

Module title: MARKETING FUNDAMENTALS

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Lecture: Ze Zook

Student: Elena Pehlivanova

Student ID:1813121

Student: Kalina Koycheva

Student ID: 1813735

Student: Stoyanka Georgieva

Student ID: 1813738

Student: Liliya Mihaylova

Student ID:1813740

Blog: theteam425253779.wordpress.com

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Post 1 by Elena Pehlivanova:

Each people has detected regarding hospital ward cation or Detox, however what percentage people understand this can be necessary to our body. The easy method of removing toxic substances from the body is termed detoxication. Inner improvement and reenergizing sound even difficult in busy daily routine.

Exist many strategies and merchandise which will support the method. I would wish to share with you my expertise with hospital ward program, I recently did, exploitation Natural Tree syrup.

The program is additional normally called the Lemon hospital ward Diet. It is supported exchange solid meals with hospital ward drink, easy and extremely straightforward to organize. On behalf of me it is important to not pay an excessive amount of time within the room cookery exotic healthy food or making an attempt to seek out some fruit or vegetable that is not standard or exist on the market just for an explicit amount.

The result pleased me! Hot spices flavor I in person use in restricted amount as a result of it is not truly my check. On the opposite facet cayenne is incredibly useful to stay your body heat and perhaps additional helpful if the hospital ward program is running throughout the cold months.

However, I would wish to focus your attention on Natural Tree syrup. That syrup could be a mixture of syrup and palm syrup. Nutrition combination created utterly to satisfy the necessities of the hospital ward program and keep the dieter healthy for the 10 days of the program.

Because each maple and palm syrup are foodstuffs that are made in minerals and are complementary to every alternative they offer terribly robust support to the body on fast days. Throughout my detoxification I used to be terribly stunned at the energy and lightness I had received in my activity, no fatigue, no nervousness. Additionally, my skin is gone terribly clear, soft and firm. Certainly, I cannot exclude and a bonus I even have received some pounds less.

Natural Tree syrup are often purchased from Holland & Barrett or some healthy food outlets that in person offer me assure in its healthier, on-line suppliers additionally exist.

Natural Tree syrup are often found in 2 sizes of metal can:

- 1000 ml
- 500 ml

to respond to length on hospital ward program.

In the following box, you'll be able to live your expertise or raise any doubts I will be able to be happy to reply.

Post 2 by Elena Pehlivanova:

Seaweed Cell Gel Kelp / Live Food /

Many people are not clear 90% are stored by the slag in the body and deficiency of a wide range of micro and macronutrients, increasing the number of toxic foods, polluted air, water and on Monday, which negatively affect the body. At the moment, a new innovative product is entering the world market, which is welcomed and identified by society as effective means of detoxification. Consumers with a variety of chronic and autoimmune diseases have proven that once they started taking the product, they have experienced a significant improvement in their health. The product has a beneficial effect and helps to clean up any toxic substance. Before taking the gel, they had concentration problems, suffered from headaches, hormonal imbalances, allergies, swelling, constipation, colds, skin problems. After one month of ingestion, their condition improves significantly, and their medical examinations are cited as evidence.

The product is aimed at people who value and care for health. For those who seek to be energetic and alert; for those who want to lead a healthy lifestyle; for those things that are principles of healthy eating.

Consumers of this product themselves can feel the lure in their body. The product harmonizes and balances all systems in the human body and balances metabolism. Optimizes the biochemical reactions in the body. Strengthens the immune system and prevents viruses and bacteria. The product provides and supplies the body with minerals and vitamins that balance and harmonize cells.

The product is 100%, contains organic algae, water, added components (antioxidant, citric acid complex agent, acidity regulator). Contains 20 amino acids, 8 of which are essential, vitamins A, B complex, C, D, E, micro and macronutrients, omega 3 and 6, fucoid and (the most powerful natural immunoregulator). The product is not a nutritional supplement, the product is completely natural, effective and safe for health.

The product is sold in all organic food stores!

