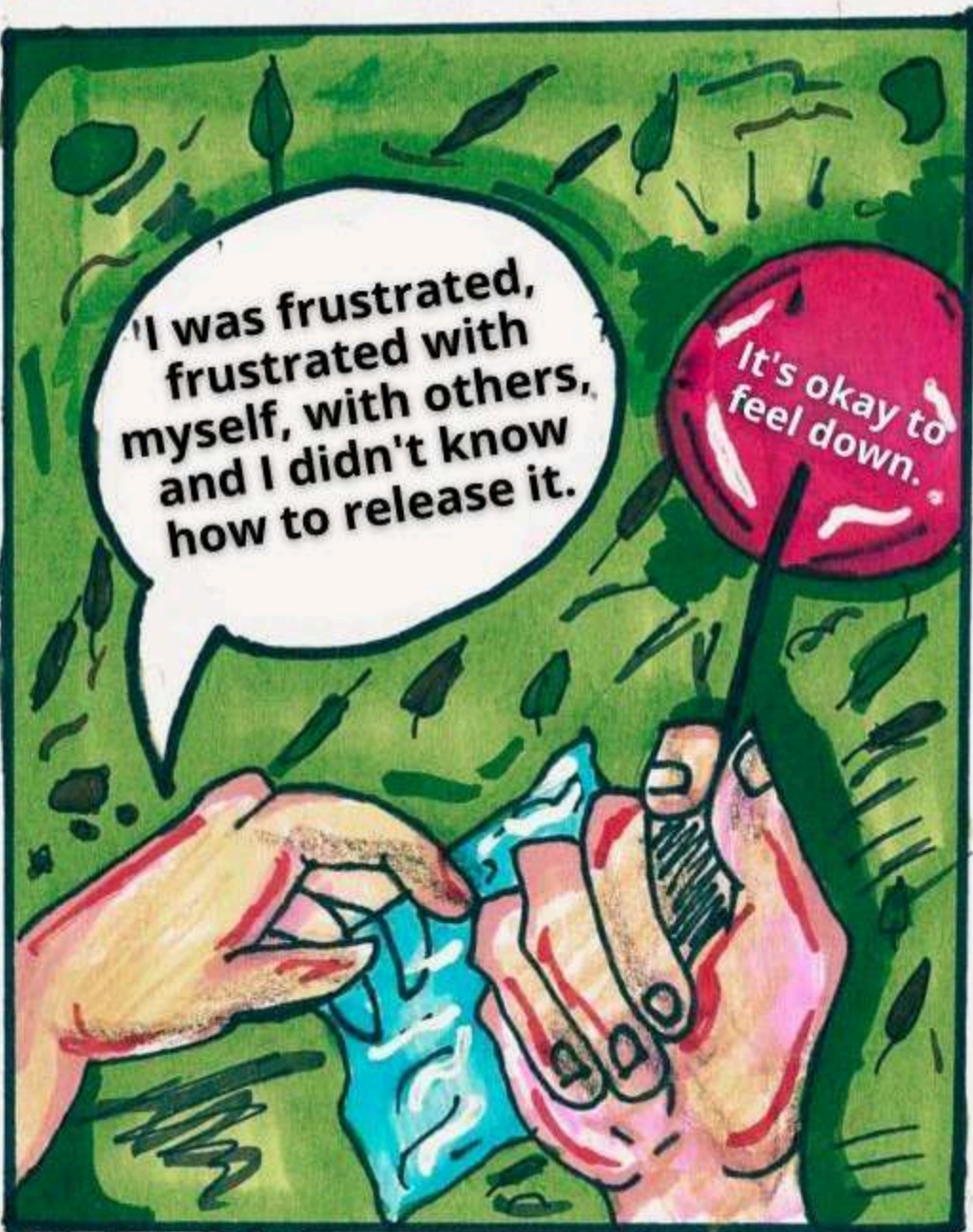
Check out my
playlist.

 **PLAY**

 Spotify



What's next?

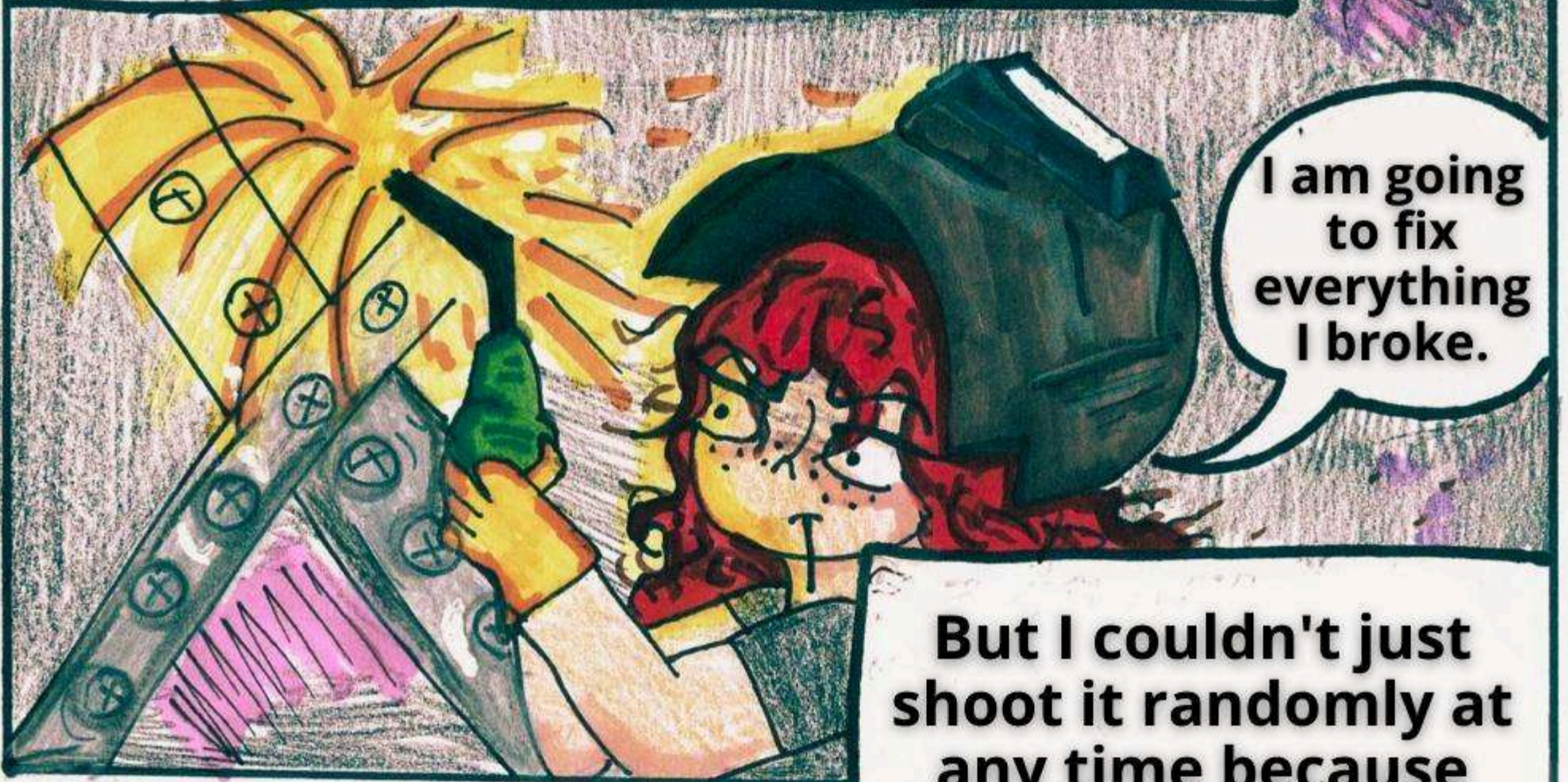


Escucha mi Playlist

 **PLAY**

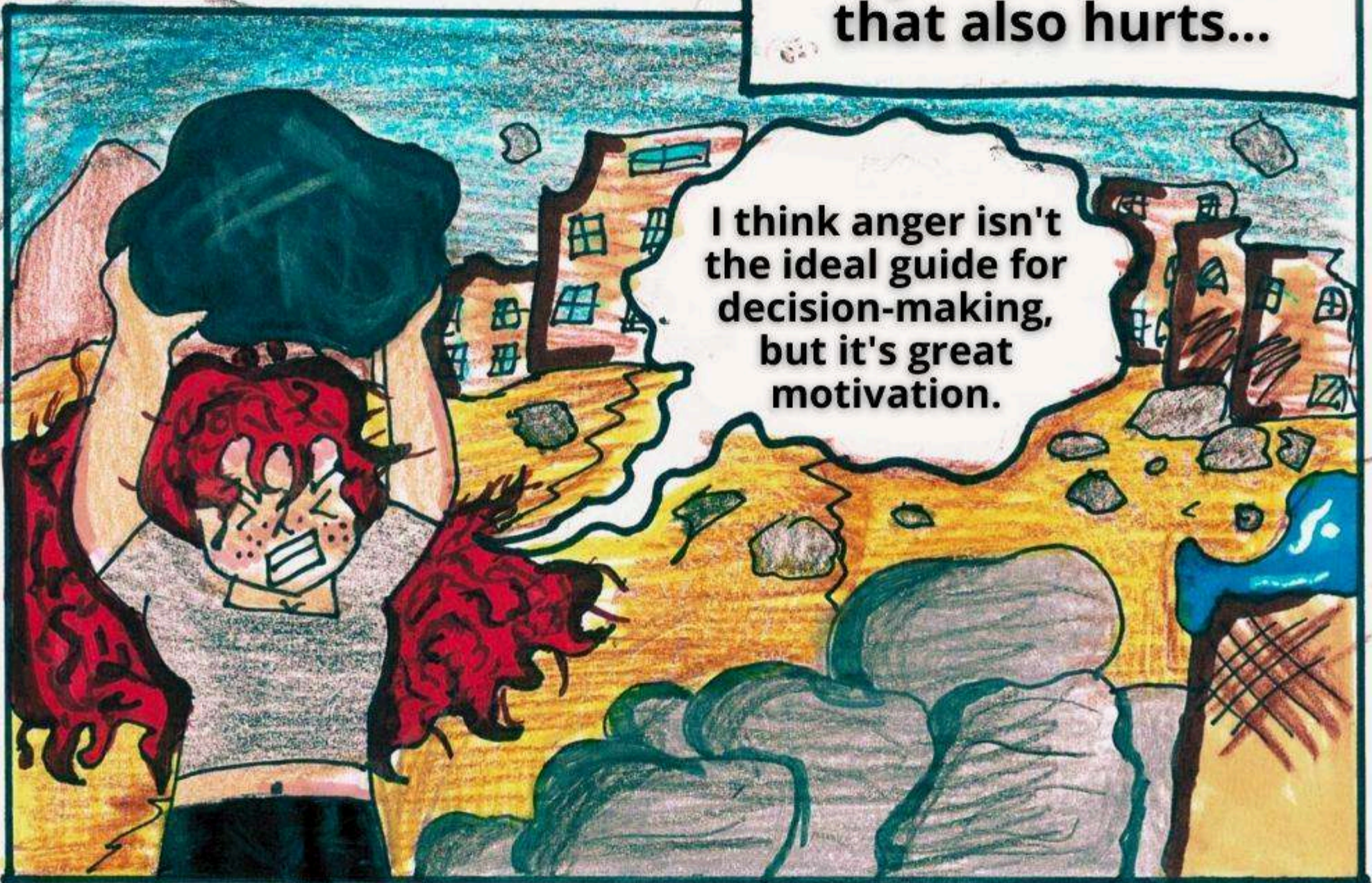
 Spotify

At that moment, Iranda realized that she couldn't contain her anger because it was hurting her...



I am going to fix everything I broke.

But I couldn't just shoot it randomly at any time because that also hurts...



I think anger isn't the ideal guide for decision-making, but it's great motivation.



Just remember, we don't need to wait for the end of the world to express our emotions.

Change is constant.

It wasn't like before, but it got fixed...



