

# *Zaiiz*

MAGAZINE

PERSONAL  
HYGIENE  
TIPS

TASTY  
RECIPES

WOMEN IN  
HER 40s!

WILD AND  
SEXY, WHO  
CARES?

ARE VIDEO  
GAMES  
KILLING  
KID'S  
INNOCENCE?

CAUSES OF  
DEPRESSION

COVER #2

**Kalent Zaiz  
Collection**

## **NINJA MAGIC**

Films have depicted the ninja of medieval Japan as mystical warriors

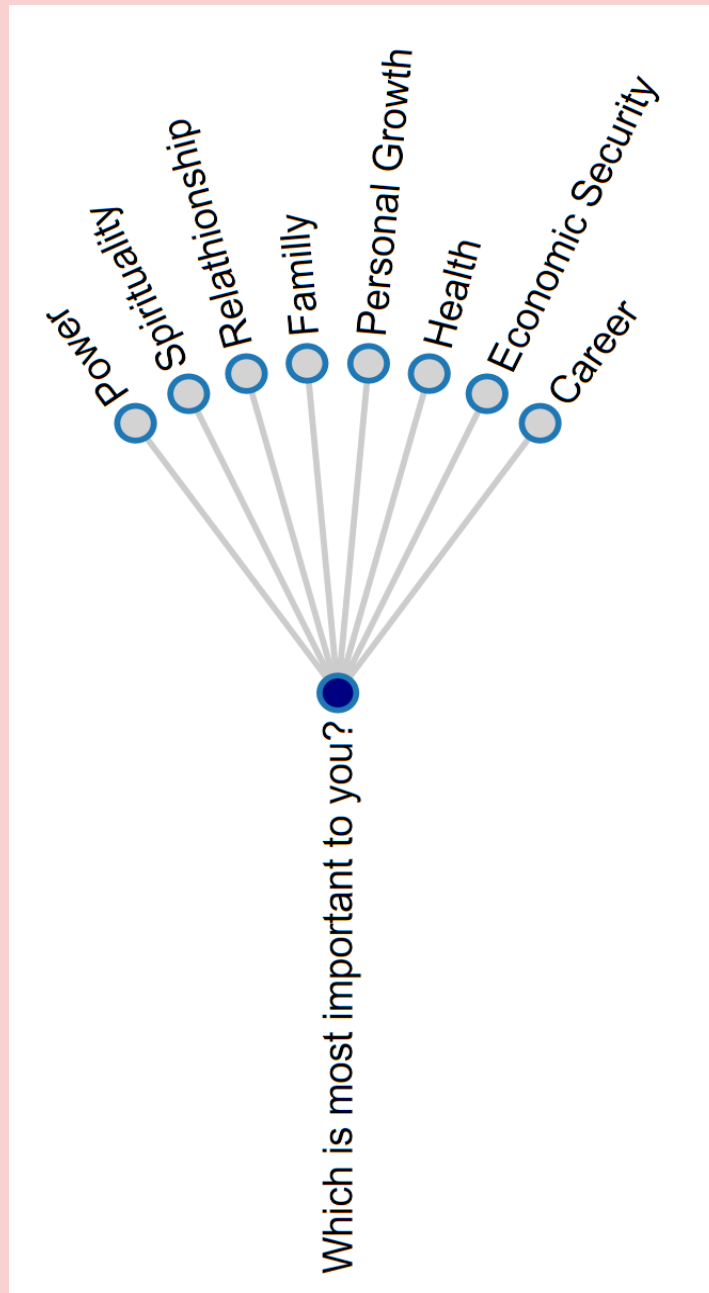
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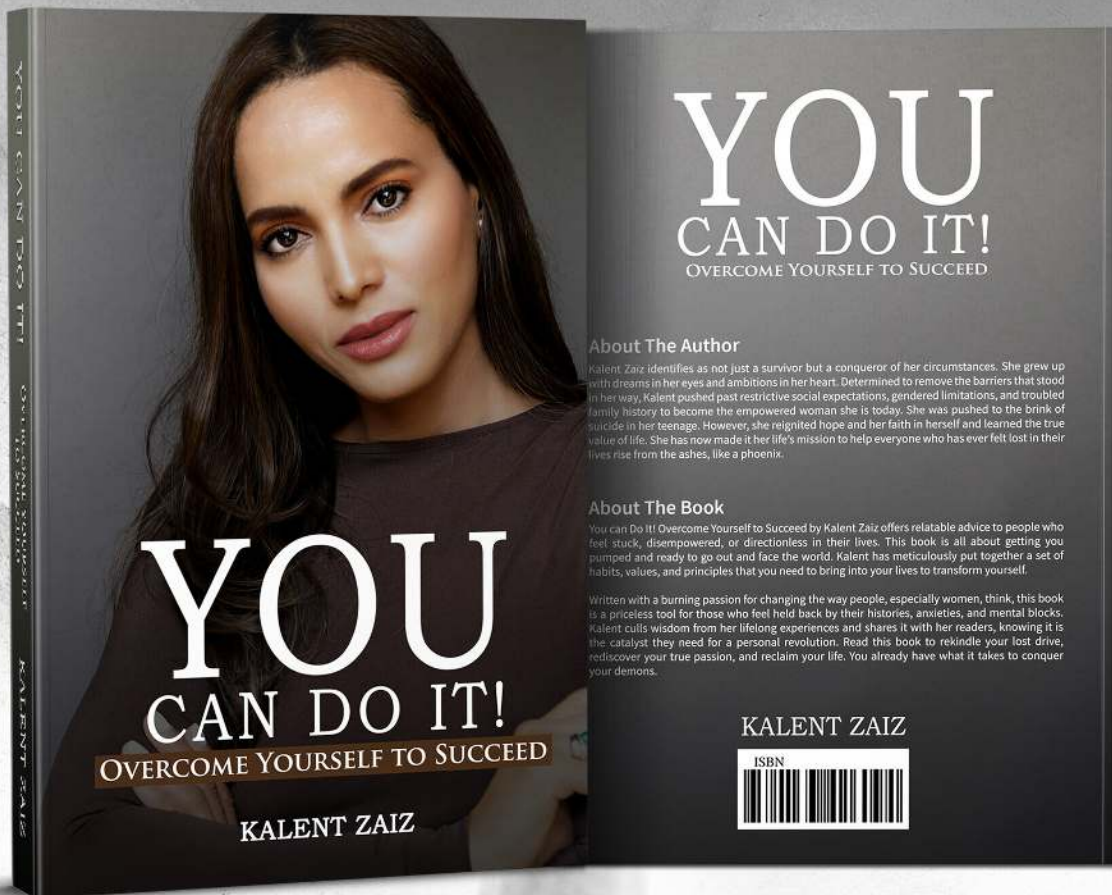


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# What's Your Mood?



**I have the capacity to overcome any issue.**

**I know what I want and how to get it.**

**I know who I am.**

**I love my self.**

**I own my life.**

**I am bright.**

**I am capable.**

**I am alive and I am happy.**

**I live every moment of my life.**

**I live every day with purpose.**

**I produce solutions.**

**I love to produce results.**

**I love to help others.**

People often expressed how they feel using bright colors when they feel happy or excited. Some use dark scribbles when they're sad or when they are angry.

After having some of patients explain their own mood on the paper or similar to this portrait using different colors and shapes or drawing their own face to express how they felt.

I think is a great exercise to begin with to know what is going on within you and figure out the next step to designing and owning your life here and now.

Name	Gender	Age	Date
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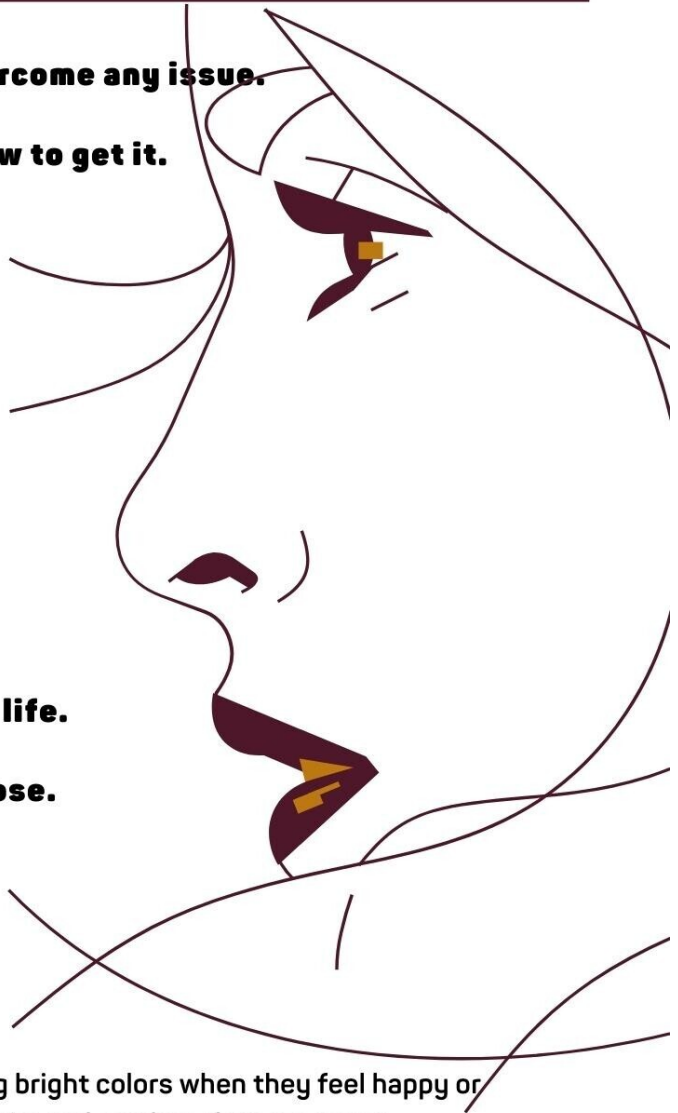
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# What's Your Mood?

