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**Problem Solving: Puffy Eyes**

**By Natalie Katsman**

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Problem Solving: Puffy Eyes  
by Natalie Katsman  
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Let's admit it: puffy eyes do not look very attractive. Some people are born with them, but for most of us it is a sign of aging. Even if you don't show the unsightly condition now, you may develop it sometime down the road. Wouldn't it be helpful to know to how to improve your looks, avoid the appearance of puffy eyes or at least put it off as late as possible?

Puffiness occurs due any or all of the following reasons:

- Liquid retention.  
This may be caused by allergy, irritation, illness, lack of sleep or tiredness.
- Redistribution of fat caused by aging (surgical measures may be necessary).
- Genetics  
Puffy eyes are inherited and are caused by improper lymph

circulation or peculiarities of one's body.

– Internal disorders

Kidney, stomach or nervous system disorders often manifest themselves with puffy eyes.

First of all, rule out the forth reason. Then, see if any of these risk factors are present in your life: too much stress, lack of sleep, late and lavish dinners and overindulging in salty and smoked foods. Sometimes puffiness is caused by even more trivial reasons, such as a wrong pillow. Raising your head slightly above the body level should help. Pay attention to

cosmetics you use for your eye area. Those with thick and heavy texture may also cause puffiness.

If, despite your perfect state of health, good eating habits, adequate amount of sleep and right cosmetic choices, you still end up with those baggy circles under your eyes, then the cause of the problem may be anatomical. In some people, membrane that separates the skin and underlying fibers is very thin. It thins out even more with age, bringing the fibers closer to the skin and thus giving your face that puffy look. In this case, massage done by a professional can be quite effective.

Unless cause by internal disorders or genetics, puffiness under eyes can be prevented. Cosmetologists recommend paying attention to the delicate eye area starting at 20–25 years of age, especially, if your relatives have this problem.

Avoid such risk factors as stress, unhealthy foods, beer and strong alcoholic beverages – they all lead to water retention. You may want to limit your fluid intake as well.

Look for light eye creams and gels with arnica, vitamin K, collagen, elastin or hyaluronic acid.

Homemade treatments can also be effective. To reduce puffiness and improve circulation, mix 2 teaspoon of sour cream and 1 teaspoon of finely chopped parsley, put mixture in cheesecloth and apply to the eye area for 10–15 minutes.

Another easy recipe is grated potato, applied in the same manner as the sour cream eye mask. These masks will produce visible improvements if done 1–2 times a week.

## Problem Solving: Puffy Eyes

Herbal compress is another natural treatment you can do at home.

Cover 1 tsp of sage leaves with 1/2 cup of boiling water and let stand for 10 minutes. Filter the infusion and divide it into two parts – warm and cold. Soak two gauze pads or cotton balls in each bowl and apply to eyes: 10 minutes warm and 10 minutes cold. Do this procedure every night during a month. Sage can be substituted by chamomile or dill weeds.

Finish treatments with your favorite anti-puffiness eye cream.

All of the above measures, including massage, are also very beneficial in preventing wrinkles and brightening the skin. You don't have to wait for puffy eyes or wrinkles to show up. Do something good for your skin now to keep it from aging.

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Natalie Katsman is a co-founder of <http://www.natural-aid.com>, where you can find fine quality aloe vera products for beauty and well-being and subscribe to HealthySkin Newsletter filled with beauty tips, recipes and information on herbal healing, skin care and cosmetic chemistry.

### **What's Troubling Your Teenager? – Peeling Back the Onion Layers**

**By V. Michael Santoro, M. Ed.**

Onion layers are a good analogy for problem solving. Like onions, problems can have multiple layers, and if you do not dig deeply enough, you may end up not solving the real problem.

A good way to indicate whether or not you have "peeled back" enough layers is to see how you "feel" during the problem solving process. At times it will seem like you have discovered the proper solution, but something just doesn't "feel right" about it. At that point, it is advisable to trust your instincts and discuss the problem with someone.

I have often said myself, "You know, everything seems right, but it just doesn't feel right." You may not even be able to articulate why at the time. Usually, as you discuss it, while reviewing the available information; and running through the questions you asked to get to that point; something will trigger a new idea or thought. Then bingo, the light comes on and you can "feel" that you have the right solution.

Discuss this concept with your teenager. The point is, even if the current information seems to point to a correct solution, if it doesn't feel right, continue seeking the right solution until it does feel right. This is a good time to observe your teen's body language.

What to do

## Problem Solving: Puffy Eyes

Even if she cannot articulate that something is missing or not right, her body language will indicate it. They say, "The eyes are the window to the soul." Check your teenager's eyes, as they will be a strong indicator of where she is "emotionally" during your problem solving session. She may be saying the right things but her eyes may be communicating a totally different message.

A good way to handle this is to say something like, "You know, I hear what you are saying, but there seems to be something else on your mind. Why don't you tell me about it?" If she says she isn't sure, start asking her questions that will help her to visualize and evaluate her feelings. For example you can ask, "Okay, what are you feeling? Try to describe it. Or, "What comes to mind when you are feeling this way?" "Does a particular person come to mind?" "Is there anything giving you cause for concern?"

Ensure that the questions are open-ended. They should allow your teenager to think about issues that:

1. May not be at a conscious level or
2. Is something that she is not willing to face just yet.

"Peeling back the onion layers" will help you to get to the bottom of what is troubling your teenager. With your help, she will be able to talk about her thought process, visualize it, and then tie these pieces of information together so things become clear. This approach will help you focus on helping your teens to evaluate their feeling and become better problem solvers.

You can then begin discussing a better solution to her "real" problem.

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This article is an excerpt from the book "Realizing the Power of Love," How a father and teenage daughter became best friends...and how you can too! By V. Michael Santoro, M. Ed and Jennifer S. Santoro. For more information visit their Web site at <http://www.dads-daughters.com>

V. Michael Santoro, M. Ed. has ten years of experience as an educator. He is also certified in Training and Development with over eighteen years of industry experience. He coauthored, "Realizing the Power of Love," How a father and teenage daughter became best friends...and how you can too, with his teenage daughter Jennifer S. Santoro. For more information visit their Web site: <http://www.dads-daughters.com>

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