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Ten Body Piercing Safety Tips

By John B. Marcus

Body piercing is all the rage with individuals of all ages. Whether you are choosing to pierce ears,

lips, noses, eyebrows, tongues, or something a bit more risqué, safety and hygiene should be at the top of the check list before you run out and grab a needle. These ten tips for body piercing safety will ensure your piercing does not result in a potentially dangerous infection.

1.) Only use a professional.

Piercing is something that should only be performed by a professional. It is a great deal more complicated than simply pushing a needle through a part of your body. Choose a reliable professional and seek a consultation before you make the decision to pierce. Home piercing jobs are most likely to lead to complications or infections.

2.) Ask questions.

Think of a interviewing a potential piercer the same as you would a doctor. Ask about their cleanliness and disease prevention policies. A great many diseases, including AIDS and Hepatitis can be spread through using dirty needles, so you should ensure your quality of health is not compromised. Do not feel ashamed or embarrassed to ask the necessary questions, and beware of any so-called professional who seems unwilling or unable to provide answers.

3.) Choose wisely.

Just as each body is different, everyone will not be able to successfully pierce their chosen spot. Once you seek a professional to pierce your body, ensure the piercing can be successful. For example, individuals with an "out-ie" belly button are unable to have a belly button piercing due to the orientation. Also, some individuals are unable to have their tongue correctly pierced due to the orientation of essential nerves and blood vessels.

4.) Think about the impact.

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It's a necessary fact of the matter that most employers frown upon visible body piercings. Regardless of your personal feeling on body piercings, know that you may be discriminated against or viewed in an unfavorable light by some individuals only due to your body piercings. Before you decide on any piercing, consider the impact on your image and your life.

5.) Choose quality body jewelry.

When it comes to choosing body jewelry, ensure you choose quality metals or high carbonate plastics that will work well in your body and not have any complications. Most body piercing jewelry is either gold with a high karat count or surgical quality stainless steel. Avoid cheap or flimsy body jewelry and focus on the quality instead of the design.

6.) Keep it clean.

After the body part has been pierced, it is essential to keep the hole clean. Your body sees a piercing as a wound, so cleanliness is the key. Remember, infections also do not discriminate between piercing holes and puncture wounds.

7.) Keep it dry.

Most piercers agree that the hole should be kept dry until healing has commenced. Keep your piercing hole free of saliva, sweat, salt water, or chlorine water, since all of these liquids can cause infection.

8.) Avoid makeup.

If you are choosing a facial piercing, avoid polluting the hole with makeup. Most cosmetic products are made with oils that can invade the piercing hole and cause infection.

8.) Identify infection.

Keep an eye out for infections that can quickly and easily cause pain and discomfort. Not all infections work in the same manner, but warning signs include any type of discharge from the wound, fever, pain, discomfort, swelling, and redness around the hole.

9.) Seek medical attention.

If your piercing is exhibiting signs of infection or complication, immediately seek medical attention. Also, if the piercing is routinely painful and does not seem to heal, you should seek treatment by your primary health care provider.

John B. Marcus specializes in body piercing and belly button rings. For information go to

<http://www.belly-button-rings-u.com>

Expressing Yourself Through Body Piercing Art

By Donna B. Somerkin

Body piercing is a fabulous way of expressing yourself and your personality in an outward fashion. Many individuals choose to pierce one or several parts of their body in order to either make a statement or add a unique aspect to their appearance. However, before you decide to pierce any part of your body, carefully consider the choice since this form of self expression is a bit more permanent than changing a hairstyle, experimenting with cosmetics, or creating your own fashion statement.

Body piercing has been used as an art form for thousands of years. Everyone from ancient cavemen to ancient cultures and civilizations has used body piercing to express a variety of thoughts. Some cultures, including the ancient Aztecs, use body piercing to commune with the gods, whereas other cultures, including those in several African tribes, use body piercings to express beauty, status, or wealth.

Men and women choose to pierce all parts of their bodies for a variety of reasons. The most popular reason given for body piercing is to add a unique feature to the individual. Many people to either want to pierce their body parts or have already pierced different parts of their body wish to break out of the norm that our society has set. Although body piercing is a more permanent way of expressing yourself, it can be done in a subtle and tasteful fashion for those individuals worried about how their personal expression will affect different aspects of their lives, including their public, private, and business lives.

By far, the most popular body piercing involves the ears. From simple holes on the lobes of the ears to piercings in the cartilage, earrings are available in all shapes, sizes, colors, and styles. For individuals looking for more envelope–pushing piercings, consider piercing noses, labrias, eyebrows, or even tongues. Just like the selection of earrings, most reputable jewelry stores or body piercing salons offer a wide variety of quality body piercing jewelry. Use different styles, colors, and jewels to further showcase your personality through your body piercings.

Before you make a rush decision to pierce a part of your body, carefully consider how this decision will affect all aspects of your life. Individuals with visible body piercings often complain of discrimination in their public or business lives. This is often a fact that you should take into consideration. Consult your business's policy on piercings to prevent any problems later down the road.

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