- 1. I have the capacity to overcome any issue.**
- 2. I know what I want and how to get it.**
- 3. I know who I am.**
- 4. I love my self.**
- 5. I own my life.**
- 6. I am bright.**
- 7. I am capable.**
- 8. I am alive and I am happy.**
- 9. I live every moment of my life.**
- 10. I live every day with purpose.**
- 11. I produce solutions.**
- 12. I love to produce results.**
- 13. I love to help others.**



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KZAIZ MAGAZINE

# Causes of Depression





Many factors can influence feelings of depression and who develops the condition and who does not. The causes of depression are often related to other elements of your health. However, in many cases, healthcare providers cannot determine what causes depression.

By Kalent ZaiZ

## Types of depression

**Depression can be categorized based on the severity of the symptoms. You can experience mild and temporary episodes, while others experience severe and continuous episodes.**

Family history. You are at an increased risk of depression if you have Early childhood trauma or another mood disorder. Many factors affect the way your body reacts to fear and stressful situations. You need to pay attention to before or after the onset of depressive symptoms. Certain medical conditions can put you at higher risk, such as chronic illness, insomnia, chronic pain, or attention deficit (ADHD) Hyperactive disorder.

Studies show that about 21 percent of people who have a substance use problem also experience depression. In many cases, the excessive use of drugs or alcohol can increase your risk of becoming depressed. Other risk factors for depression include low self-esteem or self-criticism, personal history of mental illness, certain medications, and stressful events, such as losing a loved one, financial problems, or a divorce.

# How to determine if you are depressed

There is no simple way of detecting depression, and very often, your doctor makes a diagnosis based on your symptoms and a psychological evaluation. Healthcare will ask you questions about your: moods, appetite, sleep pattern, activity level, thoughts, etc. Because depression could be linked to other health problems, your healthcare provider may also perform a physical exam and order blood tests and not be surprised that sometimes thyroid problems or a vitamin D deficiency can trigger depression symptoms. Don't ignore the symptoms of depression. If your mood does not improve or worsen, seek medical help. Depression is a severe mental health illness that can have complications if it is not treated in time.

Complications can include:

The most severe form of depression is characterized by persistent feelings of sadness, hopelessness, and worthlessness that do not go away on their own. There are a couple of factors to be diagnosed if a person presents clinical depression; the patient must experience the following symptoms over two weeks: feeling depressed most of the day, and those are:



- *Weight gain or loss*
- *Physical pain*
- *Thoughts of death or suicide*
- *Substance use problems*
- *Panic attacks*
- *Poor Relationship*
- *Social isolation*
- *Thoughts of suicide*
- *Self-harm*
- *Major depressive disorder*



- Loss of interest in most usual activities
- Significant weight gain or loss
- Not being able to sleep or sleep more than usual
- Slow thought or movement
- Fatigue or low energy most days
- Feelings of worthlessness or guilt
- Loss of concentration or indecision

There are other types of major depressive disorder, which the American Psychiatric Association refers to as "specifiers." These include: Melancholic features, Atypical characteristics, Anxious anguish, Mixed characteristics, During pregnancy or immediately after delivery, Seasonal patterns

#### Psychotic Characteristics of Catatonia

Continuous depressive disorder or (PDD) Persistent depressive disorder used to be called dysthymia. It is a milder but chronic form of depression. The symptoms must last for at least two years. As you can see, PDD can affect your life more than significant depression because it lasts longer. It's common for people with PDD to: have low self-esteem, lose interest in normal daily activities, feel hopeless, or lack productivity. It's possible to treat depression successfully, but it is essential to stick to your treatment plan. There are many occasions that psychologists refer you to try hypnosis to control symptoms successfully with treatment. Living with depression is not pleasant, but you can help improve the quality of your lifestyle if you do some routine stuff to detoxify your mind and your body.

Hypnotherapy works for depression conditions.

Hypnotherapy works for depression conditions. Hypnosis power targets unwanted or unhealthy habits to replace them with healthier behaviors or control worsening depression symptoms. There are as many relaxation techniques to guide you into a hypnotic state. When your body becomes more relaxed and your mind more responsive to suggestions from the therapist's suggestions. Any person is unique. For that reason, treatment is personalized on the condition or behavior you are trying to treat—imagine being able to control pain or anxiety or negative thought and behavioral patterns. Hypnosis uses it to treat many conditions such as anxiety, concentration problems, smoking control, irritable bowel syndrome, teeth grinding, and many others. To Control Depress, contact us.

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# Personal Hygiene

Personal hygiene is essential in daily life; you need to take care of your body; it is critical in helping to avoid diseases and enriches your image. In society, poor hygiene is offensive. It is necessary to preserve the health of the body, and self-esteem influences a lot in your life since you as an individual should appreciate your body and strive to keep your appearance and body healthy.

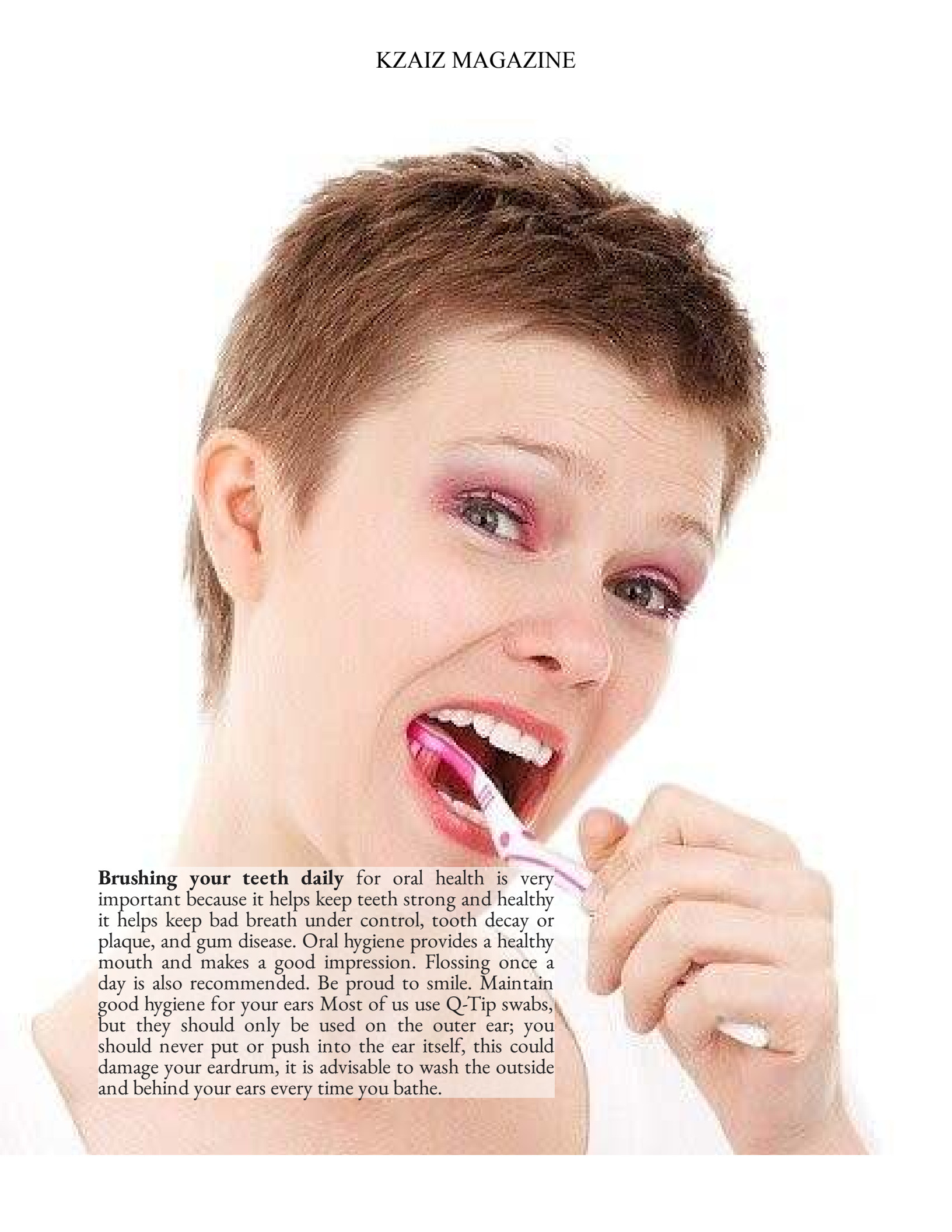
**A** daily shower is important. It is important to shower or bathe your whole body, including the inside and behind the ears, and should be practiced daily; this helps to eliminate offensive body odor, helps control the body's natural odors caused by sweat, and helps maintain a healthy-looking body. You should also apply deodorant daily.



