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CA. PRATIQ SHAH

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KCBF CALENDAR 2023

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KCBF is planning its 1st Mega Job Fair for our own community members. The goal of this fair is to bring together best talent of / for our own people.

Mr Ketul Shah - ketulshah80@gmail.com

OCTOBER 2023

Annual Trade Fair

KCBF's 5th Annual Trade Fair is lined up for October 2023. An important event in KCBFs calendar where businesses meet.

CA Narendra Shah - 9702643000

DECEMBER 2023

Picnic

Socials are an integral part of any networking group which helps in building strong bonds paving their way for a more fruitful and strong relationships.

Mr Rajiv Patwa - 9821188516

INSIDE

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WHAT IS BEING SUCCESSFUL!

KOMAL SHAH

Before we continue, a quick exercise: You would be knowing a lot of successful people. Take a moment to reflect the characteristics about them and their life, which if you had, you would think of yourself as successful. Note it down on paper. We Will come back to this in a moment.

Success – a word that we all are familiar with and it is the goal of every human to be successful. A no-brainer, right!

Its crucial to remember, Success is not what others perceive in us, but what we feel and think about ourselves and our life. Interestingly, what success means for each of us can be vastly different, and can also differ at different times in our life.

It can be one or many of: fame, money, assets, power, influence, recognition, comfort, convenience, good health, free time, respect, love, family, bonding in relationships, self-awareness, spirituality, contribution to larger good, etc.

Let's go back to the notes you made at the

start – characteristics that denote success for you.

Take a moment to pause and reflect, did you include JOY – Yes, No, Maybe?

Let me rephrase it – Do you think you could consider yourself Successful, even when you are NOT Joyful.

If your answer is Yes, then let me ask you another question – If you had an abundance of whatever success means to you, while eating the same restricted (disliked) diet everyday, alone, ofcourse you are not joyful, but would you consider yourself successful?

I am sure you get the point. It's a documented fact that material Success, however grand, without good health and genuine relations to share it with, is meaningless. We all know the many lifestyle diseases, people are falling prey to, at more and more younger ages. They might be missing on the fundamentals of life, but that is a discussion for another time.

JOY is essential to a good life. But how exactly can we be joyful, some may wonder. Well, the simplest way to be joyful is, TO GIVE – share whatever you have, with others. It need not be something Big or a lot, or even necessarily money, it could be your knowledge, your time, your attention, a compliment or a kind, encouraging word, a hug to your child, etc.

Thus, Acquiring Success is a measure of contributing in a way that gives you joy!

Remember, WHEN YOU ARE JOYFUL, WHATEVER YOU DO, YOU ARE ALREADY SUCCESSFUL!

Komal Shah is serving society as a Life Coach and Relationship Mentor. She is a certified Transformation Coach, Subconscious Mind Trainer, Fingerprint (Dermatoglyphics) Analysis Consultant and Parenting Coach. She can be contacted at +91 9920 302 402 for consultation appointments.



Dharmesh Shah

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WHAT IS NUMISMATICS? MEANING, QUALIFICATIONS & EXAMPLE.

SANDEEP SHAH

What Is Numismatics?

Numismatics is the study of the physical embodiment of various payment media (i.e. currencies). The study of numismatics as it applies to coins is often in the research of the production and use of the coins to determine their rarity.

As mentioned above, a coin collector will usually be called a numismatist. Besides the study of coins, numismatics also includes tokens and paper money, plus their histories. It is then, strictly speaking, a broader field than pure coin collecting. In common usage, though, the two terms, 'coin collecting' and 'numismatic' are interchangeable.

Key Takeaways :

Numismatics is the study of coins and other currency units and is usually associated with the appraisal and collection of rare coins. Numismatists study the physical properties, production technology, and historical context of specimens of currency. Rare and collectible coins may trade at well above their nominal face value or commodity melt value and are often withdrawn from circulation and viewed as investments rather than actual money. Numerous clubs, societies, and other organizations have been established to support the study of numismatics. The qualification for becoming a numismatist in the U.S & the INDIA successfully completing specialized courses and passing an exam.

Understanding Numismatics

Numismatics differs from historical and economic studies of money. Numismatists study the physical attributes of the payment media rather than the use and function in an economy. The term numismatics is often used interchangeably with the coin collection, though it connotes more intensive study than just simply collecting coins. It could be said that all numismatists are coin collectors, but not all coin collectors are numismatists. It is widely believed that numismatics began during the early European Renaissance, as part of an effort to re-discover all things classical.