Vale Ramirez

Plastic Artist

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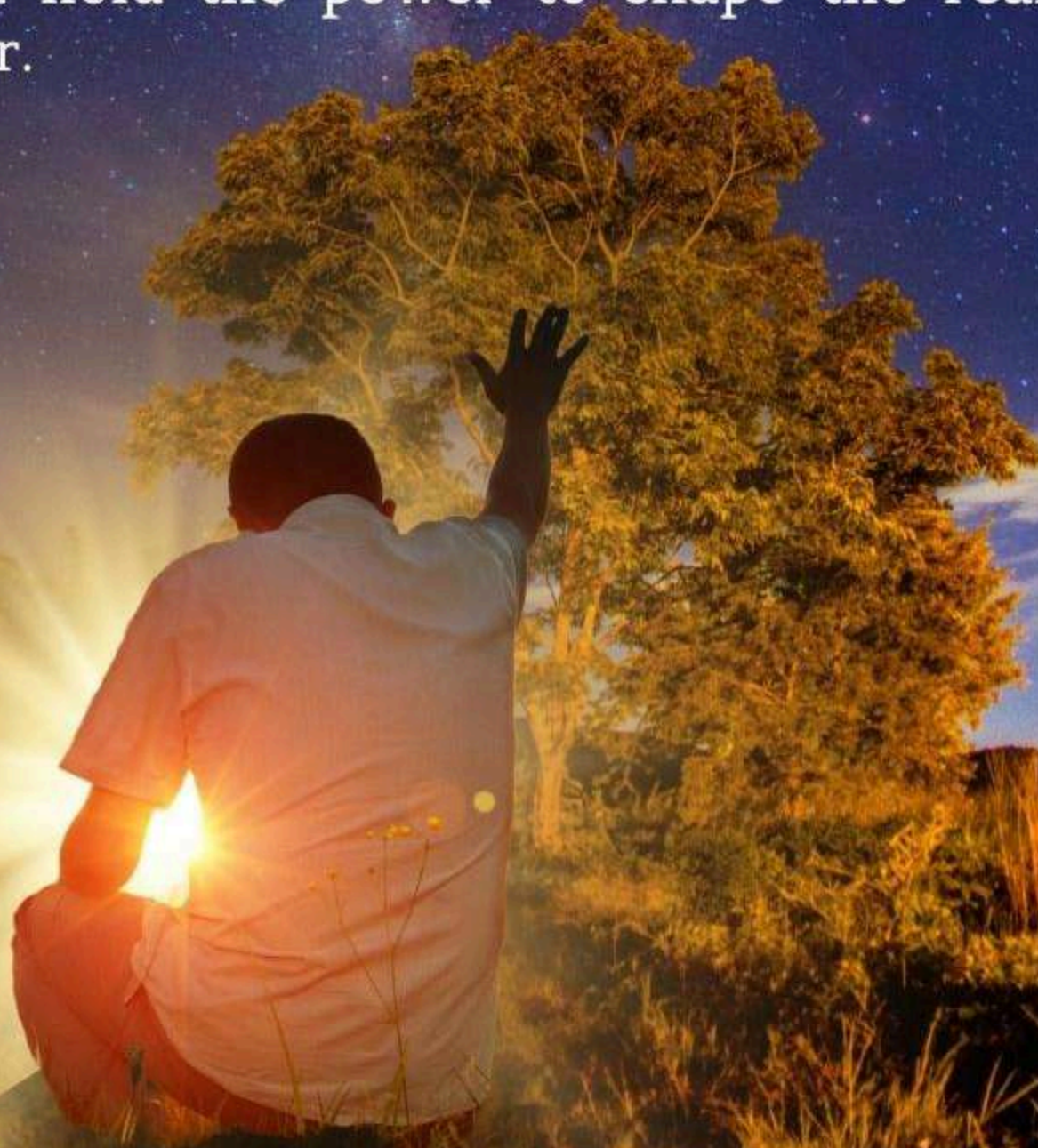
How to Begin Manifesting?

Achieving Your Dreams Guide

Welcome back to your AWARENESS section. Today, we'll explore how to bring forth the life you desire.

Have you ever thought about reaching a significant goal in your life but are unsure where to begin? Bringing your goals to reality could be the secret to fulfilling your wishes.

Manifesting is a potent concept that revolves around attracting into your life everything you focus on and believe in. It's a practice that can assist you in turning your desires into reality. Manifesting is rooted in the belief that your thoughts, emotions, and energy combined hold the power to shape the reality you encounter.



If you're sure about deciding to begin working on changing your life and living beautifully with the life you've chosen, you should kick off by incorporating positive manifestation into your life. Below is a comprehensive guide to assist you in accomplishing this.

Ways to achieve goals:

Ensure your objectives are crystal clear.

Before you begin manifesting, it's essential to truly understand what you want for your life. Take some time to think about your goals and dreams, and jot them down in detail. Having clear goals will guide your energy towards attracting what you desire.

Get rid of limiting beliefs. Have faith in yourself.

Have faith in your capability to reach your goals, watch yourself with the aim of recognizing and starting to address limiting beliefs that might be hindering your progress.
Manifestation ability.



Display

Visualizing is a potent method that lets you form a mental image of your goals and desires. Take time every day to visualize your goals as if they have already come true. Picture the specifics, the feelings, the colors, the scents, and all the sensations linked to achieving your dreams.

Positive Statements

Challenge your negative thoughts and begin using positive affirmations to keep a positive mindset. For instance, say: "I can achieve my goals and I deserve success."

Pretend like you've already reached your goals

Embrace a mindset of success and behave as though you've already reached your goals. Imagine how your life will look once your dreams have come true and keep that positive attitude in everything you do.

Practice taking inspired action

While it's essential to visualize and maintain a positive mindset, it's equally crucial to take tangible steps towards your goals. Trust your intuition and make decisions that propel you towards achieving your desires. Keep in mind that manifestation requires action. Take definitive steps towards your goals and adapt as needed. Adjust your plan as necessary.



Gratitude

Every day, take a moment to appreciate the good things you have in your life and those that are still on the way. It's essential to attract positive outcomes. Gratitude allows you to concentrate on the good and draw more positive things into your life. Keeping a gratitude journal can support you in this practice.

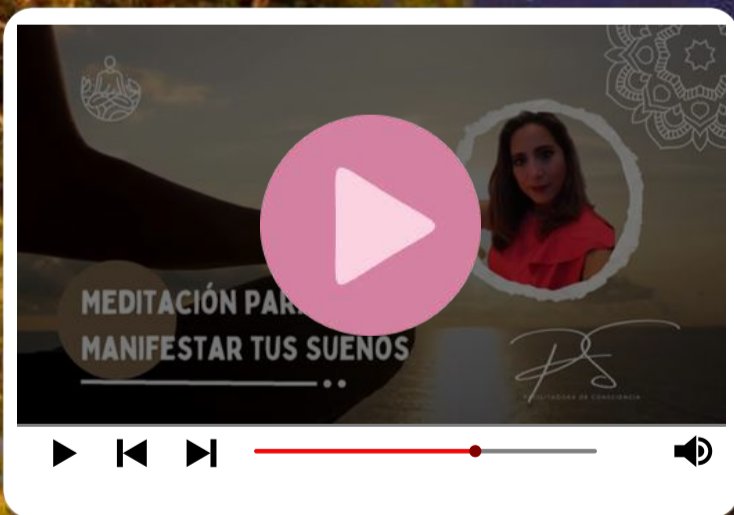
Trust the Process

Believe that the cosmos is on your side and that you are moving in the right direction to bring your wishes to reality. Keep faith, patience, and openness to the endless opportunities that present themselves to you.

In essence, manifesting positivity in your life involves clarity, visualization, gratitude, action, and faith. By aligning your thoughts, emotions, and actions with your goals and dreams, you can draw positive and transformative experiences into your life. Remember, you hold the power to shape your reality, so make use of this ability to craft the life you desire.

Have faith in yourself, the process, and the power of manifestation, and see your life fill with. Plenty and happiness!

Start your presentation here.



A white, elegant handwritten signature that reads "Paola Solis".



**Paola
Solis**

Facilitator of
Awareness

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PUNTA LAK'IN
CANCUN

Grow your money in

CANCUN

Rental of **premium**
commercial premises



WHATSAPP



CALL

Color



The Impact of Colors on Your Outfits

Discover how **red**, **blue**, **green**, **yellow**, and **black** can impact your emotions.

The outfits we choose to put on not just show our style but can also impact our emotions and how people see us. Here are five colors and how each can affect your mood and your. Everyday conversations.





1. Red:

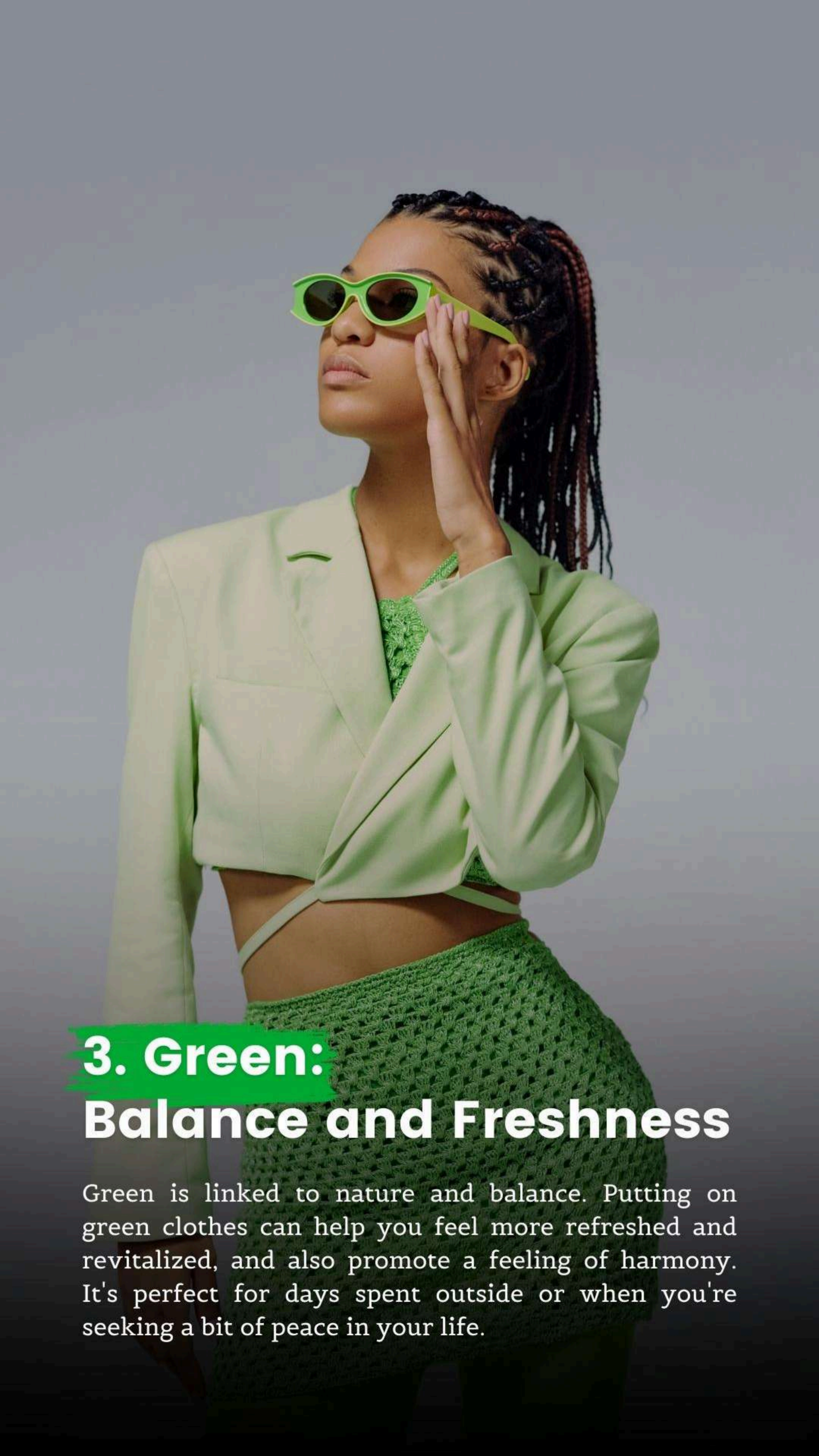
Energy and Enthusiasm

Red represents vitality and action. Wearing red clothes can boost your energy and confidence, helping you feel more passionate and self-assured. Perfect for days when you require an extra dose of determination.



2. Blue: Serenity and Confidence

Blue exudes calmness and confidence, making it ideal for staying composed in stressful situations and portraying reliability and stability, especially during crucial meetings or job interviews.



3. Green:

Balance and Freshness

Green is linked to nature and balance. Putting on green clothes can help you feel more refreshed and revitalized, and also promote a feeling of harmony. It's perfect for days spent outside or when you're seeking a bit of peace in your life.



4. Yellow:

Happiness and Innovation

Yellow represents the sun and joy. Putting on yellow can boost your mood and inspire your imagination. It's ideal for days when you could use some optimism and fresh thoughts.



5. Black:

Power and Sophistication

Black exudes sophistication and power. Donning black attire can boost your sense of authority and confidence while conveying an air of elegance and seriousness. Perfect for formal occasions or when you want to make a distinguished statement.

Conclusion

The colors you decide to wear can impact your emotions and how people see you. Try out different colors to see how they can change your everyday life.