**Washing your hair Dandruff** is usually a sign of dry scalp, and hair washing should be done at least two times a week with a shampoo specifically for dandruff. Depending on your hair type, you may need to wash more often; this helps remove all the grease and dirt accumulated from the environment. Depending on the type of hair you have, dry, oily, frizzy, curly, choose a shampoo and conditioner that targets your kind of hair for best results. The importance of washing your hands It is the best way to avoid spreading germs and catching diseases, you need to make it a habit of washing your hands after using the bathroom, working with food in the kitchen, or after handling any objects that may have dirt or grime on them. If you cannot wash your hands right away, keep them away from your face and eyes until you wash them properly.

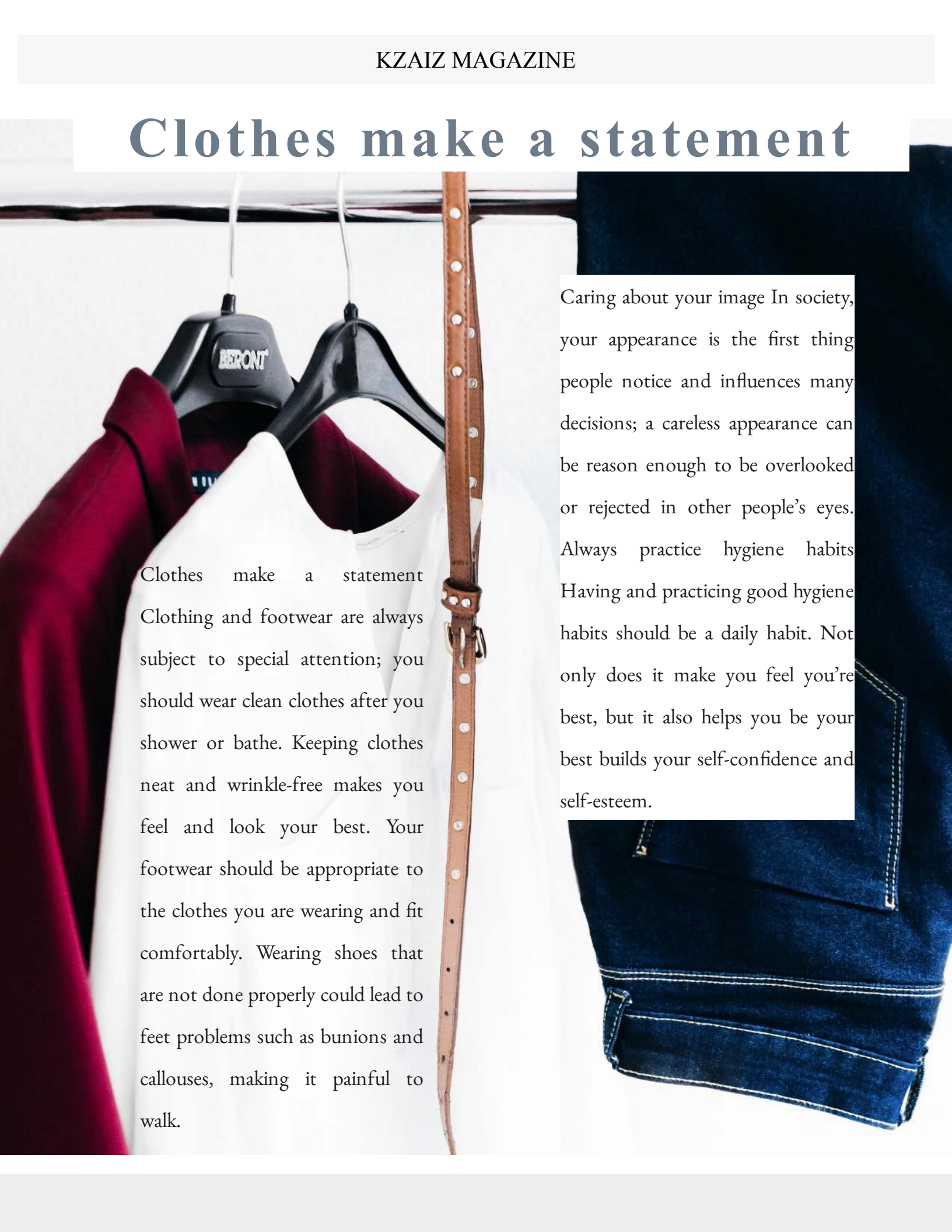




A close-up photograph of a woman with short brown hair and pink eye makeup, smiling as she brushes her teeth with a pink toothbrush. The background is plain white.

**Brushing your teeth daily** for oral health is very important because it helps keep teeth strong and healthy it helps keep bad breath under control, tooth decay or plaque, and gum disease. Oral hygiene provides a healthy mouth and makes a good impression. Flossing once a day is also recommended. Be proud to smile. Maintain good hygiene for your ears Most of us use Q-Tip swabs, but they should only be used on the outer ear; you should never put or push into the ear itself, this could damage your eardrum, it is advisable to wash the outside and behind your ears every time you bathe.

# Clothes make a statement



Clothes make a statement  
Clothing and footwear are always subject to special attention; you should wear clean clothes after you shower or bathe. Keeping clothes neat and wrinkle-free makes you feel and look your best. Your footwear should be appropriate to the clothes you are wearing and fit comfortably. Wearing shoes that are not done properly could lead to feet problems such as bunions and callouses, making it painful to walk.

Caring about your image In society, your appearance is the first thing people notice and influences many decisions; a careless appearance can be reason enough to be overlooked or rejected in other people's eyes. Always practice hygiene habits Having and practicing good hygiene habits should be a daily habit. Not only does it make you feel you're best, but it also helps you be your best builds your self-confidence and self-esteem.

# Maintaining Good Mental health

*Remember not everything is about physical hygiene; mental health is also important. To maintain it is to have self-confidence, value oneself, and have self-control, autonomy, and individuality. We all experience depression sometimes, but it should not last more than a day or two. If it does, you should see your Doctor. There could be a medical reason for it.*