The first English usage of the word

"numismatics". It was in 1829, stemming from the word adjective numismatic, which translates to "of coins", and stemmed from the French word numismatiques, which itself derived from the Latin word numismatis. Numismatists study the physical technology and historical context of coinage and money. Coins or other tokens that are rare or unique or that have some special history that can be documented are considered most interesting for study and valuable as collectibles. Specimens that show errors from their production process of striking the coins or printing the notes are especially notable.

Currency Value :

Because of their properties and value as collectibles, rare units of currency can trade at well above their face value or the commodity value of their physical substance. For example, some 20th century U.S. silver quarters, with a face value of 25 cents and a silver melt value of a few dollars, can trade for tens of thousands of dollars apiece this is also in Ancient Indian Coins. Rather than spend these as money at their face value, collectors withdraw them from circulation to use as collectibles or investments. This is similar to the operation of what economists call "Gresham's Law", which states that under legal tender laws, bad (less valuable) money drives good (more valuable) money out of circulation in the market. In the case of rare and collectible coins or other monetary tokens, Gresham's Law operates to an even greater extreme; the coins are not only withdrawn for circulation but actually cease to be money in an economic sense.

Numismatic Organizations :

There are numerous societies dedicated to the study, research, and advancement of numismatic sciences. For example, The Bombay Coin Society, The Gujarat Coins Society, The American Numismatic Society, founded in New York City in 1858, was created to foster public appreciation of coins, medals, and currencies, and has since cultivated more than 800,000 objects dating

from 650 BCE, and boasts a numismatic library, with some 100,000 books and artifacts. Other numismatic organizations include: Ancient Coins, Collectors Guild, Archaeological Institute of America, The Canadian Numismatic Association, The Czech Numismatic Society, International Numismatic Commission/Commission Internationale de Numismatique, The Israel Numismatic Society, Oriental Numismatic Society, The Professional Numismatists Guild, The Royal Numismatic Society, The Numismatic Association of Australia, The Royal Numismatic Society of New Zealand, The Bombay Coin Society

History of Numismatics :

Numismatics refers to the study and analysis of how people use money, as well as the collection of various types of money, coins, and other forms of consideration. The history of numismatics dates back centuries. However, coin collecting likely began at the time currency was invented. Before the 19th century, coin collecting was an individual hobby—one most often enjoyed by nobles, the religious elite, and rulers. During the Roman Empire, emperors like Caesar Augustus collected coins from various places to use as leverage in trade negotiations and to gift to guests. In English, the word numismatic originated in the late eighteenth century.

Coin Collector Name :

A coin collector is more formally called a 'numismatic' or 'numismatist'. The word numismatic means the study or collection of currency. This covers tokens, paper money, coins and medals. It also means a person who studies or collects currencies. As such, there is no name for a coin collector specifically, but it is the most common subsection of numismatics.

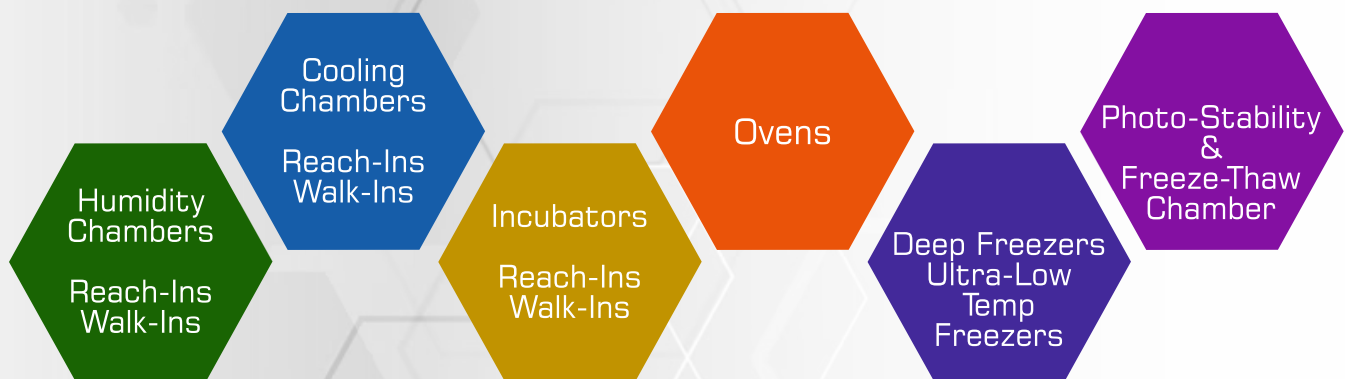
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DIABETES

DR. BIJAL SHAH

Diabetes Melitus is a medical condition in which sugar level in the blood rises. It is a silent condition meaning that it does not cause any immediate symptoms. A lot of times it is diagnosed while doing a routine investigation.