Huble
Lodoza

Graphic Design
Communicator

Follow me

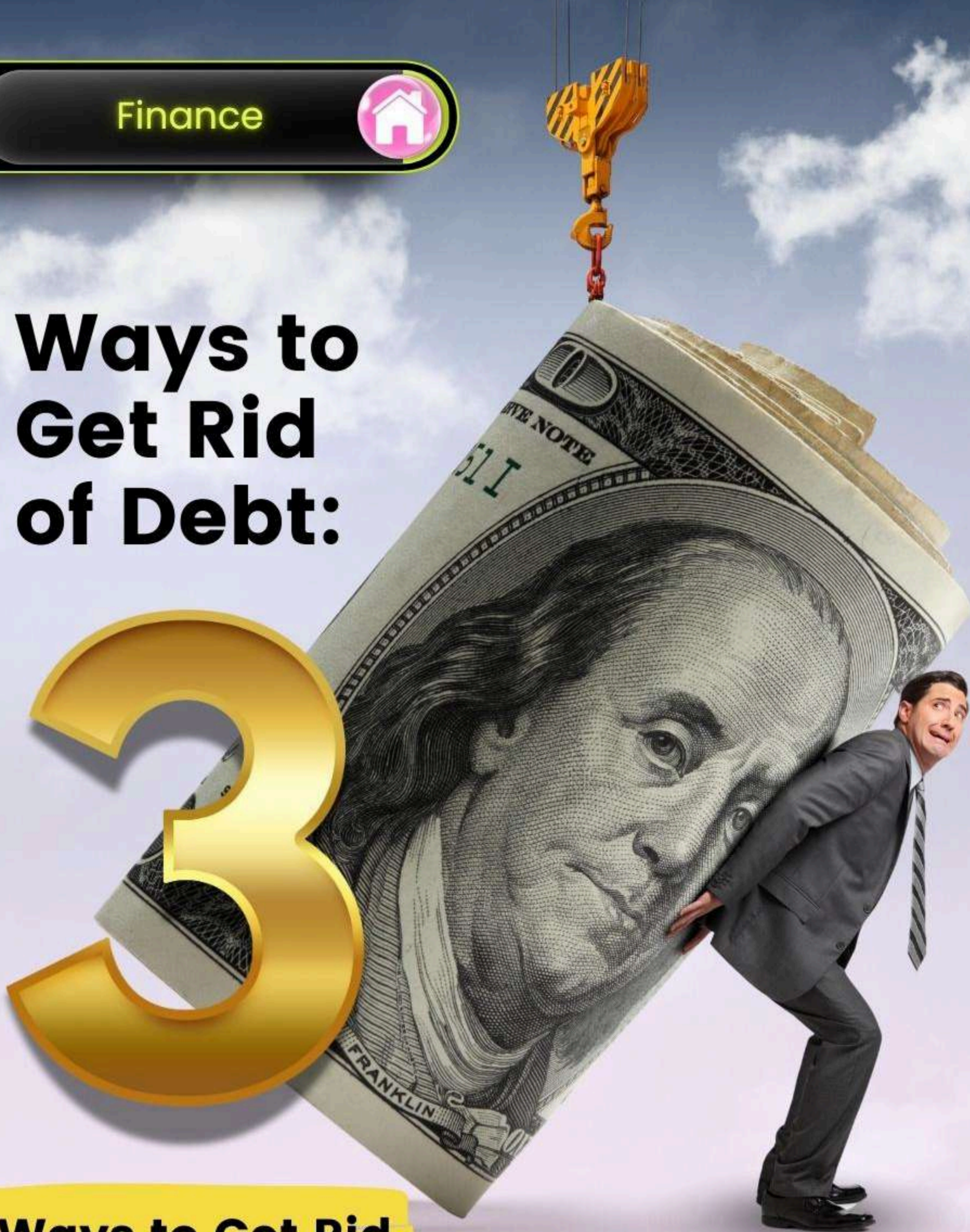




Ways to Get Rid of Debt:



Ways to Get Rid of Your Debts



In this part, I'm going to give you some practical tips to help you improve your personal finances. Today, we'll focus on a crucial topic: getting rid of debt. It might sound challenging, but with a solid plan and effective strategies, it's totally doable.

As an insurance agent, in my everyday life, I notice that most people believe they can't access insurance benefits because they think it's too costly. However, the main obstacle preventing them from safeguarding themselves and planning for the future is actually their debt level.

I'll explain three main methods to get rid of debt: the Snowball Method, the Avalanche Method, and the Consolidated Payment Method. This can help you start freeing yourself from debts and create savings to reach your goals.

Snowball Technique



First, list all your debts from the smallest to the largest, including the total balance and the minimum monthly payment for each.

In Step 2, concentrate all your efforts on settling the smallest debt initially. This involves making the minimum payments on all other debts and directing any additional funds you have towards paying off the smallest debt.

Step 3: Proceed to the next debt. After clearing the smallest debt, move on to the next one on your list. Utilize the funds designated for the first debt and the minimum payment for the second debt to speed up its repayment. Repeat this method until you have settled all your debts.





Avalanche Technique



First, list your debts by arranging them based on the interest rate from highest to lowest. Make sure to include the total balance and the minimum monthly payment for each debt.

In Step 2, concentrate all your efforts on settling the debt with the highest interest rate initially. Remember to make minimum payments on other debts as well. This approach will save you money in the long term by decreasing the interest amount you pay.

Step 3: Keep going with the next debt. After clearing the debt with the highest interest rate, proceed to the next one on your list and go through the same process. It might take a bit longer to notice the results, but it's more effective in terms of saving on interest.



Centralized Payment System

First: Consider looking into consolidating your debts with a consolidation loan. By merging your debts into one loan with a lower interest rate, you can streamline your payments and decrease the overall interest you pay.

Step 2: If you feel that this option is suitable for you, go ahead and apply for the consolidation loan. Once it gets approved, utilize the funds to settle all your current debts.

In Step 3, you need to pay off the combined loan. After this, you will only need to make one monthly payment. Remember not to accumulate new debt and stick to the payment plan until the loan is completely settled.



Getting rid of debt takes discipline and patience, but it's doable with the right plan. No matter which approach you go for, the key is to stay consistent and stay positive. Don't forget to create a thorough budget, steer clear of new debt, and explore extra income opportunities if you can. Pick your preferred method, kick off today, and celebrate each little success on your journey to a debt-free future!

I'am *Lizbeth Gutierrez.*

My top concern is ensuring your safety and financial security.



Liz
Gutierrez

Money Advisor

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Distinguishing Anxiety from Crisis

Figure out if what you experience at times is a crisis or anxiety.

In this part, you'll understand the concept of a crisis and going through anxiety. There are distinct concepts that people often mix up, and it's important to remember that anxiety is a disorder. You will also learn about how crises and anxiety show up, and we will offer treatment to help you start addressing these symptoms.



CRISIS



Crisis

A temporary psychological state marked by confusion and disorganization, triggered by an unforeseen event perceived as a threat or loss that overwhelms the individual's typical coping mechanisms.

Anxiety

Feeling scared, anxious, and restless for an extended period. It might make you sweat, feel uneasy and on edge, and experience palpitations. There may not be a specific trigger identified.

Event that triggers something

An incident happens that is seen as threatening or overwhelming, leading to significant stress in the individual.

Unorganized reply

Behaviors like being disorganized such as:

- Distress
- Bring back the purpose of being.

BURST

Losing control of emotions, thoughts, and feelings; engaging in inappropriate and/or destructive behaviors.

STABILIZATION

Accept the situation, but be aware that recalling it may make it susceptible to resurfacing.

ADAPTATION

When you reconcile the event that occurred with the current reality, you take charge of the situation and prepare for what lies ahead.

Treating crises and anxiety

CRISIS

Brief Overview of Cognitive Psychotherapy:

- Assessment of the patient's issues
- Cognitive domain and motivation for creating healthy lifestyles
- Guide for making decisions
- Assessment of accomplishments made
- Rehabilitation of consequences
- Engaging educational activities
- Activities for groups or families

ANXIETY

Psychotherapy:

- Therapy: Cognitive Behavioral
 - Engagement and dedication therapy
- Medicines



Signs of distress and worry

BEHAVIORAL

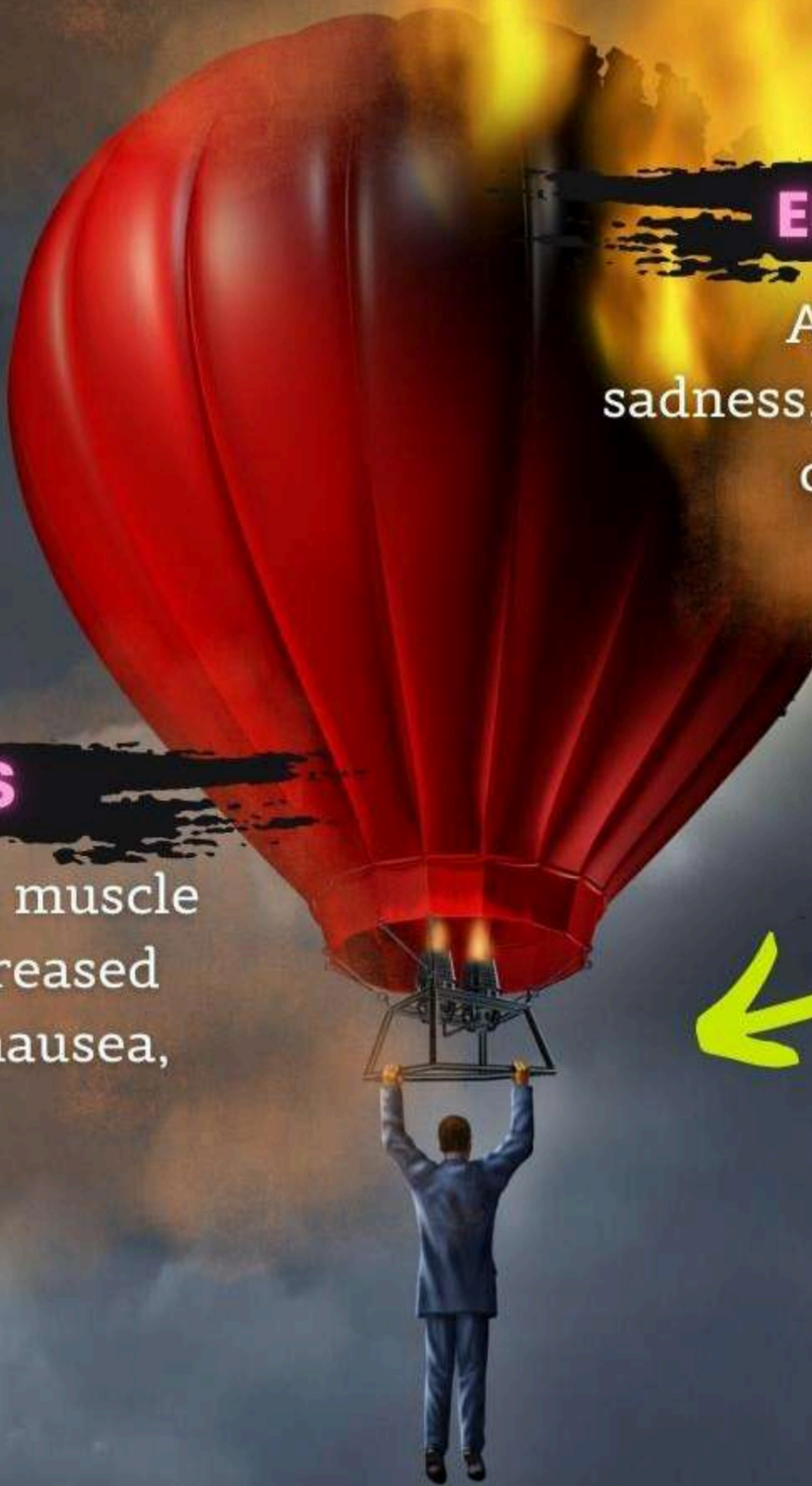
Irritability, nervousness, silence, unresponsiveness, confusion, (tendon)

EMOTIONAL

Anxiety, tears, sadness, guilt, shame, defensiveness

PHYSICS

Headache, muscle pains, decreased appetite, nausea, isolation.