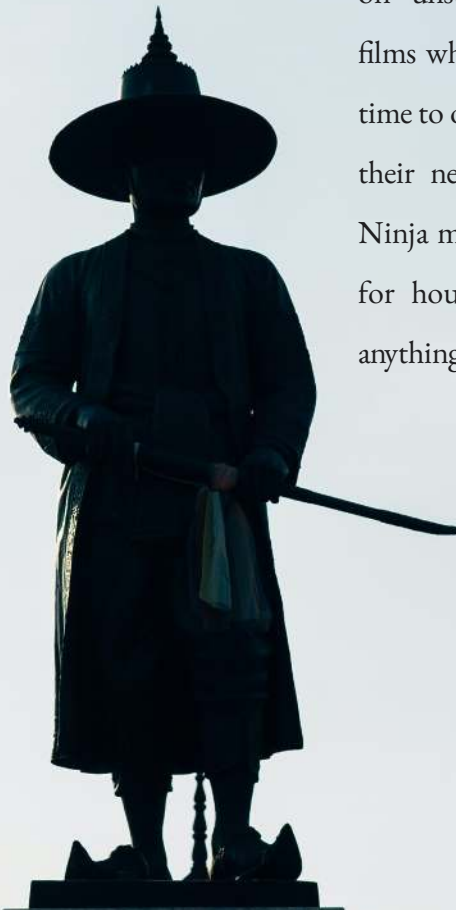
## **Ninja Magic**

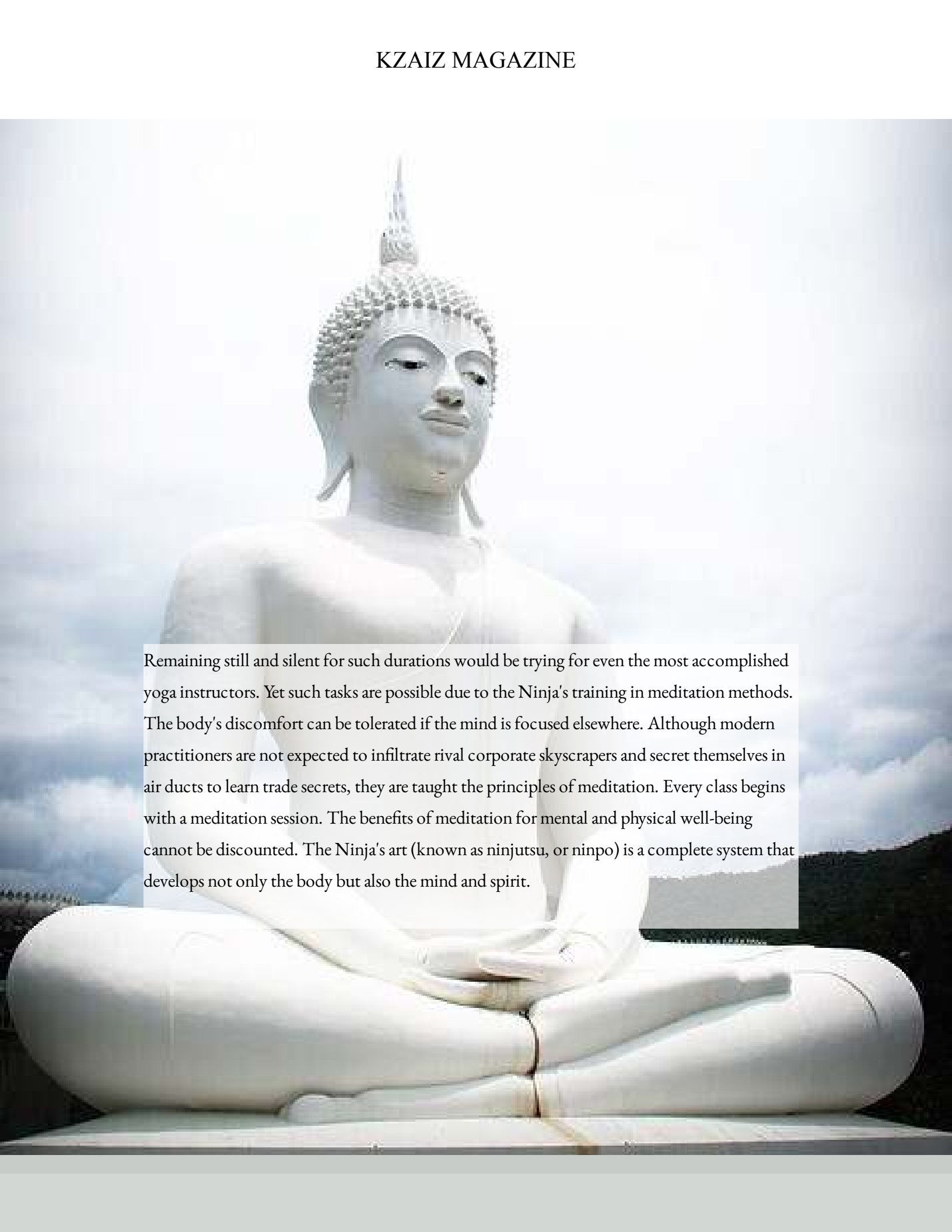
Films have depicted the ninja of medieval Japan as mystical warriors.

By Sensei Joseph Kwong

Films have depicted the Ninja of medieval Japan as mystical warriors who emerge from shadows like otherworldly spirits, climb on walls like human spiders, and vanish in puffs of smoke—Hogswart style. These and other superhuman feats may be more than simple Hollywood fantasies. Some are accomplished using specialized items such as grappling hooks, masonry digging tools, and impact smoke grenades. Still, the more impressive abilities that stretch the human body's limits are also achievable. Delving into the historical records and comparing them to modern-day meditation practices, we can visualize how the ninja warriors of legend accomplished these mystical skills.

Ninja operatives were often required to sneak into enemy strongholds to gather information. This may entail squeezing between crawl spaces or perching upon rafters to eavesdrop on unsuspecting foes. Unlike in films where the Ninja arrives just in time to overhear the enemy divulging their nefarious schemes, often the Ninja must remain hidden and wait for hours on end before learning anything of importance



A large, white, stone Buddha statue is depicted in a meditative pose, sitting cross-legged with hands resting on its knees. The statue is set against a background of a cloudy sky. The text is overlaid on a semi-transparent white box in the center of the image.

Remaining still and silent for such durations would be trying for even the most accomplished yoga instructors. Yet such tasks are possible due to the Ninja's training in meditation methods. The body's discomfort can be tolerated if the mind is focused elsewhere. Although modern practitioners are not expected to infiltrate rival corporate skyscrapers and secret themselves in air ducts to learn trade secrets, they are taught the principles of meditation. Every class begins with a meditation session. The benefits of meditation for mental and physical well-being cannot be discounted. The Ninja's art (known as ninjutsu, or ninpo) is a complete system that develops not only the body but also the mind and spirit.



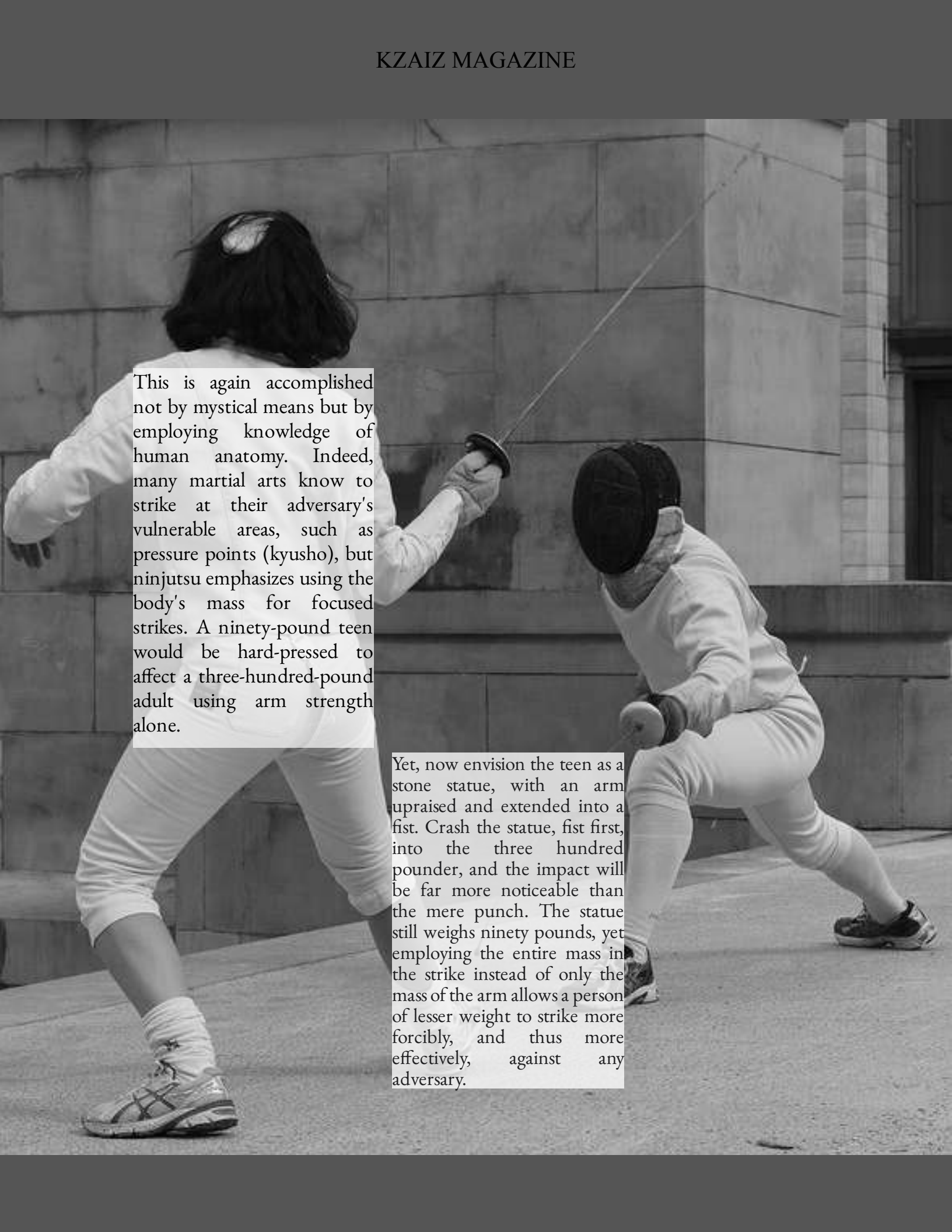
## *During meditation...*

The silver screen shinobi (the original term for ninjas) often entwine their fingers in fleshy knots while chanting tongue-twisting incantations. These rituals miraculously transform the practitioner into Marvel superheroes possessing unnatural qualities. However unbelievable that may seem, it was not far from the truth. Even more fantastic is that practically anyone can achieve this as well. Imagine finding oneself confronted with multiple foes with nowhere to escape. As a surge of panic threatens to overwhelm, the Ninja folds the hands while speaking the words "fudo myo-o." Immediately a sense of calm replaces the panic; the mind clears and allows the training to take over. This is accomplished not by magic or esoteric beliefs but by biofeedback

During meditation practice, the practitioner strives to calm the mind. This may take a few moments for even seasoned veterans to achieve. Once in the desired mental state, the hands are folded, and the words spoken. This associates the hand position and spoken phrase with the meditative state. With enough practice, the sense of calmness and serenity can be immediately invoked by assuming the hand position (known as a mudra in meditation terms), as well as reciting the pre-conditioned phrase (aka mantra). Such practices are useful even in our day and age, and not just for physical confrontations, but for everyday situations such as school examinations, job interviews, executive presentations, or court trials. The applications are virtually endless.