Post 1 by Kalina Koycheva :

Beautiful and vital hair with kitchen products

Egg Mask

From a child, I remember, my grandmother had beautiful and shiny hair. I always asked her how she achieved this effect. She was telling me about the homemade hair masks she was preparing. Eggs are well known for their high content of high-quality proteins. Here's a summary of what an egg does for your hair:

- Protein nourishes hair roots and stimulates hair growth
- Fatty acids give a natural shine
- Potassium restores dry and exhausted hair
- Vitamin A protects hair from fragility
- Vitamin D prevents hair loss
- Vitamin B12 stimulates growth
- Calcium strengthens the hair, stimulates growth and plays an important role in the proper and complete absorption of vitamin D.

How To Make An Egg Homemade Mask |

Ingredients:

- 1 egg (yolk for dry hair / protein - for oily hair / yolk and protein for normal hair)
- 1 cup of fresh milk
- ½ lemon juice
- 2 tablespoons of olive oil

Separate the yolk from the protein and use one ingredient depending on your hair type (if your hair is long, it is preferable to use 2 yolks / protein). Put it in a bowl and add the milk + olive oil. Stir with a fork, then add the squeezed lemon. Stir again and apply to your hair. Massage the scalp starting from the roots to the ends of the hair. Cover with a nylon hat and let the mask work for 20 minutes. Rinse thoroughly with lukewarm water. Finally, wash once with a soft fruit shampoo. It is enough to apply the mask twice a month to keep your hair beautiful, healthy and radiant.

I know now that more and more bio-natural hair masks with egg yolk content are being developed. I personally often use a finished natural product from bio cosmetics stores, but really when it comes to preparing and using my grandmother's mask, it seems to be magic with my hair. The effect is amazing, visible on my hair, and the memory of my grandmother warms my soul!

Post 2 by Kalina Koycheva:

Nails can be a victim of the pursuit of women's perfect manicure up-to-date with contemporary trends combined with a homework buyer. Dry, brittle, pale, they need all the care.

How to enjoy healthy nails

Healthy nails that take care of care, attention, proper nutrition and patience. Don't worry about successfully exposing the weather to the water by staying in wonder. Keep in mind that the more dishes you can see, the better you should use gloves.

Protect them from the strong sun, what skin is being studied, use sunscreen. Massage your nails and cream with your hands, follow as you soap your hands with soap, you should be able to dry not only skin but also nail tiles.

Nails can be a victim of the pursuit of women's perfect manicure up-to-date with contemporary trends combined with a homework buyer. Dry, brittle, pale, they need all the care.

How to enjoy healthy nails

Healthy nails are maintained at the cost of care, attention, proper nutrition and patience. You should not expose them to water for a long time because they become more fragile. Therefore, when you have to wash more dishes, it is better to use gloves.

Protect them from the strong sun as you protect your skin using sunscreen. Massage your nails and hands regularly with cream after soaking your hands with soap, because it has the ability to dry not only skin but also nail tiles.

For healthy nails, consume more protein, calcium, iron, and zinc-rich products. When styling a beautiful manicure, avoid high acetone high-purity cleaners and limit their use to once a week

To protect and protect my nails, I use natural Avril nail polish, providing intense color and gloss with just one coat! Durable. Easy to apply with short and flat brush. Fast-drying.

Mostly harmless! Contains over 80% natural ingredients.

Using this polish, my manicure is always well maintained and sturdy!

Post 1 by Stoyanka Georgieva:

There is hardly a more magical feeling on the skin after we have made a moisturizing and nourishing mask. Whether we have applied a homemade or purchased face mask according to our skin type, its benefits are indisputable and the feeling of softness and tenderness irreplaceable!

Most of you know for sure the importance of daily skin and neck care if you want it to be healthy and beautiful. Weekly masks are also a must-have in the beauty routine. If you can afford to be made by a cosmetologist or dermatologist, it would be an ideal and best solution for your skin, but home masks also have a beneficial effect.

That's why:

Reduces stress

It may seem strange, but it really is. Those 20-30 minutes each week that we devote to our skin, just to her and to no one else, are invaluable to our emotional state. Combining the mask with a gentle massage (before or after), this experience definitely helps us to deal with stress.