Faby
Hernández

Psychologist

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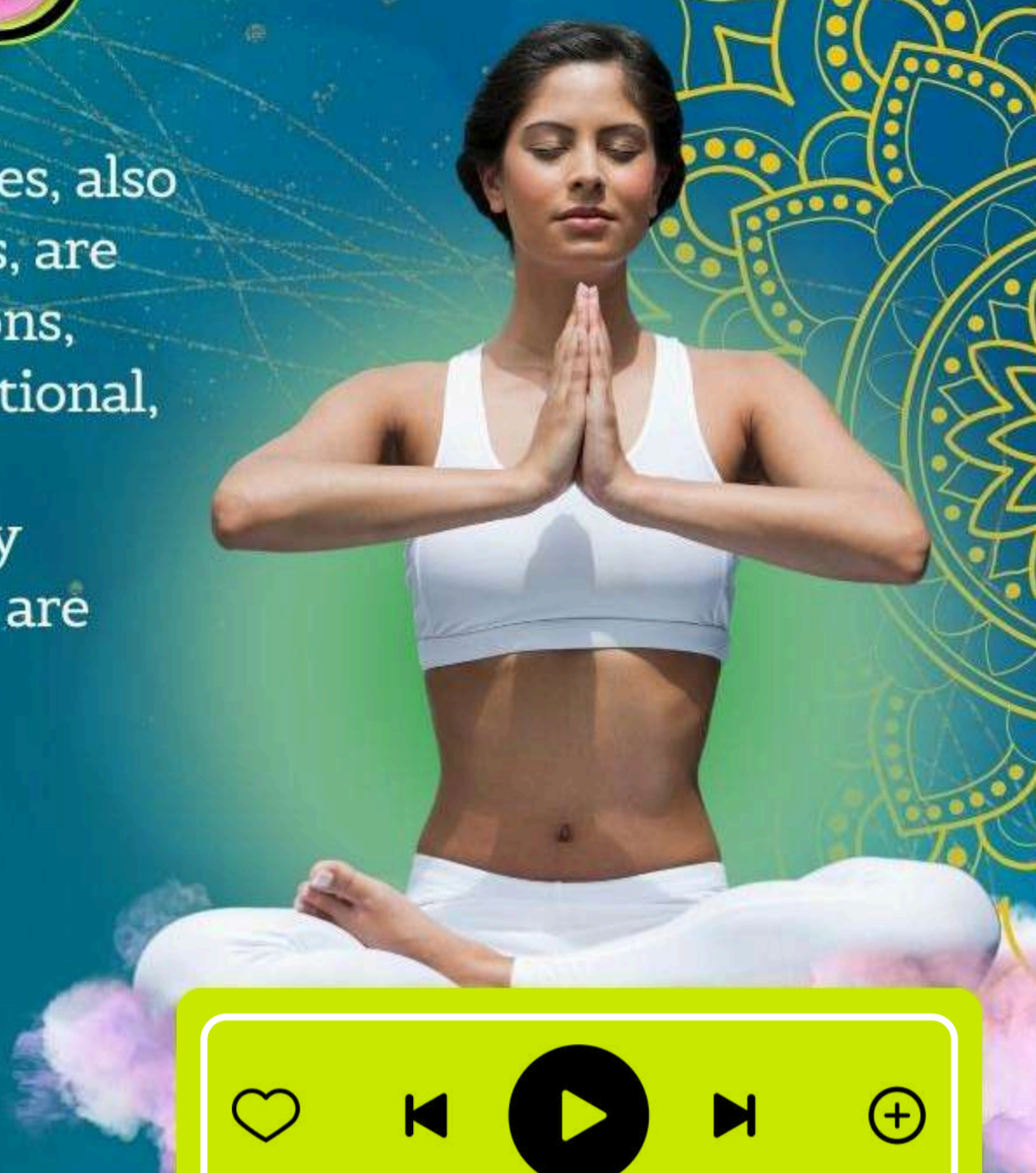
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Namaste



Heart-opening yoga poses, also referred to as backbends, are crucial for various reasons, providing physical, emotional, and mental advantages. Here are some of the key reasons why these roles are important:



Practice with
intention.



Opening up the heart

Benefits for the Body

Improving posture

Poses that open the chest and heart can counteract the modern trend of slouching forward caused by activities like working at desks and using electronic devices. These postures aid in aligning and strengthening the spine and back muscles.

Improving strength and flexibility

Backbends help to strengthen the back, shoulders, and core muscles while also improving the flexibility of the spine, chest, and shoulders.

♥ **Opening up the chest and lungs:**

By expanding the chest, these poses enhance lung capacity, making breathing deeper and more efficient, thus boosting oxygen levels in the body.

Benefits for your emotions

♥ **Releasing emotional tensions:**

Many individuals often hold tension and repressed emotions in their chest and heart region. Releasing this area can alleviate stress, anxiety, and pent-up negative feelings.

♥ **Improving mood:**

Heart-opening poses can activate the nervous system, boosting a sense of energy and vitality. They can also combat depression and enhance mood by triggering endorphins and other beneficial neurotransmitters.

Advantages of Energy

♥ **Activating the heart chakra (Anahata):**

In yoga and meditation practices, opening the chest is thought to help balance and activate the heart chakra (Anahata), which is linked to love, compassion, empathy, and connection with others.

Flow of energy

These positions help energy flow along the spine and through the body, promoting balance and a greater sense of well-being.

Heart-opening yoga poses examples

Some popular yoga positions that can help open up the heart are:

Bhujangasana

Cobra Pose:

It stretches and opens the chest while also strengthening the back.



Ustrasana

Camel Pose:

A profound stretch that opens up the chest and shoulders, while also stretching the entire front of the body.



Sethu Bandhasana

Bridge Pose

Opening the chest and strengthening the lower back and glutes.



Chakrasana

Wheel Pose:

An advanced pose that deeply opens the chest and extends the spine greatly.



Matsyasana

Fish Pose:

Improves spinal flexibility and stretches your chest and shoulders.



Brenda Soriano

Yoga Teacher

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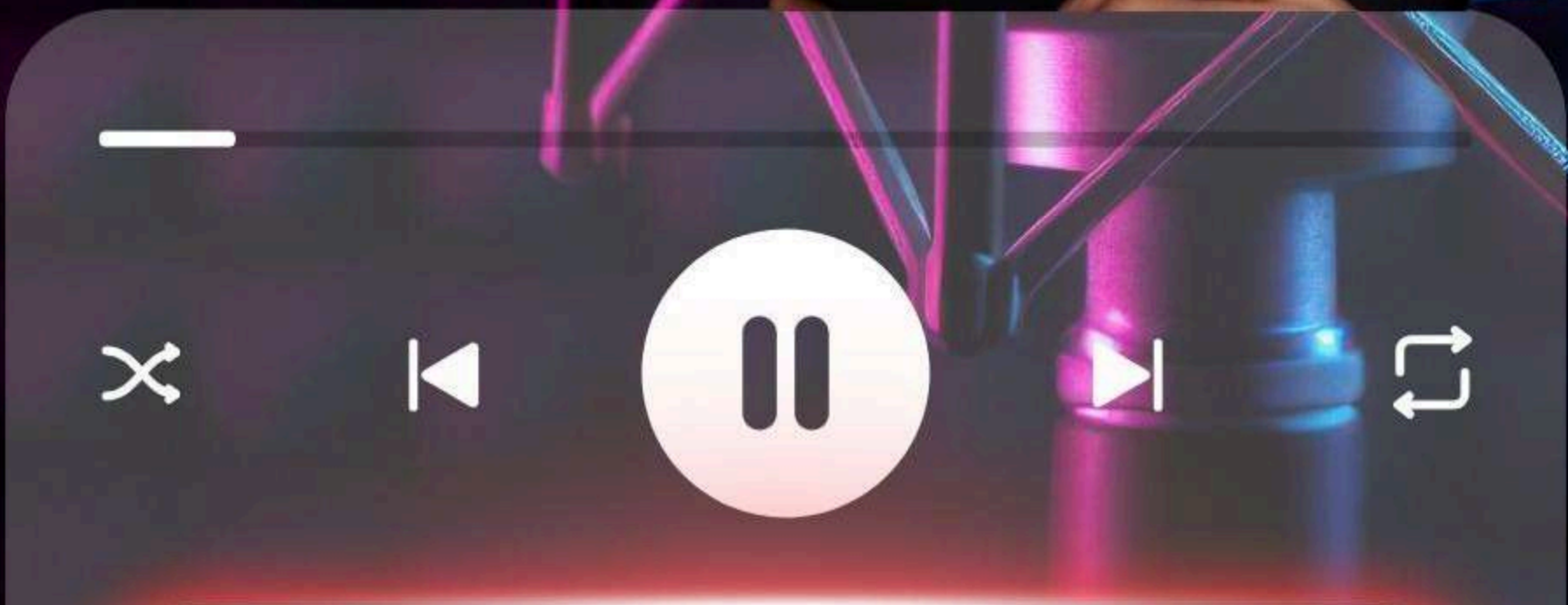
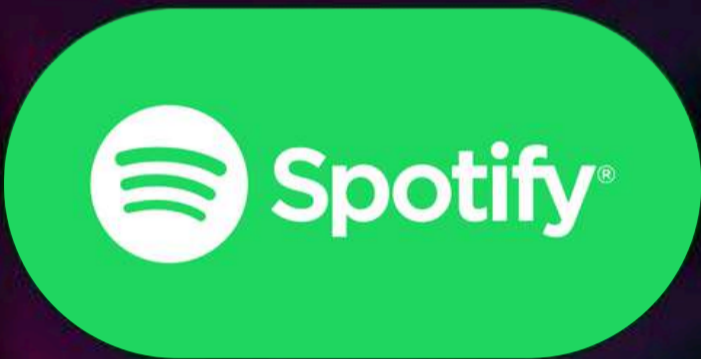




AGRI *Dulce*

WITH

Brenda Soriano



**Listen to what we
have to say**
EVERY FRIDAY, A NEW EPISODE IS RELEASED.

**Myth****VS!****Reality**

Early aging

Today, I want to discuss premature aging with you, but before we dive in, let's understand: What is aging? It involves a series of physical and physiological changes that occur over time in living organisms. In simple terms, each day brings a gradual loss of vitality to your body. This is why it's important to support delaying this process.



Myth

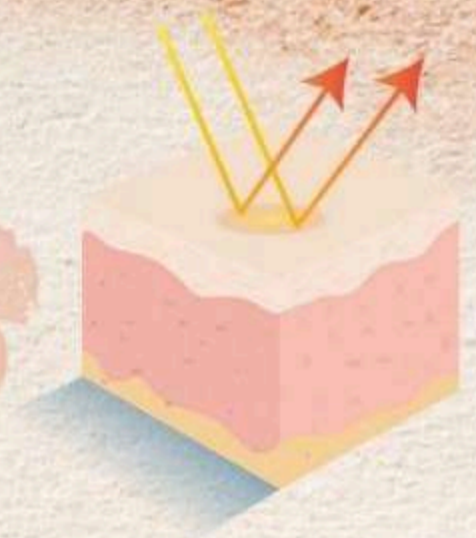
If I eat healthily and drink enough water, do I still need to take care of my skin with a skin care routine?

Taking care of your skin topically is essential. While nutrition is crucial, it's not the sole factor in maintaining youthfulness.

Reality



Can the sun make my skin age quicker?



UV rays, like they have positive effects on our body, also speed up the aging process, leading to the development of small spots on the face. This is why applying daily sun protection is crucial.



Reality

Do antioxidants help prevent early aging?

The most commonly used antioxidants in cosmetics to enhance skin appearance are vitamin C, vitamin A, and vitamin B3 or niacinamide. If you want to find out which one is best for you, it's recommended to consult a professional for advice.



Myth

Is it necessary for individuals over 40 to use antioxidants?

It's suggested to begin using antioxidants at 25 because that's when our body starts reducing its collagen production and lifestyle habits shift.



**Rocío
Moro**

Cosmiatrist

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Mediterranean cuisine

The health advantages and the proper way to adhere to it

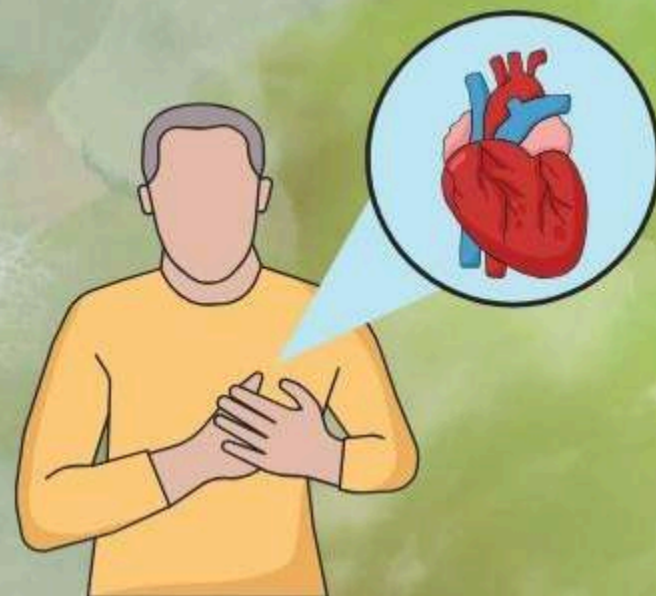
The Mediterranean diet is a dietary pattern common among people living near the Mediterranean Sea. It focuses on embracing a new lifestyle rather than cutting calories or limiting foods.