Ninjas are often portrayed as possessing super strength. Svelte female shinobi's (termed kunoichi's) throw hulking brutes with minimal effort and deliver knock-out blows to assailants over twice their size. These incredible feats are possible through the proper application of body dynamics. The practitioner is taught not to rely on muscular strength alone since one may encounter much larger, stronger, and younger opponents. There are no weight divisions or gender restrictions on the battlefield, or today's streets, for that matter. Instead, people must train to effectively defend themselves against assailants of any weight, size, and height.

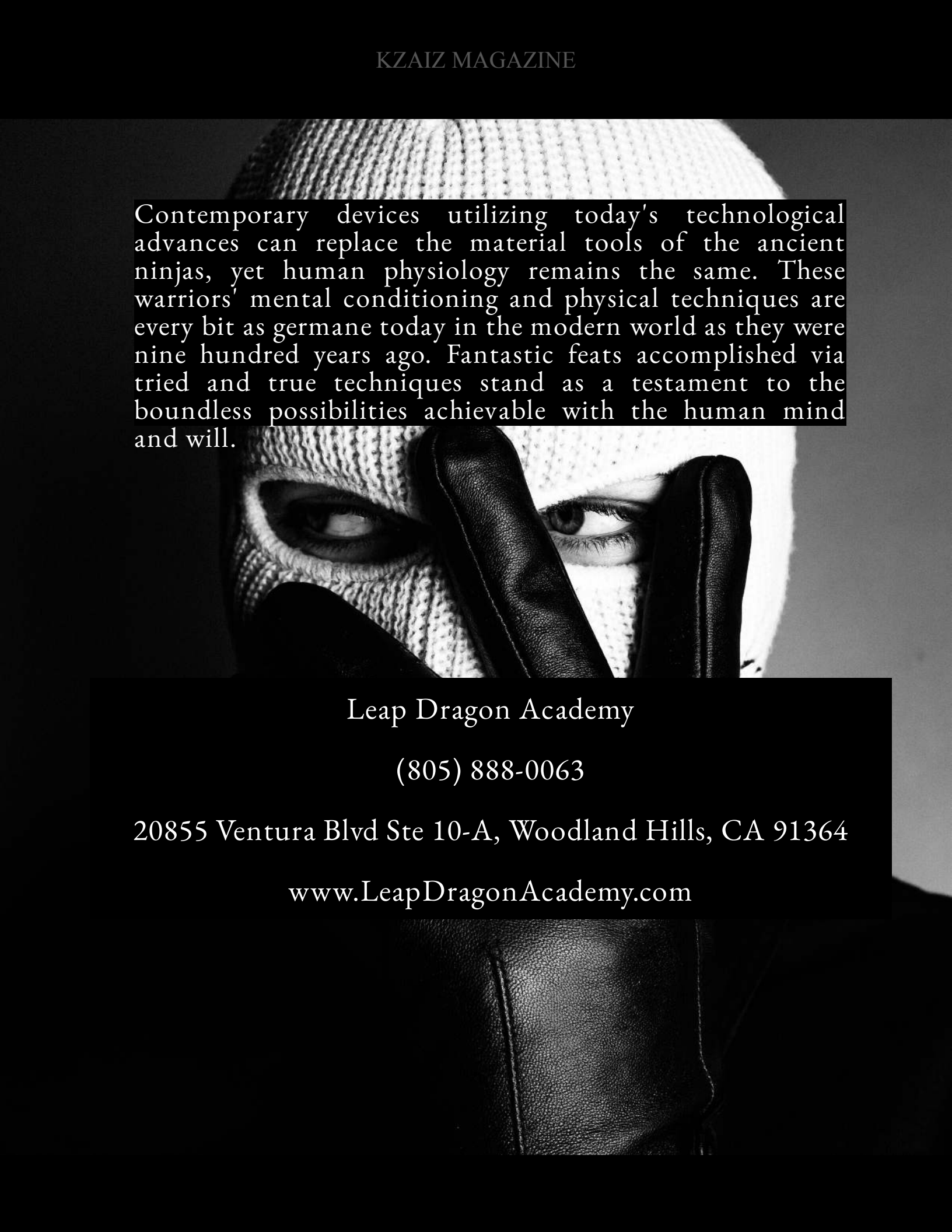




This is again accomplished not by mystical means but by employing knowledge of human anatomy. Indeed, many martial arts know to strike at their adversary's vulnerable areas, such as pressure points (kyusho), but ninjutsu emphasizes using the body's mass for focused strikes. A ninety-pound teen would be hard-pressed to affect a three-hundred-pound adult using arm strength alone.

Yet, now envision the teen as a stone statue, with an arm upraised and extended into a fist. Crash the statue, fist first, into the three hundred pounder, and the impact will be far more noticeable than the mere punch. The statue still weighs ninety pounds, yet employing the entire mass in the strike instead of only the mass of the arm allows a person of lesser weight to strike more forcibly, and thus more effectively, against any adversary.





Contemporary devices utilizing today's technological advances can replace the material tools of the ancient ninjas, yet human physiology remains the same. These warriors' mental conditioning and physical techniques are every bit as germane today in the modern world as they were nine hundred years ago. Fantastic feats accomplished via tried and true techniques stand as a testament to the boundless possibilities achievable with the human mind and will.

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# WOMEN IN HER 40S!!!





## At age 40, you must be taking care of certain thing

It is a commonly held stereotype that the age of 40 is the age of wrinkles, a declining body, the hair thinning, and skin losing its luster. Although they have dreams of the younger days, a woman is confident and possesses self-confidence and wisdom. Being 40 shouldn't affect women negatively; in fact, they have matured and seen a new future and stage of life, time changes the way they think and act, and this matureness leads them not to commit the same follies from their youth.



By Kalent ZaiZ

Self-love is a priority to any woman at age 40; she must be vigilant about her weight since her metabolism will be slower, making her prone to accumulate fat in her hips, waist, and abdomen. Also, it is much more challenging to burn fat, and women need to do moderate exercise and consume meals that are low in fat. Her skin becomes more delicate to external agents, such as the sun, contamination, and stress; that's why it is of utmost importance to care for it by moisturizing and protecting it from the sun.

Beauty at 40 By nature, women consider beauty a very important thing in their lives. While women in their 40's are more self-confident, some changes come with age, such as wrinkles, hair deterioration, gray hair, and lacking luster. This age is not synonymous with beauty loss but is something natural that doesn't mean a loss in their lives. They just wish to present a more youthful appearance, so with the help of makeup and skincare, it can help return the appearance of the luster of youth.

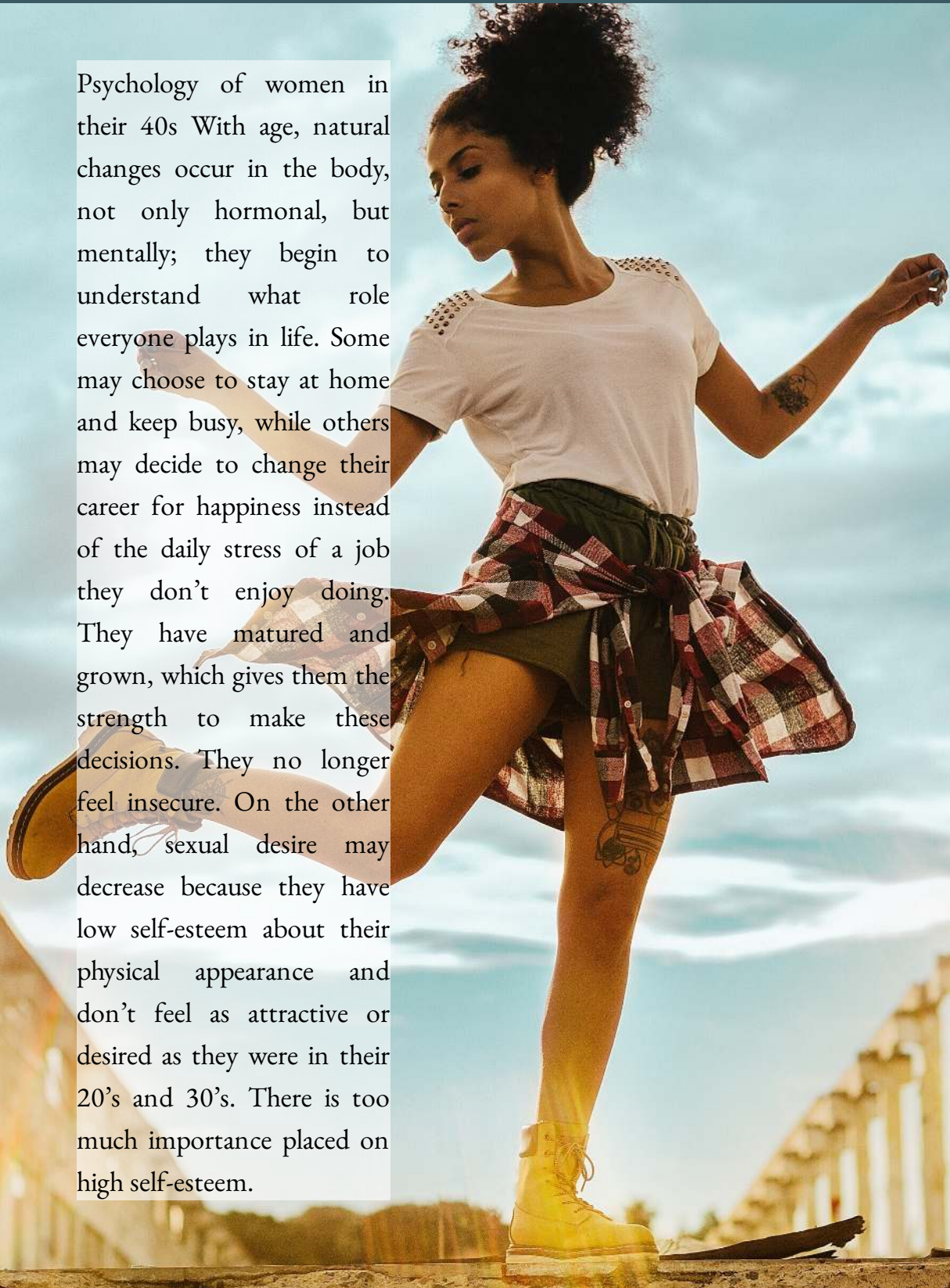
Vitality at age 40 It is widely believed that once you reach your 40's, you think it is time to be secluded, you lose sexual interest and the desire to meet new people, but on the contrary, women in their 40's have a renewed interest in life, they are more apt to have a better sensual understanding and fulfillment and enjoy the freedom to explore and experience new things in life.