Let us understand what happens in the body in very simple terms.

Imagine that there is a town called body. Each person staying there is a cell. Here the valid currency is SUGAR. Now LIVER is the factory that converts other material into sugar. INSULIN is the postman that delivers the sugar to each cell. So as you can see if there is more production of sugar than required then it can cause high sugar. If the insulin is absent then the cells will not be able to take in sugar. If the cells somehow do not recognise the delivery guy insulin then they refuse to take in sugar thus it remains in the blood. Now the KIDNEY the garbage man is supposed to prevent wastage of sugar but if there is too much sugar coming in; he cannot help it so eventually sugar passes off into urine. Now the garbage man kidney becomes sick because it is so overworked so cannot function properly. Thus it hampers its normal function of passing off waste while retaining the necessary parts. So it passes off more WATER than routine. Now since the water is wasted off in urine body needs more water so there is more thirst. On the other hand the cells are getting starved because they don't have their glucose for use. Thus person loses weight though eating well.

Thus now we know why we have these Signs & Symptoms.

Weight loss, Increased thirst, Increase in appetite

In my practice I have seen that this is one disease people are most careless about. The main reason for it is that a person can feel healthy for a long time before the above symptoms appear. I have been also questioned that what's the harm? Obesity is naturally taken care and no other major discomfort so why follow diet and exercise and medicine...

So now we come to the next part of our discussion; what happens if there is

uncontrolled diabetes.

Disease Progress: The above 3 symptoms remain persistent. Ofcourse there is person to person variation. There is a lot of organ damage that happens and deterioration of almost entire body. This may sound like repetition but I cannot emphasize more that each and every organ may be important like heart, kidney, eyes, ears etc or less important ones like skin etc all are affected.

There is damage to peripheral nerves. It is known as **neuropathy**. Commonest complaint we see is burning feet.

As we saw earlier kidney function get affected leading it to **eventual kidney failure**.

Nerves of eyes and ear when affected give rise to **reduced vision and hearing capacity**.

Body immunity goes down and so the capacity to fight germs gets affected. Therefore person falls sick very often. Any infection in the body takes a very long time to recover. In cases of injury the **wounds do not heal for a very long time** - therefore any operative procedure cannot be performed till the diabetes comes under control.

In long run when blood vessels are affected the area affected can go dead which is known as **gangrene**.

Basically the list is endless.

Now let us see how we can live with this.

How to prevent Diabetes

Diabetes runs in families. It is common in us Gujaratis both genetically and also because of lifestyle. It is a good idea to monitor blood sugar after age of 35 if there is a family history. Keeping a check on weight and regular exercise helps to prevent getting diabetes. Intake of sugary substances like cold drinks/liquor etc has become part of life which can be avoided.

Management of Diabetes

Most important part about management is lifestyle modification. You need to exercise regularly- brisk walk is the best. Sugar, jaggery, honey, dates etc are all forms of sugar and should be avoided. Rice, potato, maida and fermented atta food are heavy in simple carbs so they also should be avoided.

Proteins should be increased in diet-like pulses, dals.

If diabetes does not come under control after all these measures then medicines are needed.

ROLE OF HOMEOPATHY

I think it is very rare for a Homeopath to talk about diabetes. I recollect most eminent doctors around us also avoided the topic when it came to diabetes.

Ofcourse homeopathy has advanced a lot in last 25 years.

I used to get patients who wanted to try homeopathy to halt progress of diabetes in my practice. In my initial years there was not much progress in such cases. I got some breakthrough some 12-13 years back. A 35 year old lady who was already my patient got diagnosed with diabetes. She was reluctant to start allopathic medicines so she requested me to give something. She was the first one to respond positively to the homeopathic treatment. After that there was no looking back. Prognosis for cure is much better for patients who are recently detected with diabetes and still not on any allopathic medicines yet.