Some of the health benefits it offers are:

Heart health

Many studies indicate that this diet helps lower the risk of heart disease due to the mix of beneficial fats, fiber, and antioxidants it offers.



Managing weight

It's not about restricting calories, but about choosing better quality foods that are nutritious.

Preventing Type 2 diabetes

Preventing type 2 diabetes involves incorporating whole grains, fruits, and healthy fats to enhance insulin sensitivity and lower the chances of developing the condition.



Here are the key elements of this eating plan and how to adhere to it:

Vegetables and veggies

It's recommended to have at least 2 servings per day. Make sure that at least one of these servings is raw to ensure you get all the vitamins that might be lost during cooking.



Fruits

Consume at least 3 servings per day. They offer a range of quickly absorbed sugars, vitamins, antioxidants, and minerals like potassium, magnesium, selenium, fiber, and water. It's best to choose local and seasonal options.



Whole Grains

Increase the servings from 4 to 6 per day. Whole or integral foods are minimally processed, preserving a high nutritional content, which includes fiber, B complex vitamins, minerals like magnesium, iron, and selenium, as well as phytochemicals. Common examples are brown rice, oats, pasta, whole grain bread, and couscous.



Dairy Products

Eating 2 to 4 servings per day is recommended. This diet suggests having 2 servings of dairy products daily, which is ideal for adults. It's best to choose yogurt and low-fat cheeses as they provide calcium, protein, and fat-soluble vitamins. The amount may vary depending on the life stage.



Nutritious proteins

In this diet, protein sources consist of fish for its omega-3 content (3 to 4 servings/week), poultry (2 to 3 servings/week), eggs (3 to 4 servings/week), and red meat (2 servings/week). Plant-based proteins like legumes (2 to 4 servings/week) and nuts (3 to 7 servings/week) are also suggested.



nutritious fats

It's best to go for "extra virgin" olive oil as it's packed with vitamin E, beta-carotenes, and monounsaturated fatty acids that make it good for the heart (3 to 6 servings/day). Alternatively, you can use canola, safflower, or sunflower oils.



Water

It's recommended to drink 1.5 to 2 liters of water every day. The amount you need can vary based on your physical activity, the weather, and your age.



Exercise

It's recommended to do at least 30 minutes of exercise on as many days as possible (4 to 6 days).

Embracing the Mediterranean diet involves taking a holistic approach to health, focusing on fresh and minimally processed foods. If you want to tailor this diet to your requirements, it's a good idea to seek advice from a nutritionist.



**Fer
Lemus**
Nutritionist

Follow me



What if



Summer Hoot body

Hey there, in the past editions, we discussed detoxifying and flowing, so we've had plenty of time for the initial phase of our transformation. Now, the exciting part is on the way!

This edition was fantastic, let me tell you!

Check out the Agridulce podcast (if you haven't listened to mine, do that first and then come back to read).



Don't do it, don't skip...
Listen to the podcast.
Already? Oh, it's
happening.



You know, I'm returning from a really bad injury. I recall being hit by a car, and last month I got some fantastic news. Being patient in our transformations is crucial. I'm not joking when I say patience is key! I understand it's tough, but rushing won't help us achieve anything. Take it slow, my friends :).

Thanks to lots of patience and, honestly, discipline, I can now work out to achieve a fantastic summer body. So I began to wonder: What's the initial response to show a transformation? That's correct folks: our body.

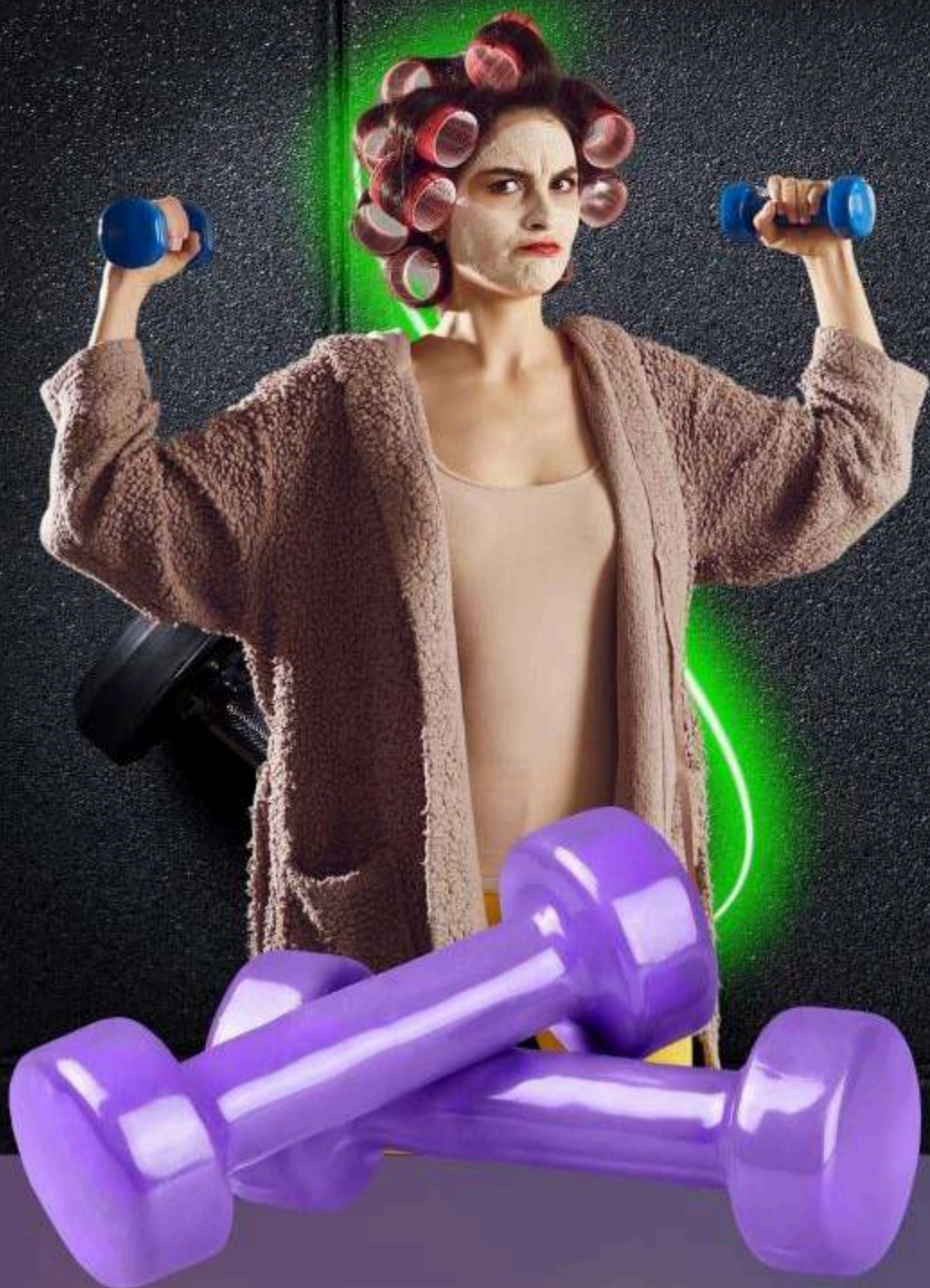
I chose not to aim for a super body but to begin exercising in a way that benefits my physical well-being. It's also about gaining better control of my energy, reducing stress, and maybe even brightening those days when you just feel like... Well, let's just say if I end up with a model's body, I'll welcome it with open arms, haha.

Many times I'm sure you've had that worry too about getting it done, but there are some obstacles like: "the gym is too pricey", "I'm unsure about the routine", "I don't want to go by myself", "I don't have the time". So, I've decided to test out all those hacks, videos, reels, TikToks, and other ads we come across on social media to see if we can create:

The routine transformation

I began exploring various things that can assist us in this routine, and with the help of an incredible individual in my life - a physical education teacher, it provided me with many more options for you.

My mother.



You don't have to work out every day, friends. When adding exercise to your daily routine, it's best to begin with 3 to 4 days a week. Just remember, it's all part of the process.

I suggest alternating daily, starting with 3 tasks to focus on:

Legs, Abs, and Arms.

Cardio

Engage in 10 to 15 minutes of cardio, such as running on a treadmill, jogging in a park, walking your dog, jumping rope, or even dancing. Make sure to have a motivating playlist with classic cumbias to dance at a fun wedding. Here's a playlist for you! Haha.



PLAYLIST:

Dance for cardio.



Abs, Arms, and Booty

For these three routines, it's best to do three sets of 40-second intervals with 40-second breaks in between. For example, 40 seconds of planks, followed by 40 seconds of rest, and repeat.

Here are the specific exercises to target different muscle groups. body washes



Abs

- Iron deficiency
- Tall skillet
- Let your body enjoy the Macarena on the dance floor.
- Jog down the street.
- Scissors
- Bicycle
- Goodbye you, goodbye me



PLAYLIST:

Doña Catalina,
they took my
life, they took it



PLAYLIST:

Doing Zumba
is a fun way to
work out



Arms

- Resting against the wall
- Move weight up and down
- Let your body enjoy the Macarena on the dance floor
- Raise your hands
- Burpieees
(You're going to dislike me for this).

Booty

- Perform a deep squat
- Do a squat with a bounce
- Kick back
- Push
- Lift your buttocks
- Leg Up
(with or without a garter)



PLAYLIST:

Booty
Fitness
Center



The lies we see around us

- Exercising with kilos of rice or beans is not very effective.
- You need to focus on more than just one thing; you have to work your body as a whole. When the leg goes up, the arm does too.
- Exercising doesn't have to leave you soaked in sweat or completely worn out.



Complete truths

- It's best to save up a bit and invest in some quality weights that suit your strength and the load you can manage (I got mine at Walmart, and trust me, they're effective).
- There are various ways to do cardio and different exercises; keep in mind that doing more exercises or complex ones does not lead to quicker results.
- Always seek guidance from an expert to avoid potential harm, rather than venturing alone.
- Water is great! Remember to keep yourself hydrated. If you're having trouble drinking water, you can refer back to chapter 1 or have 1 to 2 glasses of naturally flavored water without sugar before switching to plain water :)

Hey guys, just a heads up, this routine is geared towards beginners. It's a suggestion I'm sharing with you all. We're not pros, just to clarify, it's a routine I've tried out myself.

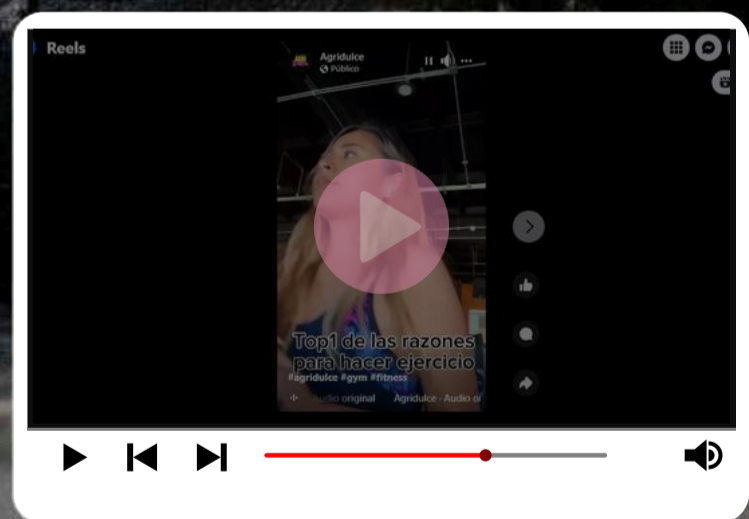
I'll share some examples of what we can do so you can consider them. If you have the chance, don't hesitate to seek advice from an expert to complement your efforts.

I hope you can consider these things that helped me create a routine where I feel comfortable, free my body, relax, and have fun with something new... also, the playlists I shared with you are real, I'm not crazy haha, and for cardio, phew.

I adore you, sending you kisses, and looking forward to seeing your stories shaping the everyday.

Best, Carito :)

They say that a button suffices for a sample.



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García

Publicist

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RECOMMENDATIONS



Fun Travel Cabo
Travel company



Choco Banavena
Delicious and nutritious desserts



Vidanza
Dance School



Zalamandra Studio
Photography, Videography,
and Marketing

We've checked out their products, services, and customer service quality. So, we totally recommend them.