Sexual life Age is not a limit for sexuality; at 40 women have increased desire with more intensity to satisfy their sexual desires. Although they no longer have the same body they used to have in their youth, they possess more vitality, despite hormonal changes. There are many factors that may affect their sexuality, such as drugs, alcohol, coffee, overwork, stress, and depression.



Psychology of women in their 40s With age, natural changes occur in the body, not only hormonal, but mentally; they begin to understand what role everyone plays in life. Some may choose to stay at home and keep busy, while others may decide to change their career for happiness instead of the daily stress of a job they don't enjoy doing. They have matured and grown, which gives them the strength to make these decisions. They no longer feel insecure. On the other hand, sexual desire may decrease because they have low self-esteem about their physical appearance and don't feel as attractive or desired as they were in their 20's and 30's. There is too much importance placed on high self-esteem.





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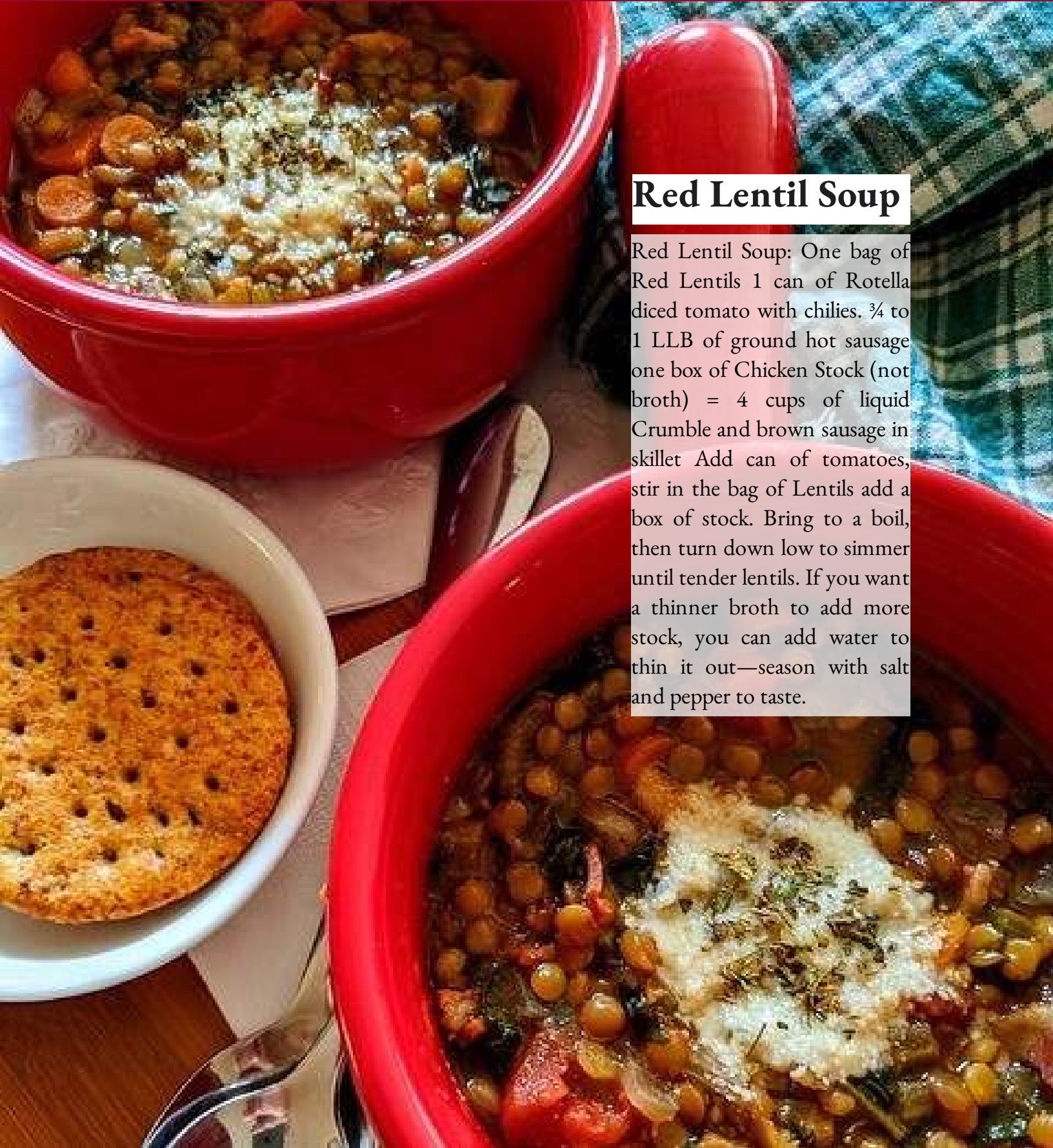
# Tasty Recipes



## Roasted Potatoes

Roasted Potatoes and Onions 6 – 8 medium or 4 Large Potatoes can be any kind you wish 2-3 Sweet Onions or more if you like Salt, Pepper, Garlic (can be salt, powder or minced), ¼ stick of Butter Deep Baking this or Foil Wrap and cooking sheet Scrub (Or Peel) Potatoes Slice to about ¼ inch thick Peel Onions Slice to about ¼ inch thick Layer Potatoes, season with salt, pepper, garlic, a couple of dabs of butter Next Layer Onions Repeat until the baking dish is complete. Cover and bake at 350 degrees until potatoes are fork-tender 30 to 45 minutes.





## Red Lentil Soup

Red Lentil Soup: One bag of Red Lentils 1 can of Rotella diced tomato with chilies.  $\frac{3}{4}$  to 1 LLB of ground hot sausage one box of Chicken Stock (not broth) = 4 cups of liquid Crumble and brown sausage in skillet Add can of tomatoes, stir in the bag of Lentils add a box of stock. Bring to a boil, then turn down low to simmer until tender lentils. If you want a thinner broth to add more stock, you can add water to thin it out—season with salt and pepper to taste.



## Meatloaf f OR Meatballs

1 to ½ lbs of meatloaf mix (usually ground beef and ground pork mixture) You can use just plain burger also ¼ cup of cornmeal, or you can use breadcrumbs, one medium onion, one green pepper, or red ¼ cup Worcestershire sauce ¼ cup Ketchup 2 eggs Salt, pepper, Onion powdered, Garlic Powder, Cumin 6 x 9 baking pan Pam or any Oil spray in a can Dice the onion and peppers add into meat, add remaining ingredients, hand mix together, Make a small meatball and cook this to test the seasoning, add additional seasoning as you see fit once happy with meatball Roll remainder into a large ball form Spread out evenly in the sprayed pan, You can spread the top with additional Ketchup this will help form a crust and add extra flavor. Preheat over to 350 – 375 degrees Place covered pan with lid or foil in preheated oven for 15 to 20 minutes, take the top or foil off and continue to bake for additional 15 to 20 minutes or until done.