I get many patients who come to me while they are already on allopathic medication. In spite of the medicines many have diabetic neuropathy- well known side effect of the disease.

Neuropathy means damage to the nerves.

Commonest area affected is feet where patient feels tingling, numbness or burning sensation.

Sometimes there is loss of sensation as well.

We are able to successfully reverse these side effects and are able to taper off the medicines to a lower doses.

DR. BIJAL SHAH


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LIFE IS AN ART AND ART IN LIFE !!

KHYATI SHAH

It is said that life is a blessing and we should live it to the fullest... We all actually believe in it and try to make it worth...

- **But is reality same?*
- **Are we leading a happy life?*
- **Do we get time to analyze our life?*
- **Is today's lifestyle healthy?*
- **Isn't stress a big part of today's life?*

We all get many such questions when we seriously think about our life n its lifestyle. We all want to reduce stress levels and have good mental health. But somehow don't get time or are not able to work on it. Majority of us even know what we are supposed to do for it. Yes, Exercise/meditation and a healthy lifestyle are what we need to inculcate in our routines.

Here, I can help you out by introducing meditation into routine life in some different manner.

Art, Creativity and Colours...

Our Indian culture is full of different artforms from different states n villages. Art is something in which one can easily express their feelings by putting them on paper, playing with different colours or creating some innovative designs. Let us see a few benefits of learning art.

- **Art is an immediate mood booster. It instigates feelings of relaxation n*

inspiration

- **Art helps you in releasing stress in a healthy way.*
- **Art helps in developing motor skills in kids*
- **Art helps in coordination between eyes, hands and mind.*
- **Art improves our problem-solving ability*
- **Art helps in communication.*
- **Art makes you observant and stimulates imagination in a good way*
- **Art boosts self-esteem.*
- **Art and creativity can reduce depression and anxiety issues.*
- **Art has healing power.*

People say learning Art is difficult and can be learned only who are gifted. It doesnot work that way. All art forms have their peculiar styles which if learned from basics and under proper guidance can become easy for anyone and can be learnt and be introduced in their lives.

Few artforms like Mandalas both PenMandala and DotMandala are suggested by doctors for their meditational benefits. One can create an infinite number of designs with different patterns and colours and reduce stress levels and anxiety from life. Anyone and Everyone can learn it.



Learning something new is always a benefit. It keeps your zyst alive and makes you confident towards life. One can easily find difference in oneself by learning something new and specially in creativity area. It keeps you busy and involved in something fruitful rather than wasting time and indirectly giving you healthy benefits.

Hope Art and creativity becomes part of everyone's life and make life more creative and colourful.

Stay Creative !!! Stay Healthy !!!

- KHYATI SHAH

STATUTORY DEADLINES FOR MARCH 2023

CA NARENDRA SHAH

TDS / TCS

07th TDS/TCS payment for February 2023

INCOME TAX

15th Advance Tax Final Instalment for FY 2022-23

INDIRECT TAXES

11th Details of outward supplies in GSTR 1 for February 2023

13th Invoice furnishing facility (IFF) for February 2023 in lieu of GSTR 1 for QRMP (Quarterly Returns with Monthly Payments) Filers

13th Return for Input Service Distributor in GSTR 6 for February 2023

20th GSTR 3B for February 2023 if aggregate turnover above Rs. 5 crore

22nd GSTR 3B for February 2023 if aggregate turnover below Rs. 5 crore

25th Monthly payment for February 2023 through Challan PMT06 for QRMP Filers

31st Furnishing of LUT in RFD-11 for export of goods/services for FY 2023-24

OTHERS

15th PF & ESIC- Payment for February 2023

31st Monthly Return Tax Liability of Rs. 1,00,000/- & above for February 2023

31st PTRC Annual Return

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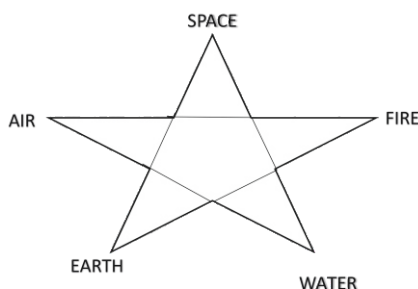