Humorous



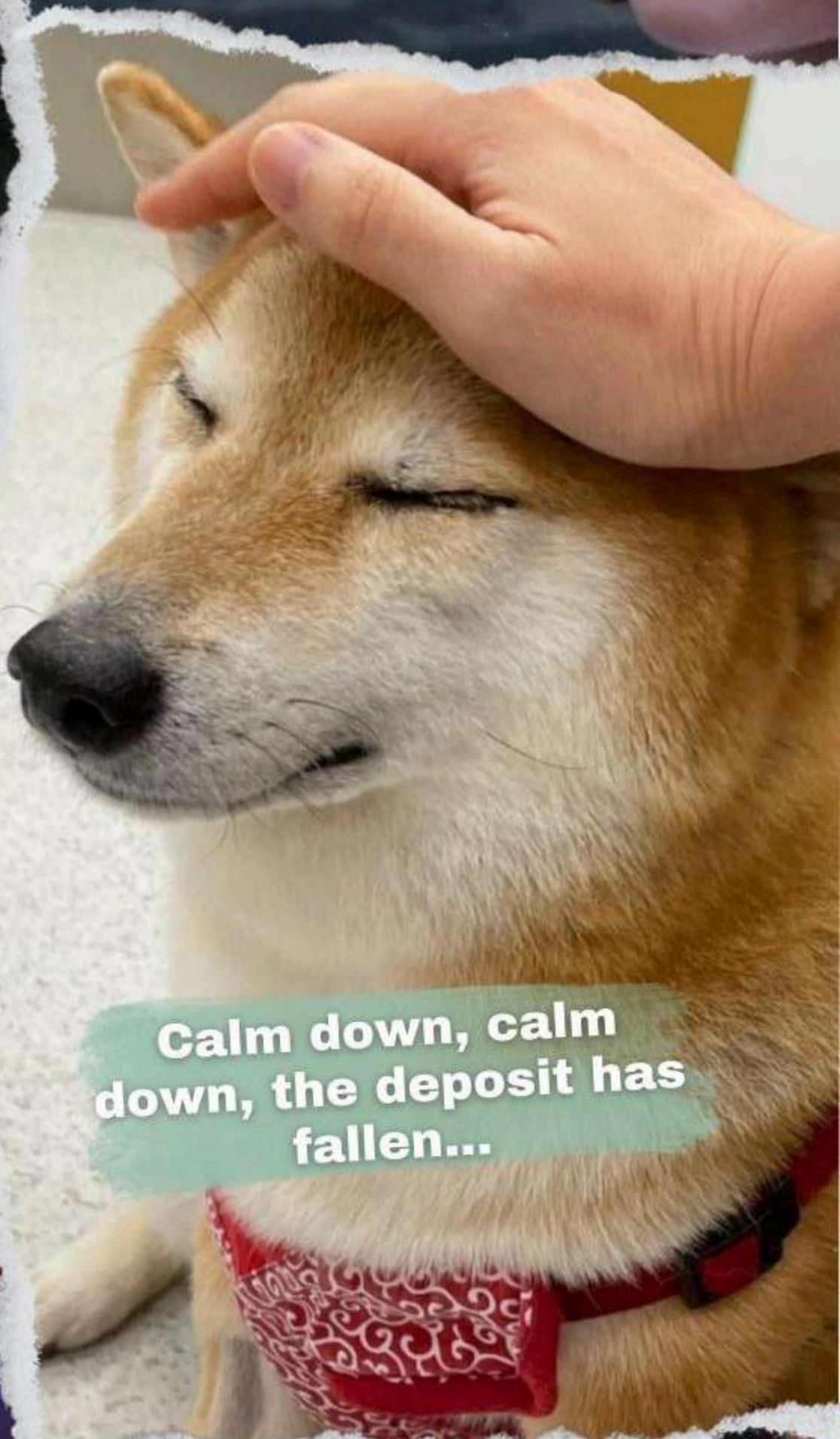
Are you getting good sleep? Yes, why?



I Said NO...
but you didn't
trust me



Security is all set!
Confidence... Check!
Empowerment... Ready to go!
Hold on, girls!



Calm down, calm
down, the deposit has
fallen...



Making a decision
in 3...2...1!



HAAAAAAAAAAAAAAAAAAAA!
I am so over caring
about what others think!

The Interview



“The Wings of a Dying Bird” 4th Anniversary

A book of

Brenda Soriano

Being a professional communicator, my love for writing about different life aspects took me on a surprising journey towards personal healing.

By Angy Carranza

Angry: **Who's Brenda Soriano?**

Being a communicator by profession, my love for writing about different life aspects took me on a surprising journey towards personal healing. This path led me to become a certified yoga instructor and explore holistic and human transformation fields like numerology, emotional biodecoding, feng shui, and angel connections. Combining this knowledge, I now have the honor of managing a lovely magazine that shares the impactful message of personal and spiritual transformation.





Angry: **What inspired you to write and share this tale?**

It started as a personal writing to express the emotions I was processing. Over time, it evolved with fictional elements, and the story developed organically. By the end, I discovered its potential to connect with others going through an existential crisis and provide them with support in their healing journey.

In "The Wings of a Dying Bird," Alondra embarks on a journey that is both physical and spiritual. What did you think of it? What's the balance between these two aspects in the story?

Understanding that we are whole beings, it's impossible to separate the physical from the emotional. In my journey, learning about biodecoding was crucial in uncovering the emotional origin of the illness that impacted the main character. Yet, my aim was consistently to unveil the meaning behind all that unfolded, instead of concentrating on personal intentions.

Angry: **Alondra aims to heal in a holistic way. What research or personal experiences have motivated you? How about incorporating this approach into the story?**

I've personally dealt with physical illnesses that I've been able to heal through personal efforts, backed by clinical studies that have amazed my doctors. Through my book, I encourage individuals to enhance their medical treatments by addressing emotional healing and finding fresh purpose in their lives. My goal isn't for you to stop your medical treatments; instead, it's an offer to heal yourself holistically, taking into account both your physical and emotional well-being.

11A ▶



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12 ▶



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Círculo club para adultos mayores.

Brenda Soriano
Consultora en
Marketing

Angry: In the novel, Imagine undergoing a deep self-exploration. How do you believe this adventure will connect with readers dealing with health issues too?

Sadly, a lot of individuals fail to recognize the priceless gift of health and life. In the modern world, there always seems to be something lacking. But when confronted with serious health diagnoses or moments of vulnerability, one starts to see life in a new light and understands that they haven't entirely been the main character of their own tale. In my book, I encourage readers to contemplate the main character and ponder if they are truly savoring the present moment and if they would feel content and happy if they were to confront death the next day.

What difficulties did you encounter **Angry:**
How did you manage to authentically capture the cancer experience and balance sensitivity and honesty in your writing?

During my consultations, I've met many individuals who have dealt with cancer, and I've drawn much of my insight from their stories. Even though I haven't gone through this myself, I felt it was crucial to give the character a starting point to contemplate life and face their inner struggles. We often overlook this reflection because we assume life is endless, but that's not the case for anyone. I used to fear how others would react to the idea of seeking emotional well-being alongside physical recovery. Yet, ultimately, we all have the choice to withhold belief until we encounter it firsthand.



Angry

Spirituality plays a vital role in the healing process.

In your opinion, how do you believe faith and spiritual connection can impact patients' healing in actual life?

Absolutely, belief (whatever you choose to believe in) is key. It's the inner well of strength and empowerment that stays with you through it all.

How did you choose the supporting characters in the story?

Angry:

How do stories contribute to your path to healing and self-discovery?

The individuals surrounding us play a vital role in our journey of personal growth. Often, we carry belief systems from our families that impact our interactions with our partners, children, colleagues, and others on a daily basis. These interactions either contribute to or detract from our development. This is why I aimed to include parents, partners, past loves, and friends as companions in the narrative.

Angry:

The title "The Wings of a Dying Bird" brings to mind images,



What does this metaphor signify for history and the battle against illness?

The reason we all have wings is that we are free to make choices and enjoy life, this brief journey given in the present moment. I chose the word "dying" because that's how the character starts with all of their existential crises, but just like birds, you can always soar once more. Additionally, the main character is named Alondra Salas, circling back to the theme of birds and wings in the title.



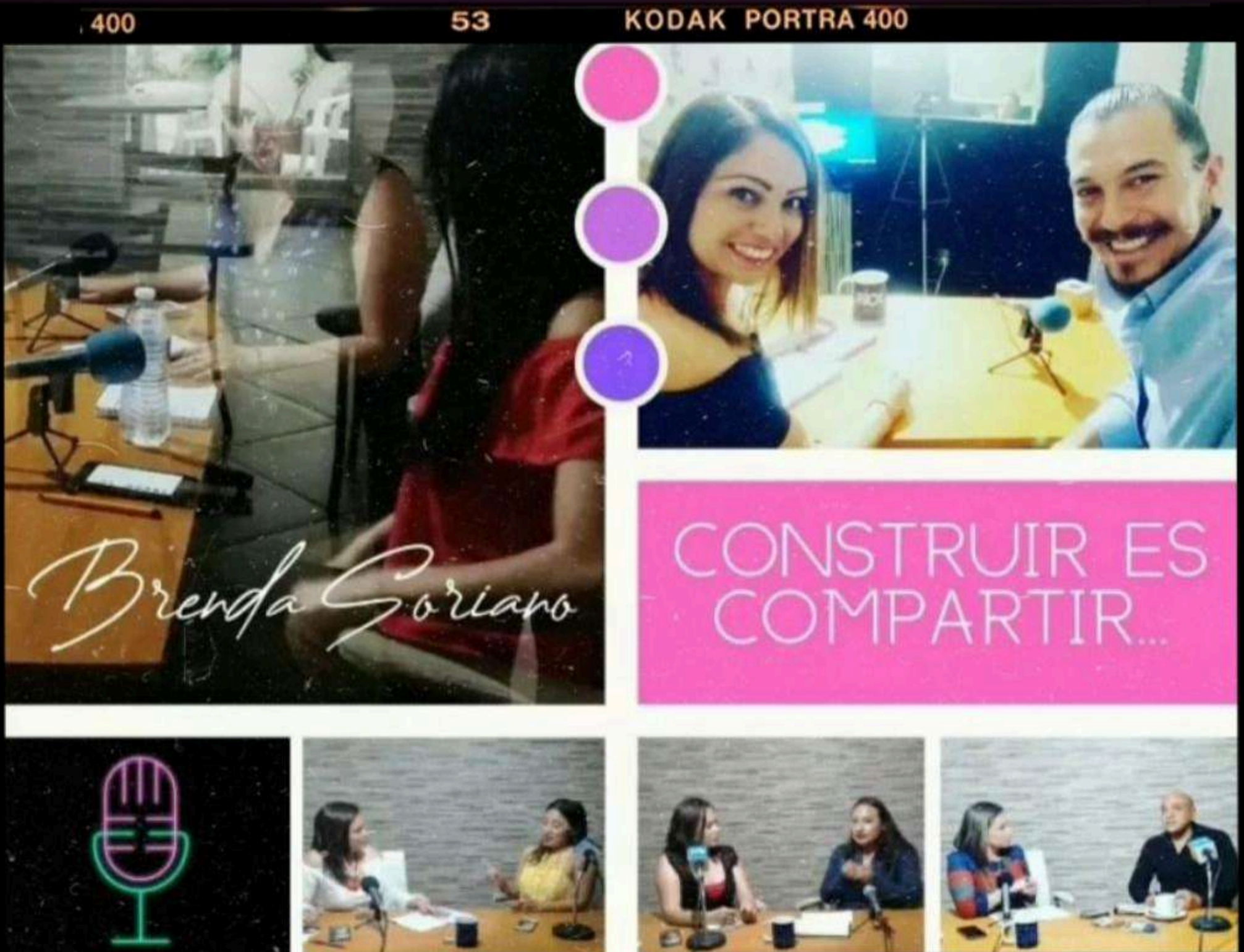


Angry:

Did any part of the story resonate with you on a personal level or hold particular significance for you? Are you an author?



There are numerous scenes and reactions in the story, with Brenda playing a significant role. It's not an autobiography, as I initially stated, as it contains a lot of fiction. Nonetheless, some events are based on my own experiences. Those who are familiar with me will recognize them. For those who are not, just immerse yourself in the story and live, really live!