# WILD AND SEXY, WHO CARES?



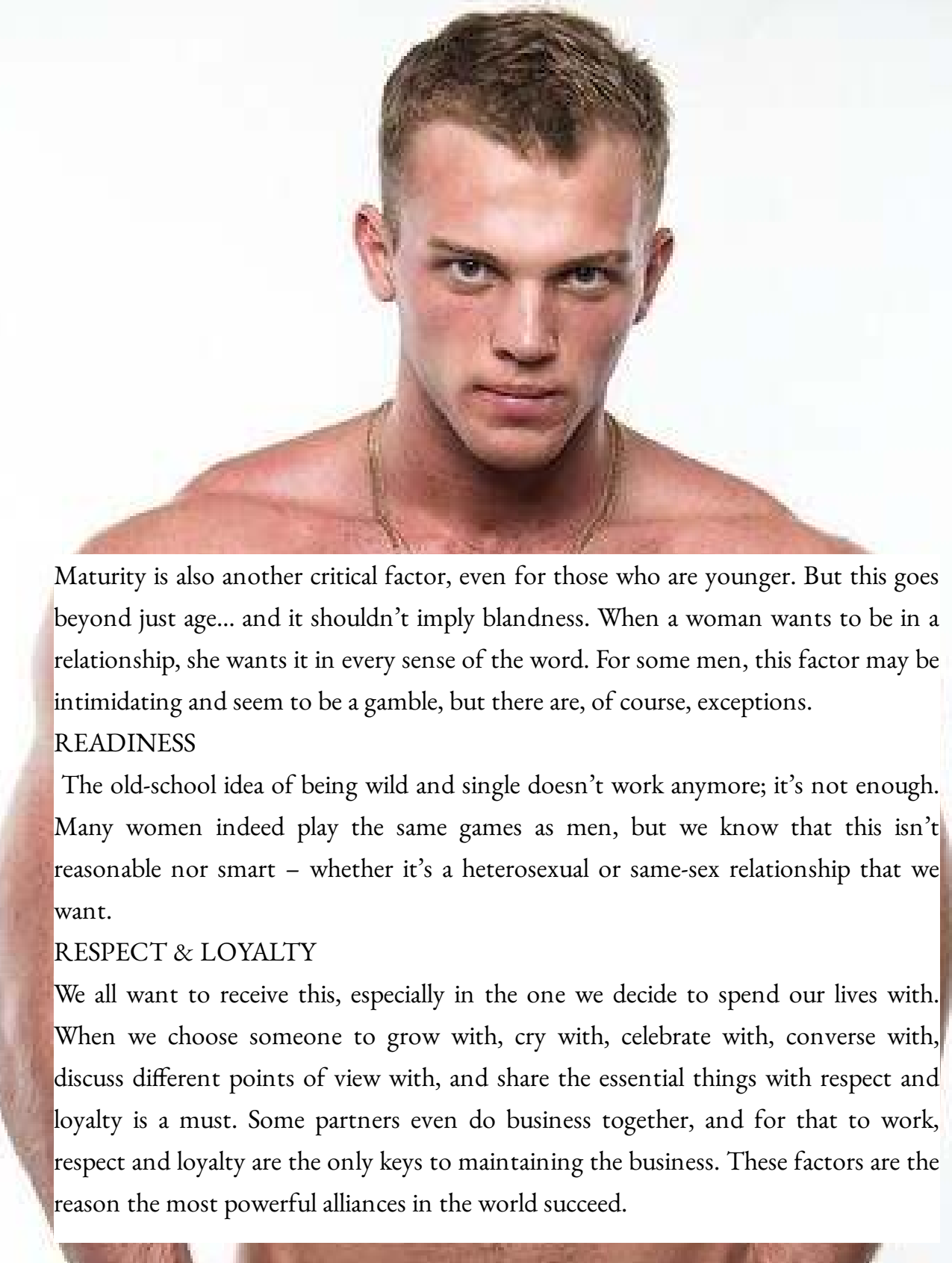


***That ? is not enough, thank you!***

**W**hat are women looking for in a man? This is a profound topic to explore in one article fully, but the answer will vary depending on age, education, and other factors. Of course, any woman, no matter the factors above, likes a man with a charming personality, good looks, confidence, and one with whom she has great physical chemistry. And that chemistry has been important for longevity in a relationship because great sex is always a necessary breath of life, especially for those who do not have other everyday entertaining habits, such as sports, alcohol, drugs, and dancing at nightclubs.



## MATURITY GOS BEYOND THE AGE



Maturity is also another critical factor, even for those who are younger. But this goes beyond just age... and it shouldn't imply blandness. When a woman wants to be in a relationship, she wants it in every sense of the word. For some men, this factor may be intimidating and seem to be a gamble, but there are, of course, exceptions.

### READINESS

The old-school idea of being wild and single doesn't work anymore; it's not enough. Many women indeed play the same games as men, but we know that this isn't reasonable nor smart – whether it's a heterosexual or same-sex relationship that we want.

### RESPECT & LOYALTY

We all want to receive this, especially in the one we decide to spend our lives with. When we choose someone to grow with, cry with, celebrate with, converse with, discuss different points of view with, and share the essential things with respect and loyalty is a must. Some partners even do business together, and for that to work, respect and loyalty are the only keys to maintaining the business. These factors are the reason the most powerful alliances in the world succeed.

**Being** treated with respect and loyalty demonstrates that partners care about each other's thoughts, activities, and feelings the same way they do for themselves... and that is the only guarantee to a long successful relationship. Different aspects can be broken and repaired, but after breaking the respect and loyalty, it is almost impossible to recover from, even with a second chance, because there will always be at least some lingering suspicion and doubt, and those are unhealthy feelings no matter what type of relationship you're in. So if any of you want to have a great long-term relationship remember to respect and loyalty... and commit to it!