REVIVING THE SECRETS OF VEDAS

KRUPA SHAH

Hi Friends, I am Krupa Shah speaking and I am taking you on a ride of mysterious world which was hidden but let's open the doors of untouched walls of this world. This world is named as GOLDEN RATIO?-'MRITYUNJAYA'

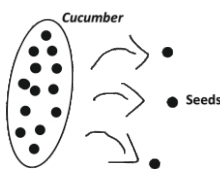
Different names of 'Mrityunjaya Mantra are Fubonacci Pattern Series'- The Key to Life - Ancient Indian Secrets of Vedas. Fibonacci number is a basis of life itself. In Hinduism, the origin and preservation of life is explained by a concept known as 'Mrityunjaya'. So according to Hinduism this is the mantra of Mrityunjaya.



About Image:

The points of the star denote the first elements of the life. Earth and Water are at the lowest level, Fire and Air are at middle level and Space is at topmost level. These five elements are called 'Pancha Maha Buddha' in Hindu religion which are important of origin and preservation of life. If somebody is sick or critically ill, the family of the deceased will draw this Yantra and will chant 'Mrityunjaya Mantra' 108 times every day. This mantra is at Least 5000 years old and is a part of the oldest Veda, Rig Veda. It is not a 'Beej' Mantra but this mantra has words which has specific meaning.

ॐ नमस्कृतं यजामहे ।
सुश्रुद्धिं मुष्टिबर्धनम् ॥
अर्वाकमिव बन्धनान् ।
मृत्योर्मुक्षीय मामृतात् ॥



In this mantra the word 'Urvarukam' means a specific type of 'Cucumber', called 'Squirting Cucumber'. So, the significance of this mantra is that life goes on just like a cucumber getting apart from its mother.

This is the secret of this Mantra. The arrangement of seeds in This specific cucumber fruit is in Fibonacci pattern and when these seeds are falling from the plant, they spread out in Fibonacci pattern only. In sunflower, the seeds are arranged in Fibonacci

pattern. Similarly, this can be visualised in leaves also, so that they can proceed with the basic rituals of their getting sunlight and making food. Experts in this field have further studies these seeds and they had noticed about the spiral movement in clockwise and anticlockwise direction and these spirals are reported to be always in the sequence of 3, 5, 8, 13, 21, 34, 55, 89, 144... These numbers are tagged as Fibonacci numbers. So for instance, if the clockwise number is 21, then anti clockwise number will be 34. If the clockwise number is 34, then the anti-clockwise number will be 55. This will always make the spirals in successive numbers but one will never see the clockwise number to be 21 and anticlockwise to be 89. So one might be wondering, Why is this designed like that? Why not just have 21 and 89? Why does nature prefer these sequence?.... The answer to these questions is simply because it is not solely about Fibonacci number itself, whereas it is about a ratio between these two numbers. So, further understanding the ratio in detail refer the below mentioned mathematical equation

$$\frac{34}{21} = 1.618$$

This is similarly seen with other numbers mentioned above like 5/3, 8/5, 13/8, 21/13, 34/21, 55/34.....

This signifies that the resulting ratio will be same every time and this number goes on forever because it is the most irrational number possible and this ratio is being unique is called GOLDEN RATIO or DIVINE RATIO.

This following of sequence and ratio naturally stand out the plants and trees and this is why plants are worshipped in Hindu religion. Plants are said to have extraordinary intelligence and supposedly a human arranges these seeds in this golden ratio of 1.618, one will have these amazing spirals and are perfectly aligned making it look kind of surreal.

Again further the thought arises that Why do plant have to sort of 'THINK' about the golden ratio and Why do they have to arrange the seeds in this fashion? Why not arrange them with one's design of 0.25? Answering the above mentioned questions, experts claim that this ratio is very important in order to make them utilise the space and maximize the number of seeds. However, this explanation is claimed by the experts and plants really don't care about this at all about saving space but what plants really care about is the

'MRITYUNJATA'. Now, the reader here will be wondering what is this word 'MRITYUNJAYA'? Answering to the curiosity of the readers....

From a plant's perspective, 'MRITYUNJAYA' is to create and sustain life. Now the thought may cross that what is the purpose of any seed and why are plants creating them? The simplest This is similarly seen form of explanation is to spread its own gene. Like every seed is similar to pocket, seeds are a gene pocket and it is going to spread everywhere and this is how it exactly describes the pattern of formulation of Fibonacci pattern.