Angy Carranza

Social Media Specialist

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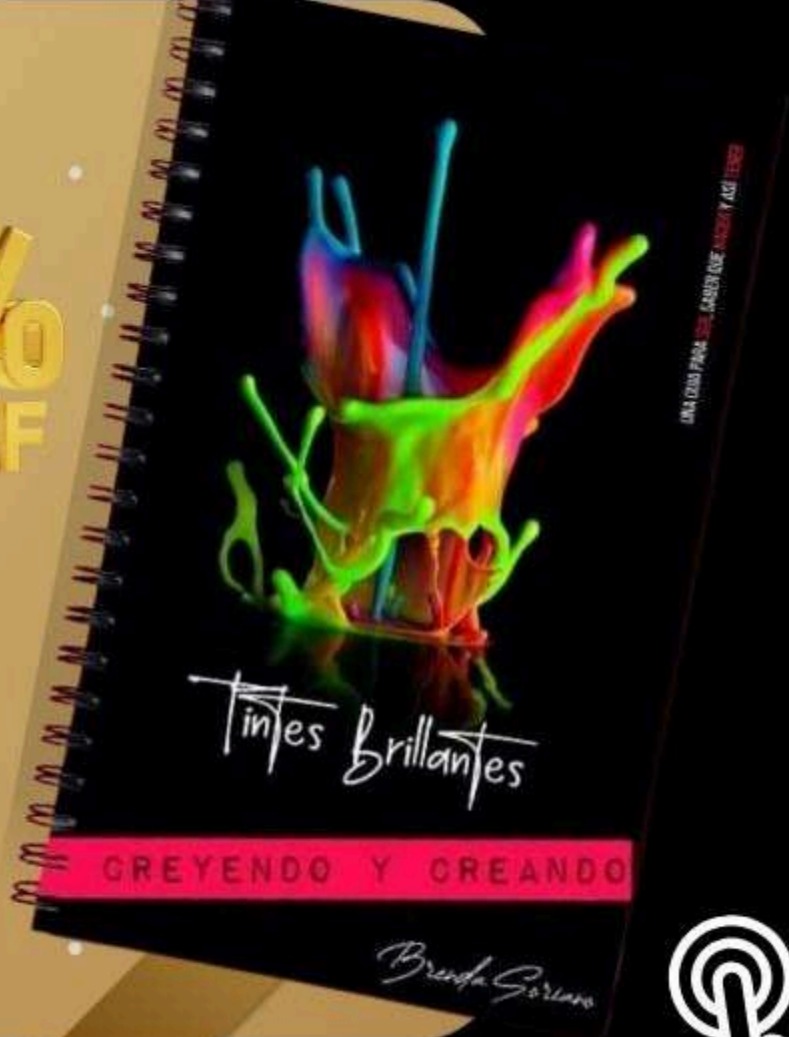
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Exploring the source of knowledge

the study of symbols and knowledge

Epistemology typically views knowledge as a straightforward connection between subject and object, without taking a stance on the truth or falsity of its contents. In the philosophy of science, we can't ignore the truth.

(Rodriguez Pardo, 2018)

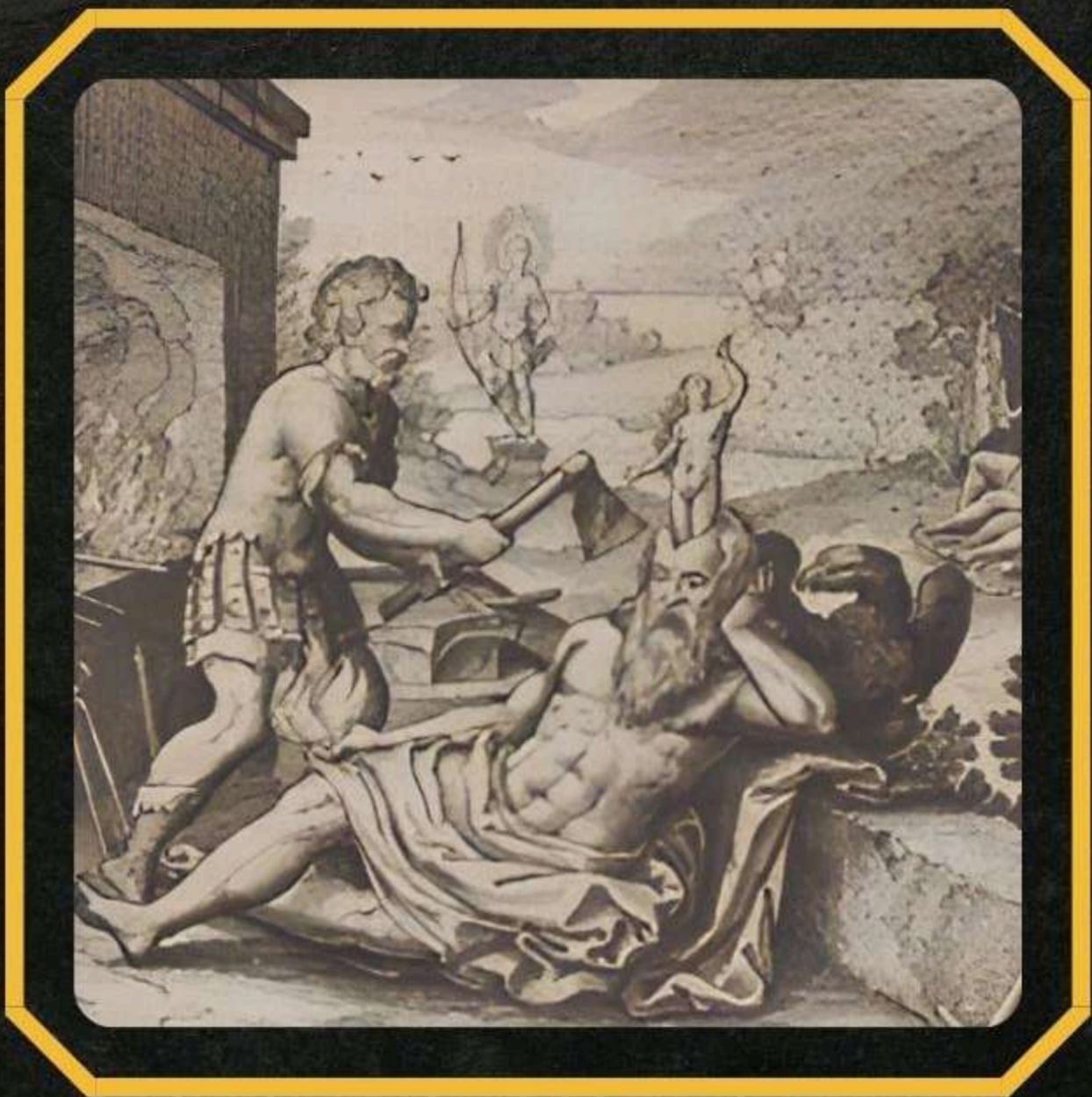


Epistemology aims to explore the knowledge that a knower gains from the objects of reality, drawing from the Greek words *epistēmē* and *lógos*.

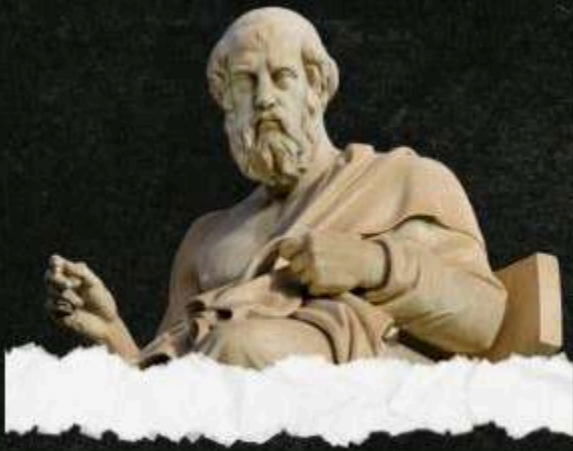
The Seventh Buddha's epistemology is a part of philosophy that uncovers knowledge and the gradual growth of knowledge through symbols, allegories, emblems, and parables.



Hermetic syncretism in H. Khunrath, *Amphitheatrum sapientiae aeternae...*, 1609 (Courtesy of the Foundation of the Works of C.G. Jung, Zurich).



Michael Maier's *Emblema XXIII*, titled *The Flight of Atalanta*, was created in 1617 and is courtesy of the Foundation of the Works of C.G. Jung in Zurich.



Different aspects of epistemology

Studying knowledge theory involves critically reflecting on knowledge.

Anthropological: curious about the ability to understand.

Psychology: related to the process of understanding.

In **philosophy**, the focus is on the outcomes of understanding various sciences. The material object is the results achieved, while the formal objects are the questions that emerge, known as the "problems of knowledge" found in the goals of epistemology.

The philosophy of science involves reflecting on science from a philosophical perspective. It doesn't focus on scientific issues but rather explores the nature of science itself.

Questions

How can we tell? What are the origins of knowledge? How do we distinguish what is accurate? "What is incorrect?" and "What kinds of knowledge are there?"



**Jazael
Lozada**

Consultant

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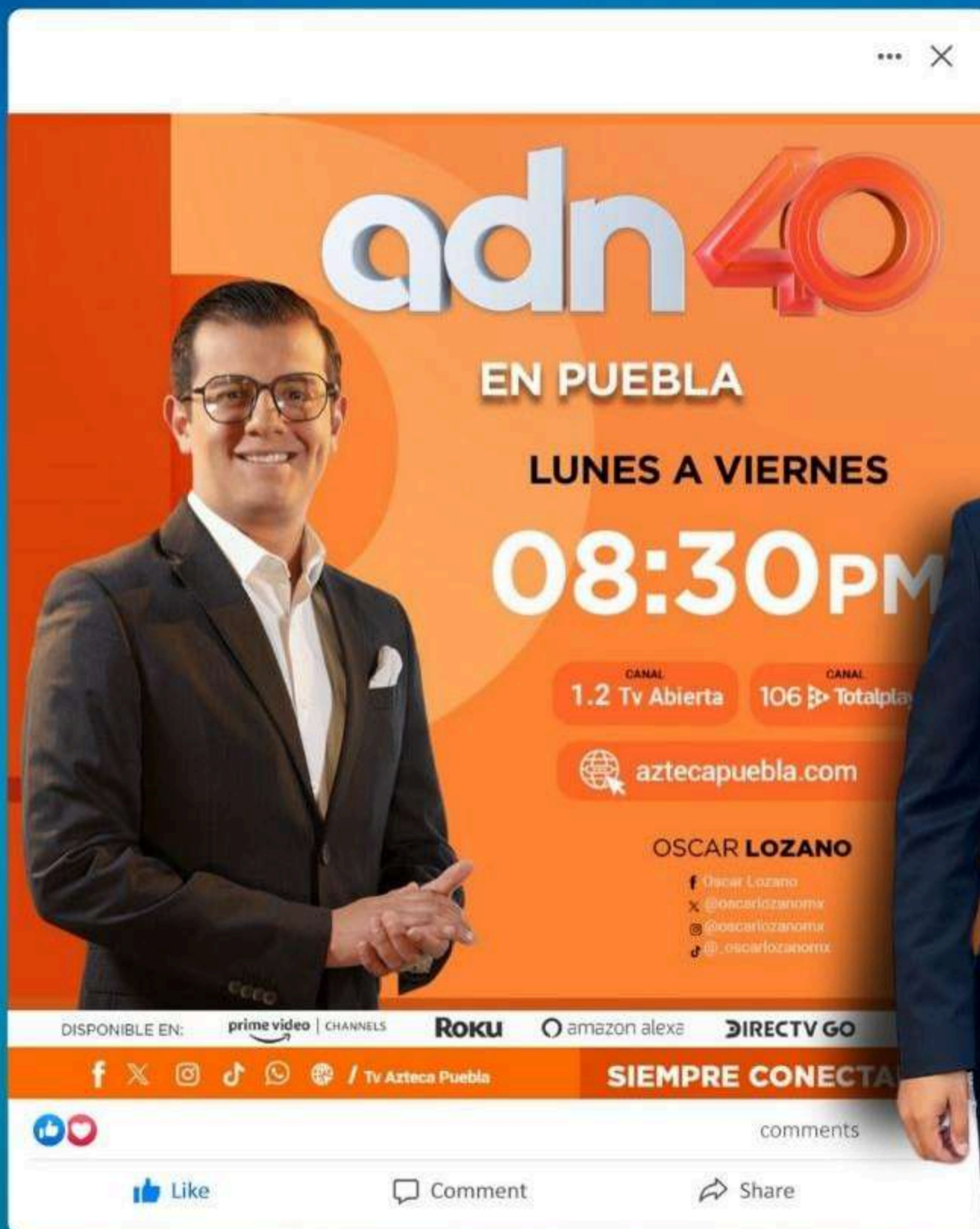
LIVE

**MECHOS
AL MOMENTO**

Oscar Lozano

I started my journey in the media a decade ago, and now I am content to have achieved many of my dreams, but most importantly, to assist those in greatest need through my work. As Albert Einstein once said, "Only a life lived for others is worth living."

A decade ago, I began my career with minor radio appearances while pursuing my Communication degree. Eventually, I hosted an entertainment show on an online radio platform before transitioning to politics alongside my digital marketing job.