I have my favorite among face masks, this is: bio face mask for anti-aging skin and general aging of the body.

Intensive rejuvenating phyto-algae biomass is a natural and safe means of protecting against slag, dehydration and other factors that contribute to the premature aging of the face and the aging of the body.

HOW TO DO:

The intense herbal biomass facial cleanses and refreshes the skin, carefully removing the accumulated contaminants and irregularities.

EFFICIENCY:

Cleanses and rejuvenates the skin of the face.

Carefully removes impurities and irregularities, improves structure and gives a fresh and healthy appearance.

Intensely nourishes the skin, makes it soft and supple, removes traces of fatigue and stress.

Skin protection from adverse external effects.

Provides resistance and delay in age-related skin changes.

Improve vascular microcirculation in skin tissues.

Restores cell activity, stimulates cell renewal and restores skin's vitality.

It moisturizes the skin and restores its natural elasticity and ability to retain moisture by saturating it with oxygen.

Detoxification.

Stimulating regeneration and healing processes.

Manifestation of anti-cellulite, toning, rejuvenating and firming effects.

Activates the production of collagen and elastin, resulting in renewal and recovery.

Reception:

The biomass is applied to the clear skin of the face and allowed to act for 15 - 20 minutes. Rinse with cold water without using soap or other detergent. Phyto-algae face mask can be applied several times a week. The number of procedures is determined depending on the condition of the skin and its response to the application of the mask. After applying the mask, it is recommended to use a normal face cream.

Weight: 150 ml.

Product Ingredients: Gel of brown seaweed (water, kelp, dihydroquercetin), vegetable glycerin.

Aqueous extracts: Aloe, St. John's wort, Rhodiola rosea; sodium alginate, chlorophyll - lipid complex of kelp. No artificial components and paints.

Post 2 by Stoyanka Georgieva:

Kelp extract

100% Organic Seaweed Kelp Extract!

Cosmetic product with skin care. The kelp extract has moisturizing, anti-inflammatory, regenerating, antioxidant, tonic and healing properties. Compensates for the lack of vitamins and trace elements in the skin. It prevents the accumulation of radiation in the body and cleanses the skin of toxins. Activates microcirculation. It kills pathogenic bacteria and has a disinfectant effect. Helps to maintain health and youth.

The extract is an excellent complement to other cosmetic products and can be used in creams, scrubs, oils, shower gels, shampoos, etc., repeatedly increasing their effectiveness.

Laminaria stores valuable elements and useful compounds for the body in bioavailable form. In addition, kelp extract has a calming effect, allowing the body to relax after a hard, busy day.

Compensates for the lack of vitamins and trace elements in the skin.

Prevents the accumulation of radiation in the body.

Cleans the skin from toxins.

Activates microcirculation.

Kills pathogenic bacteria and has a disinfectant effect.

Stimulates the activity of mental processes in the cerebral cortex.

- Relaxes the whole body, makes the sleep restless.

- This natural product preserves your health and youth.

Do not apply undiluted on skin! Shake well before use. The extract should be added to cosmetics immediately before use. The resulting composition should be used immediately and not stored for later use.

Weight: 150 ml.

Storage: In the original package in a cool, dark place, without direct sunlight.

Product Ingredients: No artificial components and colors., INCI Ingredients: Aqua, Laminaria Digitata Extract; Glycerin, Sodium Benzoate.

Specifications: Contraindications: Not suitable for people with thyroid hyperfunction and iodine intolerance. It is not applicable for wounds, postoperative sutures, or acute-stage skin conditions. Not recommended in pregnancy.

Post 1 by Liliya Mihaylova:

Kelp Gel - Arthroplast

Composition of natural components, including mineral and organic substances that stimulate bone formation, strengthen skeletons, flawless function of the joints.

What does Arthroplast help?

Arthroplast is a healthy food, an additional source of chondroitin sulfate (an important component of the main bone and cartilage substance) and glucosamine for physical activity and mobility without restriction on freedom of movement and pain!

The main purpose is rational saturation of the body with a complex of vital compounds involved in the activation of the healing processes of the bone and joint apparatus. 100% Organic live food.