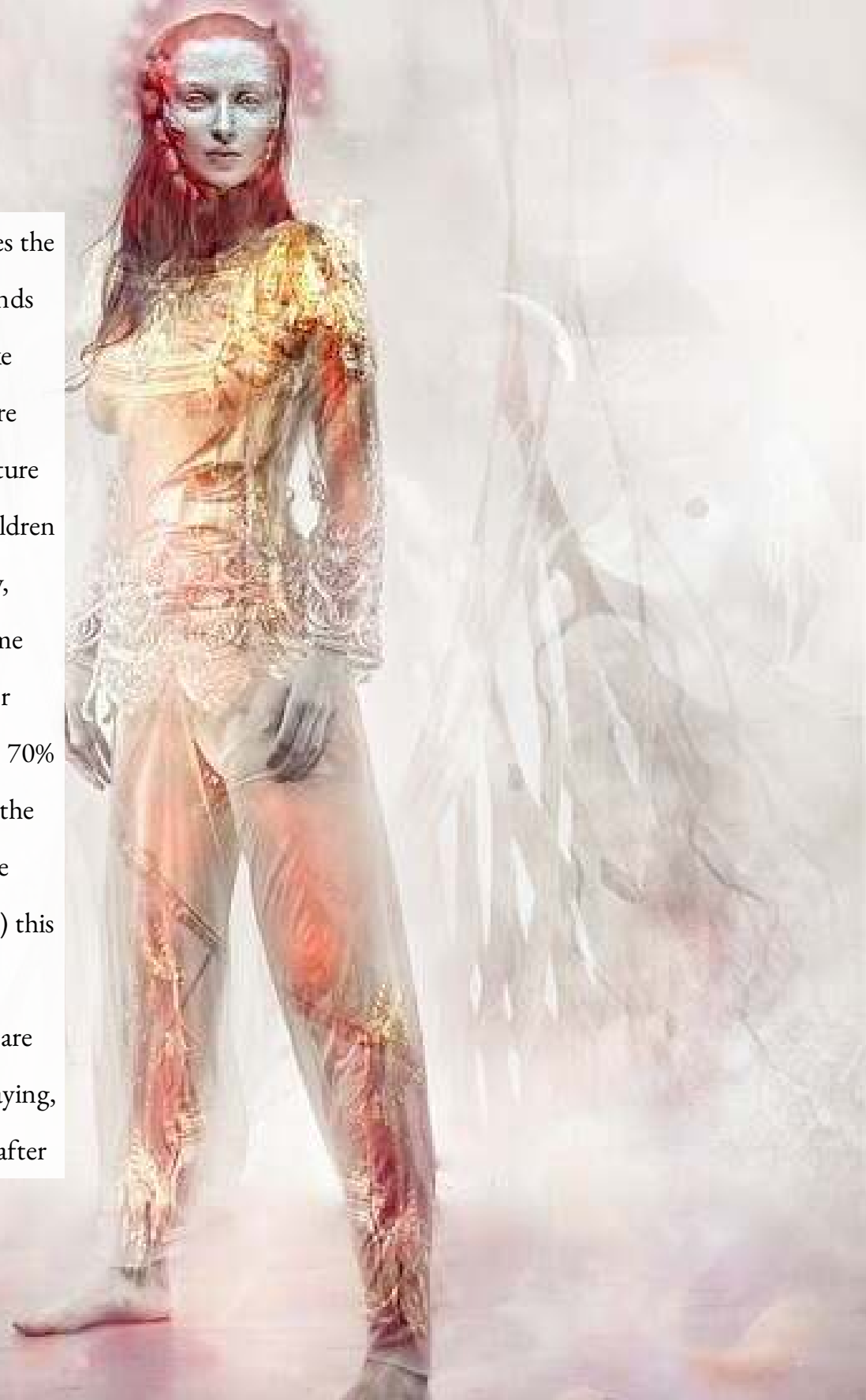


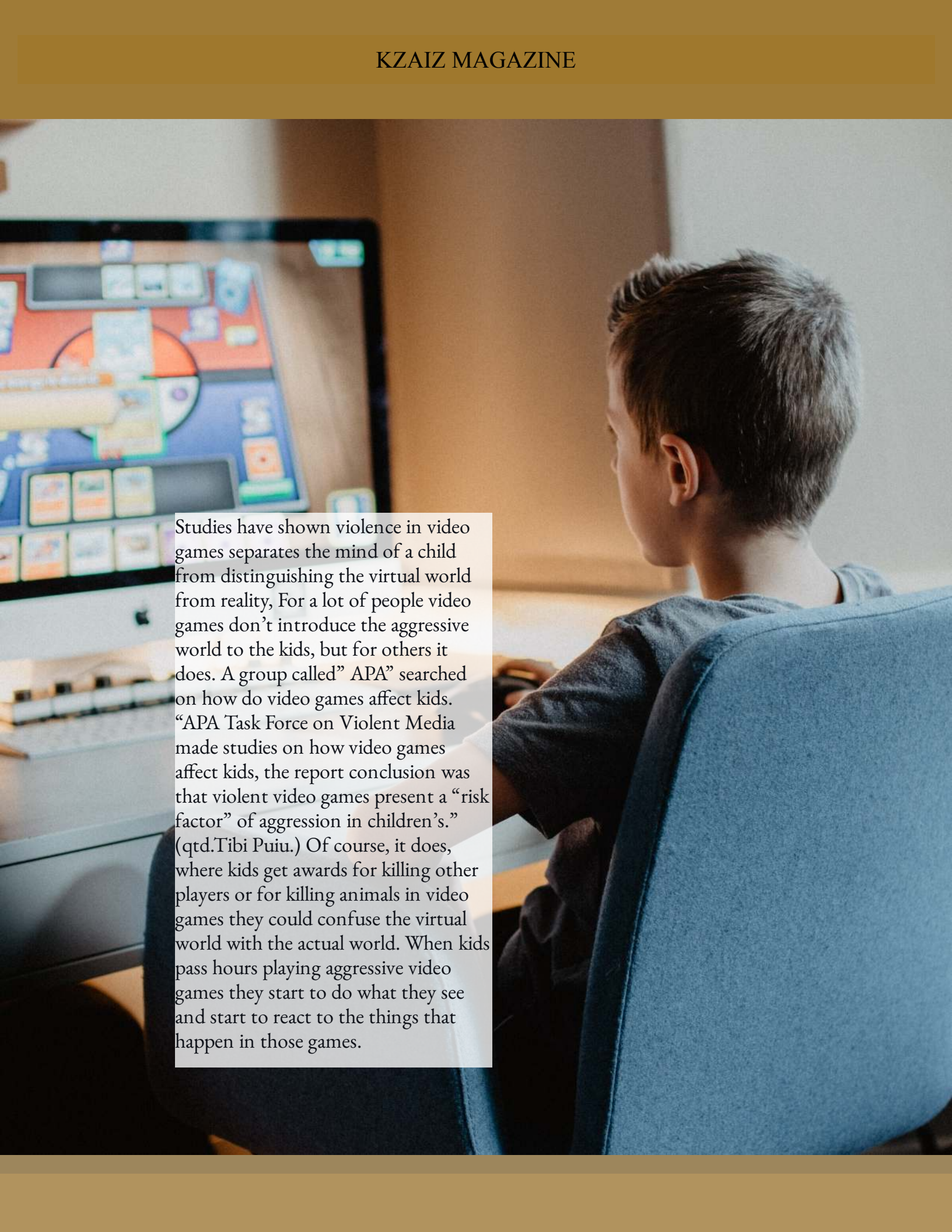
# **Are Video games killing kids' innocence?**





Playing violent games shapes the views of children whose minds are not conditioned to make proper decisions, “Parents are usually not aware of the nature of the video games their children are playing. In a 1999 study, most parents could not name their child’s favorite game or name an incorrect game. In 70% of these incorrect matches, the child described their favorite game as violent.” (qtd. Hae) this is why parents should be monitoring what their kids are doing and what they are playing, so they don’t get surprised after all.





Studies have shown violence in video games separates the mind of a child from distinguishing the virtual world from reality, For a lot of people video games don't introduce the aggressive world to the kids, but for others it does. A group called "APA" searched on how do video games affect kids. "APA Task Force on Violent Media made studies on how video games affect kids, the report conclusion was that violent video games present a "risk factor" of aggression in children's." (qtd.Tibi Puiu.) Of course, it does, where kids get awards for killing other players or for killing animals in video games they could confuse the virtual world with the actual world. When kids pass hours playing aggressive video games they start to do what they see and start to react to the things that happen in those games.



Video games also increase bullying in a kid's life; after they play all those aggressive video games, they need to deposit all the hate and aggressiveness into others to bully other kids. "Dr. Olson points out that violent video games may be related to bullying, which researchers have found to be a risk factor for more serious violent behavior. Therefore, video game playing may have an indirect effect on violent behavior by increasing risk factors for it." (qtd. Cooper). Moreover, it has been proven that children who play video games have higher stress levels and more anxiety.



Although that is already 2022 and technology has changed a lot, the first appearance of video games was in the 70s. However, it is hard to believe in the 70s existed violent video games same as today; Mr. Kooijmans shared a little bit of video games history with us. "Video games made their first appearance in the early 1970s. The first generation of games used simple shapes and had minimal interaction. The first game, Pong, attempted to simulate ping pong using two rectangles as paddles and a small square as the ball. A human player could control the paddles. This game displayed no violent acts or situations, though. The first popular game to be considered violent was Pac-Man. This game consisted of a small circle with a mouth that tried to eat pills and destroy ghosts. Although this hardly seems violent by today's standards, it was one of the first games to involve destruction of any kind." (qtd. Kooijmans) just as they had violent video games like the one they named "Pac Man" we also have violent video games as is "Call of Duty, Far Cry Primal, Doom, Hitman" among others, they represent a high risk in kids nowadays because those games introduce children into the aggressive world.





Even though there is a considerable controversy between if video games are good or bad for kids, there are those who approve of them; of course, there's not only aggressive video games, there's also constructive and educational video games such as Minecraft and Little Big Planet, With those games, kids can use their imaginations and can educate their brains. Last but not least, even those are educational games, parents should keep an eye on their kids.

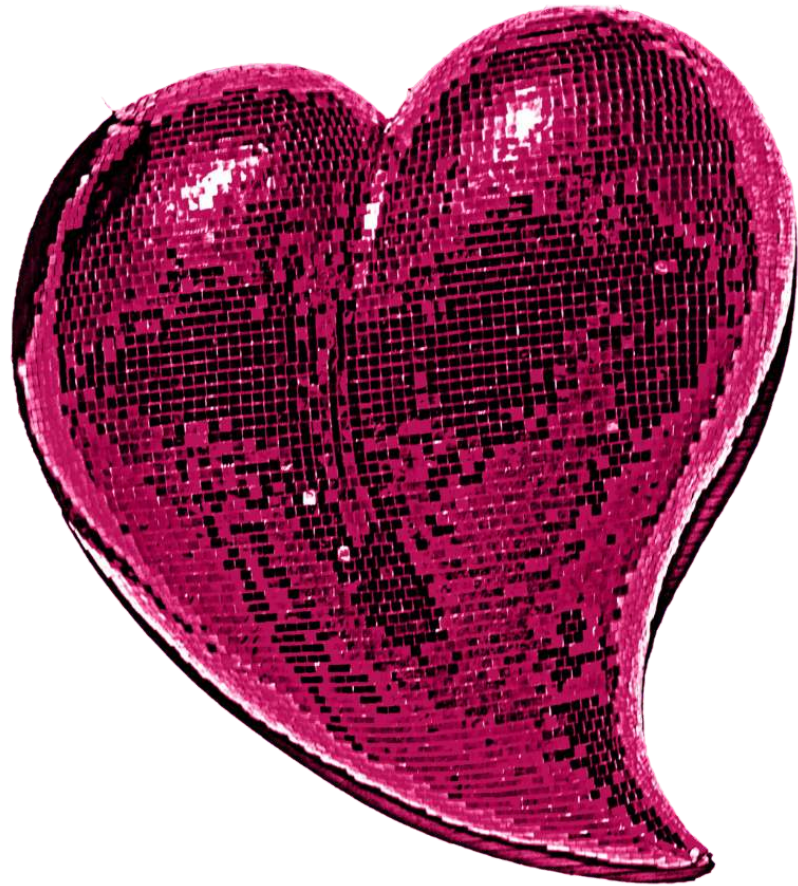
Playing video games create aggressive behavior in children; therefore, it is best not to allow youth such access; parents should be more aware, dedicated, and educated about the topic because, at the end of the day, kids will stay with an immature mind and would do whatever they think is ok for them for the simple fact that no adult is monitoring them as it should be.

In conclusion videos, games have become relatively violent over the past couple of decades. This leads us to ask whether there is a correlation between individual aggression and violent games. Children can easily be influenced by their environments which leads to the assumption that video games influence violent and aggressive behaviors in them; based on articles, histories, and others, parents should constantly be monitoring their kids and video games that they are playing, and not only that but the hours that kids can play, any kid should be able to play more than 2 hours a day so they can be able to keep their innocence and to still being a kid.



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