For further better understanding, if one arranges the seeds other than the Fibonacci pattern, then the wind blows off all the seeds in one direction and settling down at one place. The chances of all these seeds germinating and growing in these plants are very less as they all will be overlapping each other, obstructing the sunlight and absorbing nutrients and water from one place. But when this arrangement is done in golden ratio and spiral pattern and then when wind blows, this is considered to be best design and the segregation of these seeds will be at multiple directions, So the plant is arranging the seeds beautifully to maximize Mrityunjaya, to maximise life and spreading its genes.

This is exactly what happens in the 'Urvarukam'- Cucumber. Every plant uses this golden ratio in 3- Dimensional and 2- Dimensional as well. Not only this pattern is seen in seeds, but also in leaves of the plant. And as human live on the oxygen created by the leaves of the trees and plants, the essence and significance of this mantra and the concept is very powerful. So, this 'MRITYUNJAYA Mantra' is not only creating life but also preserving life. This builds up the curiosity of conquering death and which is satisfied by becoming immortal either by living alone and making huge discoveries or by simply creating more life but following golden ratio for sustainability is very important. So let us together understand the concept of 'MRITYUNJAYA' and start following and cherishing it.

Why Khadayata Ratna ?

KCBF – Konnect eBulletin Team has introduced the column of “**Khadayata Ratna**” since last almost a year. During this period the eBulletin Team has tried to bring before its readers the highlights of prominent Khadayatas who have contributed substantially during their life span – in their respective profession, society and to Khadayata community in particular. The objective is clear – to highlight our own community people who can act as the “**Role Model**” for current as well as future generation/s.

There are almost eight billion humans (7.9) on our planet. They are spread over different continents and countries. E.g., in India we have 1.3 billion people. They further get divided in to states – like Maharashtra, Gujarat, Uttar Pradesh etc. further into Districts like Sabarkantha,

Aravalli etc. Within this further classification into different communities – like Khadayatas, Kshatriyas, Brahmins etc.

If you observe, in order to acknowledge the people for their contribution to the SOCIETY they serve they are acknowledged from time to time. E.g., **Internationally it's NOBEL PRIZE** – in all different categories. **Bharat Ratna, Padma Bhushan, Padma Vibhushan at National level.** Similarly, there are different awards in other fields like Film Industry, Literature, Army, Sports, Police etc. the objective being not just to acknowledge their contribution but to also provide the present and future generations to take lead from their life and to act as role model. E.g. Sachin Tendulkar – could be a role model for many budding cricketers. Lata

Mangeshkar, Akshay Kumar in film industry, Swami Vivekanand, Swami Chinmayanand in spirituality etc.

It is with this objective we decided to provide brief profile, achievements and contributions of the prominent Khadayatas in our monthly bulletin. The name/s are approved by the majority consensus. One of the objectives of the KCBF is to also try and hold our community together at a time when the social structures and joint family systems are getting disintegrated and replaced by nucleus family units – whereas Western countries are increasingly appreciating and turning to Indian culture.

We would be glad to receive the names and write-ups of such prominent Khadayatas for coverage in forthcoming issues.

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Please send in your article / content before the 25th of the preceding month to be published in the ebulletin

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Note: We, at KCBF, have decided to publish profile of each life members and hence requested them to share details about their Business / Professional / Service etc including family in their own words (150/175). We also thought to introduce a renowned Khadayata under “Khadayata Ratna” - A person of eminence from Khadayata community who can be Businessman / Professional or Service at highest position from any field. It's a prerogative of KCBF Admin Committee from the name suggested and/or forwarded to KCBF. The honour given is based on individual's contribution to profession, community and society at large. The award carries no material/monetary medal or certificate but the basic objective is to bring to light our own people as role model for current and future generation of our community.

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VAMPIRE FACIAL FOR SKIN REJUVENATION AND ANTI AGING

DR ROMIL MEHTA

Unlike microneedling, the vampire facial uses your own blood platelets to boost collagen. It also improves skin tone and texture, diminishes fine lines and wrinkles and fades hyperpigmentation.

Basically, some of your blood is spun in a centrifuge to separate the plasma and platelets that contain growth factors. The PRP is then applied to the skin.

Vampire facial before and after

Vampire facials are a popular, non-surgical way to rejuvenate and tighten your skin. This treatment, which is also known as PRP microneedling, uses your own blood platelets to stimulate collagen production and improve your complexion.