Your benefits from the Arthroplast product

- Formation of the chemical composition and internal structures of the osseous joint system
- Optimizes the basic properties of hard tissues (bones and teeth): hardness, strength, elasticity, motility
- Compensates for the lack of dental and bone-forming organic complexes and minerals in the event of insufficient input or impaired absorption.
- Participates in a chain of metabolic processes that ensure the synchronous, joint functioning of the digestive, circulatory, excretory, endocrine, nervous and immune systems of the body
- Prevention of possible abnormalities in the structure and function of the bone - joint and dental
- Prevents unwanted processes in the bone and joint tissues and teeth. Maintains full working capacity
- Conservation of bone tissue strength during menopause in women after 45 years of age, prevention of osteoporosis and bone fractures.
- Normalization of metabolic processes in the body associated with the intake of nutrients and the disposal of waste products and toxic substances.
- Strengthening of bone and dental tissue during the active period of growth (childhood, adolescence)
- Maintaining joint mobility and the required volume of movement in the elderly.

Product composition

- Water
- algae, excipients (antioxidant, complexing agent - citric acid, acidity regulator - calcium gluconate)
- apple juice concentrate
- Currant juice concentrate
- chondroitin sulfate
- glucosamine

- hawthorn (fruit) extract,
- white cabbage dust
- rosehip extract
- stabilizer - sodium alginate, sweetener - stevia extract, natural apple taste

The daily dose (20 g) contains: chondroitin sulphate - 620 mg and glucosamine - 300 mg It contains no artificial ingredients, colorings and extracts.

Usage:

1 tablespoon without the top, 1 time a day.

Post 2 by Liliya Mihaylova:

Elixir of Life

Activator of the nervous, endocrine and immune systems

A unique formula that has no analogue in the world.

“Miracle” contains a wide range of biologically active substances:

interchangeable and essential amino acids, incl. taurine, polyunsaturated fatty acids (omega-3, omega-6), low molecular weight peptides, a complete set of macro and trace elements. The antioxidants contained in the product are hundreds of times more potent than those available to us and all known products such as vitamins C, E, Coenzyme Q10 and green tea.

Composition:

- Mussel extract
- Astaxanthin (algae)
- arabinogalactan
- Dehydroquercitin
- Aquamin

Mussel extract contains a wide range of biologically active substances: interchangeable and essential amino acids, incl. taurine, polyunsaturated fatty acids (omega-3, omega-6), low molecular weight peptides, complete set of macro and microelements. Some components contained in mussel extract are almost absent in food products, for example: taurine, polyunsaturated fatty acids, melanoids, regulatory peptides, macro- and trace elements. Taurine improves immunity, participates in the regulation of the cardiovascular and nervous systems. It is used in the treatment of glaucoma and cataracts. Necessary for the normal development of newborns, it is part of the composition of baby food. It is used as an active substance in cardio preparations. Polyunsaturated fatty acids have a positive effect on the functions of the cardiovascular system, cerebral circulation, lipid metabolism. Melanoids are antioxidants, substances capable of trapping free radicals, reducing their toxicity, thus protecting the body's tissues from aging. Macro and trace elements (potassium, calcium, magnesium, iron, zinc, copper, manganese, selenium, etc.) - participate in all biochemical processes of vital activity of the body.

Recommended:

- during periods of the flu epidemic
- two to three times a year for people experiencing increased mental and physical stress;
- at least four times a year for residents of large cities, areas that are not environmentally friendly, employees of enterprises that manufacture or use toxic, radioactive substances and heavy metals.

Treatment and rehabilitation, in combination with traditional methods of treatment or as a single dose is recommended for:

- immune deficiency states with different etiologies;
- viral diseases: influenza, hepatitis, measles, herpes, rubella, mumps;

- purulent postoperative complications;
- the recovery period after exposure to radioactive radiation, toxic substances, as well as after chemotherapy and radiation;
- Rehabilitation after serious illnesses, surgeries, traumatic and thermal injuries;
- Organic brain lesions; physical and mental stress, loss of strength, chronic fatigue syndrome;
- Pregnancy and breastfeeding.