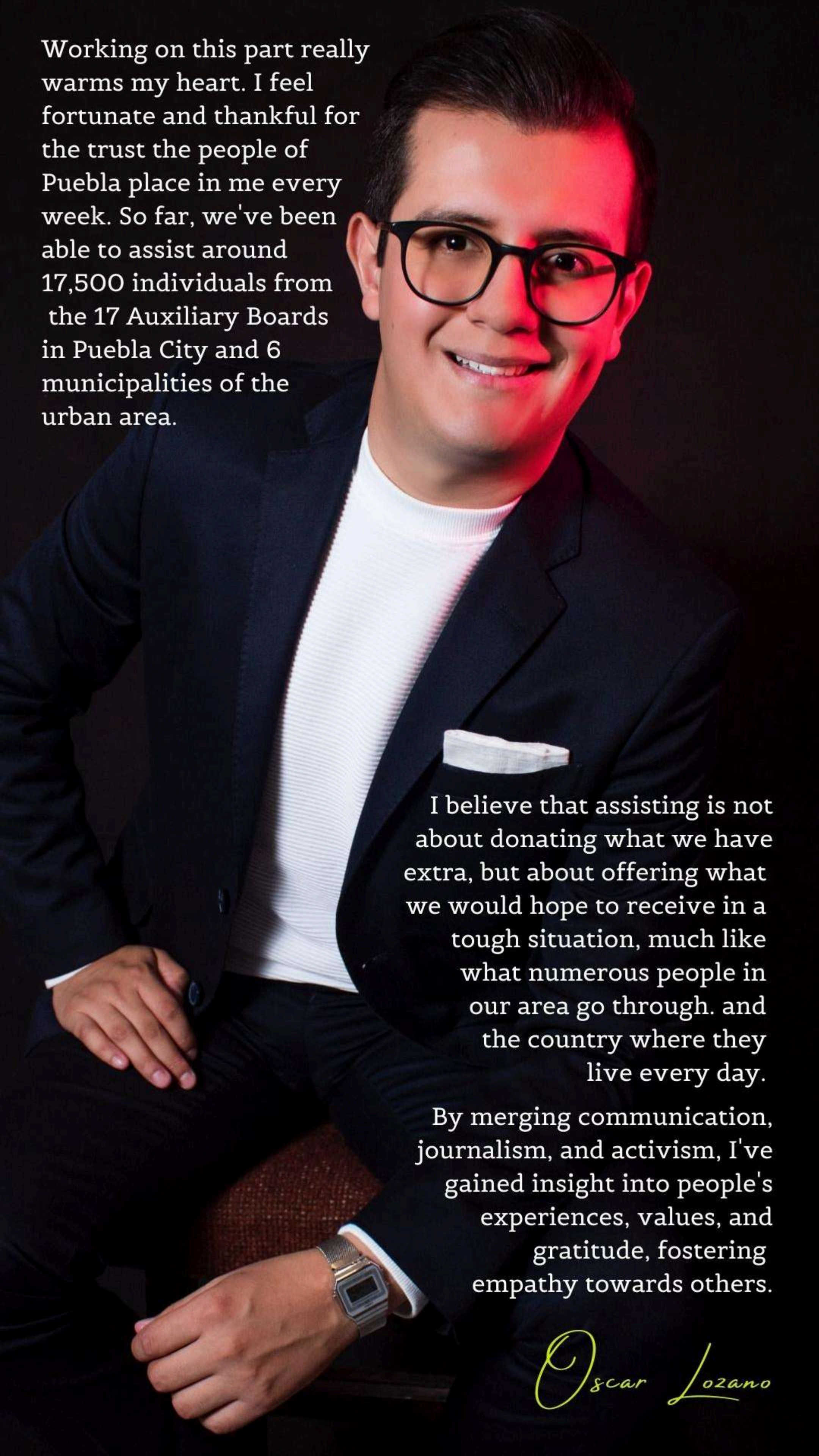
I quit my degree to work at TV Azteca Puebla, and it's been 8 years since then. During this time, I've grown as a reporter and the producer of 3 news shows, including the latest one, ADN 40 in Puebla. It airs Monday to Friday at 8:30 pm on channel 1.2.



One of the stages I really like is my "Journalism with Results" section. There, I've been able to contribute to noble causes and give back some of what life has given me. For nearly 6 years, with the support of the people of Puebla, we have assisted individuals with chronic-degenerative diseases, elderly people facing abandonment, single mothers, children and young people with disabilities, and various instances of social inequality.

REC



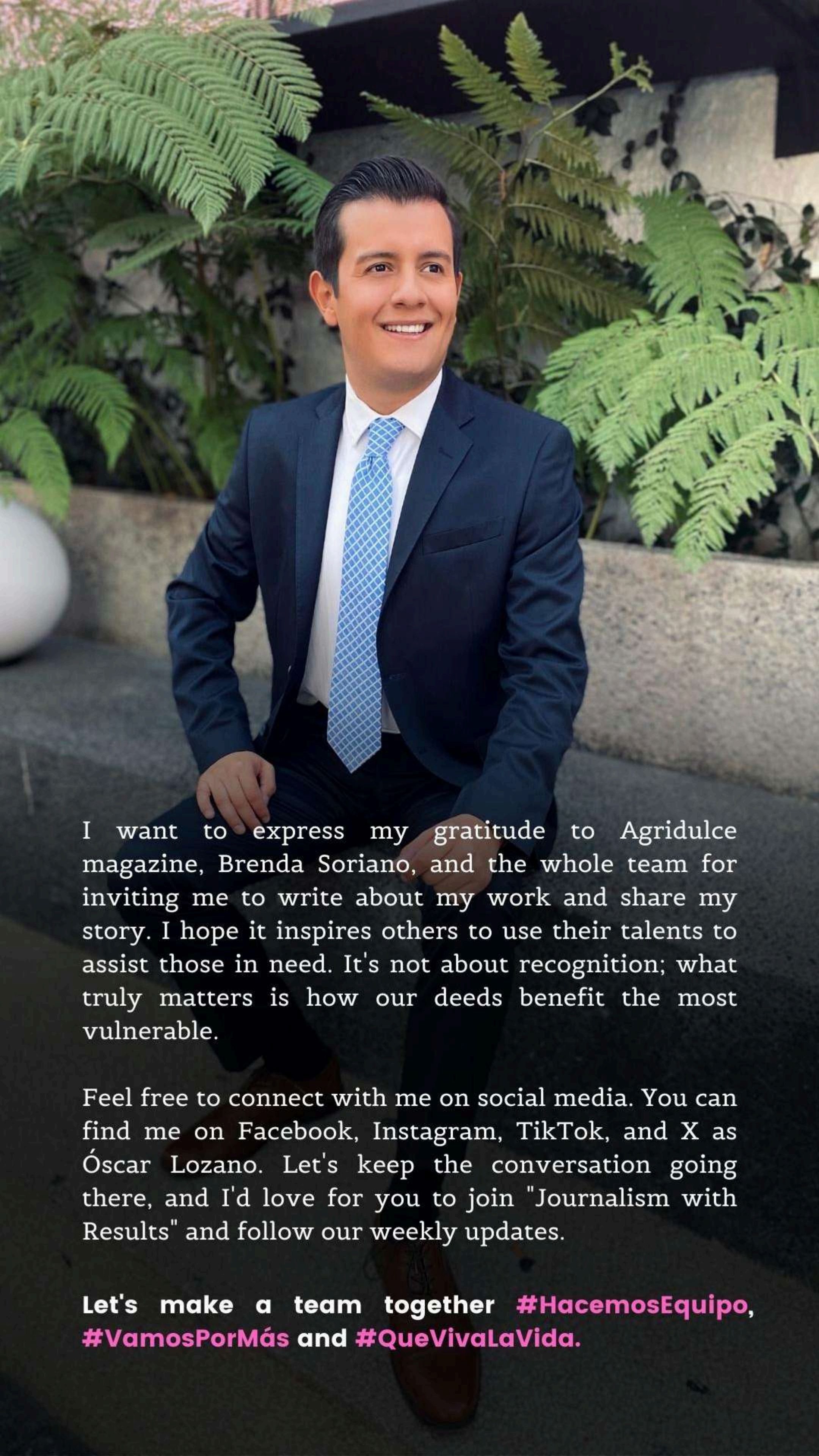
A portrait of Oscar Lozano, a man with dark hair and glasses, wearing a dark suit jacket over a white turtleneck sweater. He is smiling and looking towards the camera. The background is dark with a red light effect on the right side. The text is overlaid on the left side of the image.

Working on this part really warms my heart. I feel fortunate and thankful for the trust the people of Puebla place in me every week. So far, we've been able to assist around 17,500 individuals from the 17 Auxiliary Boards in Puebla City and 6 municipalities of the urban area.

I believe that assisting is not about donating what we have extra, but about offering what we would hope to receive in a tough situation, much like what numerous people in our area go through. and the country where they live every day.

By merging communication, journalism, and activism, I've gained insight into people's experiences, values, and gratitude, fostering empathy towards others.

Oscar Lozano

A man with dark hair, smiling, is sitting outdoors. He is wearing a dark blue suit jacket, a white shirt, and a light blue patterned tie. He is surrounded by lush green ferns and other foliage. The background is a dark, textured wall.

I want to express my gratitude to Agridulce magazine, Brenda Soriano, and the whole team for inviting me to write about my work and share my story. I hope it inspires others to use their talents to assist those in need. It's not about recognition; what truly matters is how our deeds benefit the most vulnerable.

Feel free to connect with me on social media. You can find me on Facebook, Instagram, TikTok, and X as Óscar Lozano. Let's keep the conversation going there, and I'd love for you to join "Journalism with Results" and follow our weekly updates.

Let's make a team together [#HacemosEquipo](#), [#VamosPorMás](#) and [#QueVivaLaVida](#).

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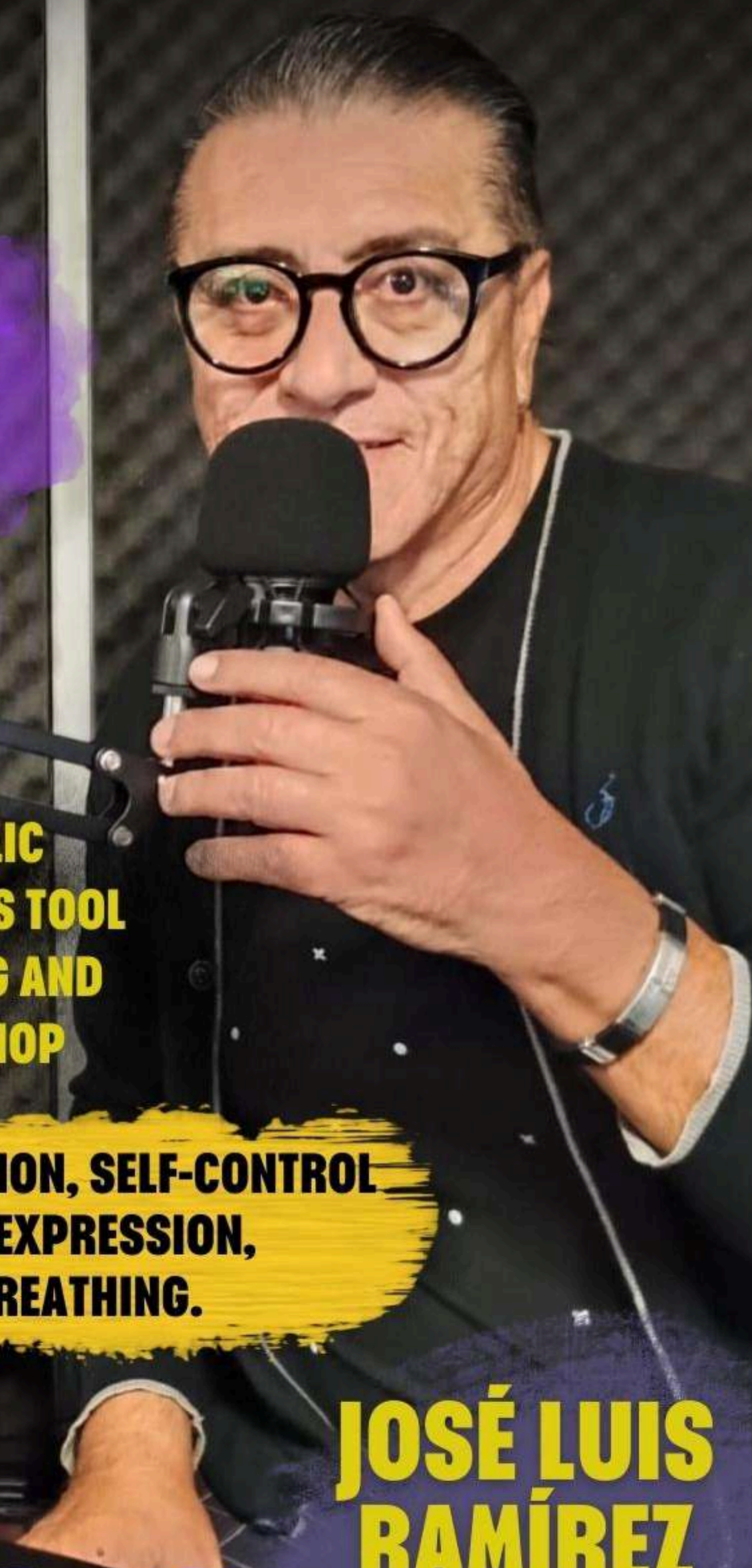
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