The procedure involves drawing small amounts of blood from your body, spinning it with a centrifuge to separate the plasma, and then injecting that PRP into your face. The blood contains platelets that contain growth factors, which encourage the body to create new collagen and elastin.

This technique can also be used to promote hair growth. This is a great option for patients who want to look their best and feel confident in their appearance.

When done correctly, the vampire facial is a safe and effective anti aging treatment. However, it is important to note that this treatment should only be done in a professional setting. If a clinic doesn't sterilize the microneedling device or dispose of it properly between treatments, it could spread infections like HIV.

Before undergoing a vampire facial, your doctor will administer a topical anesthetic to minimize discomfort during the procedure. You can expect to feel a slight scratching sensation during the procedure, but this is temporary and goes away after several hours.

During your treatment, the skin care professional will roll tiny needles over your face. This will leave hundreds of tiny pinpricks behind that will irritate your skin and cause some redness. This is caused by the microneedling and can be managed with a gentle facial cleanser and soothing moisturizer.

After the vampire facial, it is important to follow the aftercare instructions provided by your doctor. This includes refraining from using any exfoliating products, retinoids or alcohol-based cleansers for at least 72 hours after your treatment. It is also recommended to avoid the sun during this period, as UV rays can aggravate the treatment.

You should also make sure to follow up with an antioxidant-rich skincare routine that contains ceramides and hyaluronic acid to keep your skin healthy and rejuvenated. This will help your results last longer.

Vampire facials are an innovative, non-surgical treatment that can deliver remarkable anti aging results. If you're interested in learning more about this treatment, schedule a consultation with one of our board-certified dermatologists at Columbia Skin Clinic today!

Vampire facial lift

Using the power of your own blood, this non-surgical facial treatment can help you improve your skin's appearance and reduce signs of aging. This innovative treatment combines the benefits of hyaluronic acid dermal fillers with PRP, an autologous growth factor extracted from your own blood that stimulates collagen production and promotes cell turnover.

The Vampire facelift starts with a blood draw that's then spun in a centrifuge to isolate the platelet rich plasma (PRP). The yellow-colored serum is combined with hyaluronic acid-based dermal fillers like Juvederm or Restylane, which provide instant gratification with smoother, firmer, and more youthful looking skin.

This procedure can be performed by a cosmetic dermatologist or plastic surgeon in Layton, Utah, and requires little to no downtime after treatment. Topical numbing is used before the injection, which makes it a highly comfortable experience.

When the procedure is performed by a skilled cosmetic skin doctor, results can last for months afterward as collagen continues to stimulate your body's own natural skin regeneration. The Vampire facial can also be combined with wrinkle treatments like Botox to create an even more effective and long-lasting skin rejuvenation solution for your needs.

Collagen is a protein found in the outer layer of your skin (the dermis), which is responsible for giving your skin its shape and elasticity. As you age, the amount of collagen in your skin naturally decreases, which makes your face look dull and drab.

A vampire facial will rejuvenate your skin by stimulating new collagen, which will make your skin look brighter and younger. You may notice noticeable changes in the appearance of your skin after a few months, but it takes up to 6 months for

the full effects to be apparent.

The first step in the vampire facial is to inject small amounts of hyaluronic acid filler into areas of your face where you have lost volume or wrinkles. Hyaluronic acid helps your skin hold water like a sponge, so it's an effective way to give your face a natural, plump appearance.

Next, your doctor will inject PRP into the same area as your hyaluronic acid filler. The combination of the hyaluronic acid filler and PRP works to boost collagen production, promote healing, and restore your skin's natural glow and radiance.

Anti age facial treatments

A vampire facial is an anti age facial treatment that combines the benefits of a microneedling procedure with platelet-rich plasma (PRP). The PRP helps to rejuvenate the skin by stimulating the production of collagen and new skin cells. It has become a popular procedure for anti aging and can help reduce fine lines, wrinkles, and discoloration.

A blood draw is performed and the blood is then separated in a centrifuge to separate the plasma and the platelets that contain growth factors. This platelet-rich plasma is then infused into the skin.

The vampire facial is a relatively safe and effective procedure that has few side effects. Some patients may experience mild redness or swelling in the treated area, but these will usually resolve within a few days after the treatment.

Vampire facials can also be used to treat acne scars and hyperpigmentation. They also improve the overall skin texture, making it smooth and soft to the touch.

It is a good alternative to chemical peels and microdermabrasion for reducing fine lines, wrinkles, and discoloration. It also stimulates the production of collagen, which gives the skin a firmer appearance.

Another option for a vampire facial is to use injectable dermal fillers and neuromodulators for restoring volume. These treatments can be used to help plump up sagging areas of the face or to reduce dynamic lines that form due to muscle overuse, such as those found around the eyes.

One of the best things about a vampire facial is that it is a non-invasive treatment that requires minimal downtime. It is also completely customizable and can be used to treat a variety of skin concerns, including fine lines, wrinkles, and discoloration.

If you are interested in a vampire facial, the team at VITAHL Chicago will work with you to identify your specific needs and discuss your desired results. They will also review the different treatment options that can be combined with a vampire facial to address your skin's specific needs.

In addition to vampire facials, the team at VITAHL Chicago offers laser resurfacing and light therapy for anti aging and rejuvenation. Both treatments can be combined with a vampire facial to provide the most dramatic results.

Vampire facial benefits

Vampire facials, which use platelet-rich plasma (PRP) to rejuvenate and smooth out skin, have gained a lot of popularity in recent years. They're gaining traction because of their low cost and relatively safe side effects.

PRP is the yellow-colored portion of your blood that contains proteins that help heal and repair tissue. Orthopedic surgeons and dermatologists are starting to use it in treatment to stimulate collagen production, which helps smooth skin and minimize wrinkles and scars.

A vampire facial is a non-surgical facial treatment that uses microneedling and platelet-rich plasma

to stimulate collagen production and rejuvenate the skin. This treatment is safe and effective for all skin types, including sensitive or rosacea-prone skin.

Microneedling involves tiny needles that pierce the skin to stimulate the body's natural ability to heal itself and produce new collagen and elastin fibers. The microneedling procedure can also be used to improve scars and stretch marks, and to reduce the appearance of fine lines and wrinkles.

After a series of treatments, you may see results that last three to four weeks. You can then opt for a series of touch-ups that will keep your results looking fresh.

Unlike other facial treatments, this procedure doesn't require any downtime. Some patients experience redness and swelling for a short period, but these side effects should subside on their own. Over-the-counter pain medication or ice packs can help relieve any discomfort.

If you're considering a vampire facial, it's important to find a reputable provider that has experience in the procedure and is licensed to perform it. It's also a good idea to ask about any risks or complications.

For example, if you have a blood-clotting disorder, it's best to avoid the treatment because there is a chance of bruising and inflammation during the process. It's also possible to develop an infection after a vampire facial.

A vampire facial is an excellent way to rejuvenate the skin and eliminate blemishes, uneven tone, and pigmentation. It also encourages cell turnover and increases the effectiveness of your skincare products.

While you can get a vampire facial at any spa or salon, it's best to go to an experienced professional for a safe and effective treatment. Your skin care professional will be able to determine whether the procedure is right for you and which benefits it will have for your skin type.

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Tech, sustainability future of Travel

A global research suggests in future travellers will be open to new and emerging technologies and want to travel in more sustainable ways.

However, there is also a feeling that the industry must work together to ensure all travellers benefit from technological advances.

About 474 million tourists travelled internationally between January and July 2022 compared to 175 million in 2021, which shows that international tourism has been bouncing back. But how will we travel in 2033? A global research study – Traveller Tribes 2033 – the third in a series that launched in 2007, identifies four 'traveller tribes' that will develop in the next 10 years. It does so by examining the future forces of change transforming travel, alongside emerging traveller traits, behaviours and preferences, to understand exactly what it is that traveller's will want a decade from now. It suggests many traveller's will be open to new and emerging technologies and will want to travel in more sustainable ways. But with some traveller's concerned about the proliferation of technology and the increasing need for cyber-security and data privacy, the industry must work together to ensure all travelers benefit from technological advances.

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The 5 things that excite Indian travellers most about trips in 2033

(0% listing as one of the top three things which excite them most about trips in 2033, from a list of 9)

37%	Artificial Intelligence making trip planning quicker
37%	That technology could reduce problems during trips
36%	The chance to travel in more environmental friendly ways
35%	Different ways of paying for trips will make trips more affordable
35%	Sampling trips in virtual reality before deciding where to go



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