

TEXAS INKED

FEBRUARY 2021 || ISSUE 1

REBECCA LYNNE

Savannah B. Photography.

CREATED TO INSPIRE, INSPIRED TO CREATE

Editors Note

WELCOME BACK PHOTOGRAPHER SAVANNAH B!!!



Model: @rebeccalynnetx

We missed our San Antonio Photographer so much! Welcome back Savannah, we can't wait to show Texas your ART!!!

We hope you all have someone to snuggle this Valentine's Day. Remember we are here for YOU no matter what.

Love,
Your Texas Inked Family

♥♥♥ DONATIONS ♥♥♥

IT LOOKS LIKE CONVENTIONS WILL BE PUSHED JUST A LITTLE LONGER... WE NEED YOUR HELP TO MAKE IT THROUGH!

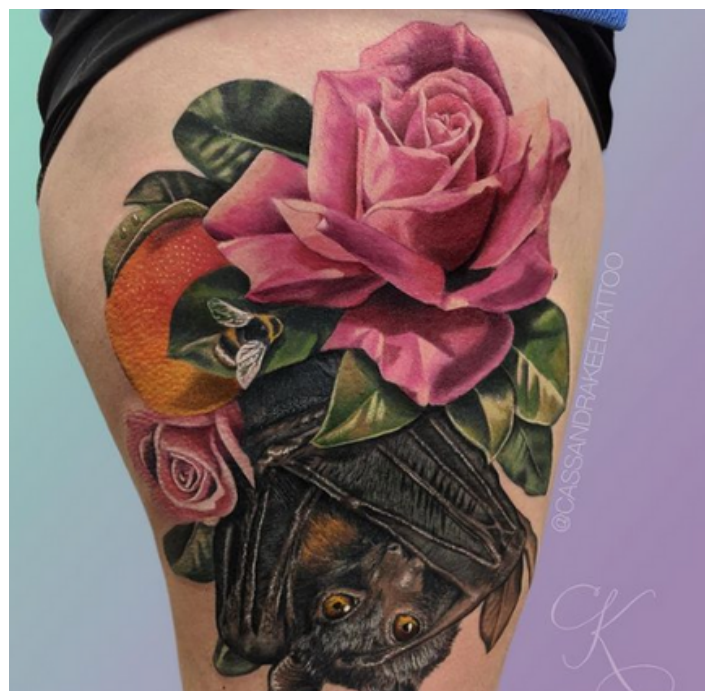
WE ARE WORKING OUR BUTTS OFF TRYING TO GET BACK ON TRACK! THANK YOU TO THOSE WHO HAVE ALREADY DONATED. IF YOU ARE ABLE, AND WOULD LIKE TO SUPPORT A TEXAS PUBLICATION, PLEASE DONATE.

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REBECCA LYNNE

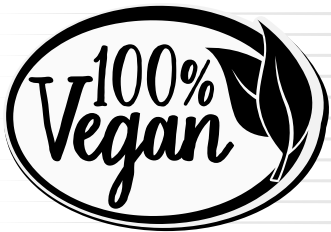
Savannah B. Photography

What is Healthy?

By Stephanie Trevino, MBA, PHR, Certified Nutritionist, Personal Trainer

Healthy can mean different things for different people but what does it mean to you?

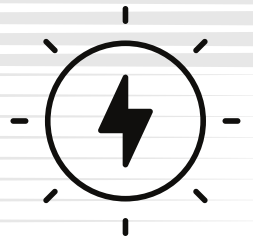
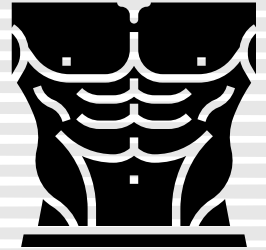
According to the World Health Organization “Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.”



One look online and you can get caught up in the version of health that many others see. Does a six pack mean I am healthy? Does working out every day make me healthy? Does eating only organic foods and staying away from chemically enhanced food make me healthy? Every place we look someone, or something is telling us what “healthy” is. We must know that health is not one sided. Health can be financial; it can be mental, physical or so many other options. Health can mean waking up with energy and feeling clear headed through the day. Health can mean that you work hard to fight your family’s predisposition for disease.

Healthy can be a certain weight, a certain size, being disease free, feeling great every day or feeling at peace with yourself. When people tell you to be healthy, they often think about what that word means to them.

The most important factor to understand is that health is different for everyone and you must find your why, your understanding of what healthy means. The health that you embrace and that you manifest will not be the same for everyone else and that is one of the most amazing things about living a “healthy” lifestyle.



If you have questions about this topic or anything related to health and fitness, drop me a line at stephanie@strengthbodymind.com

Stephanie Trevino, MBA, PHR is a certified nutritionist and life coach. She is the founder and owner of Strength of Body and Mind, a full service consultancy dedicated to strengthening the body and mind through coaching in all aspects of life including professional development, physical and mental health and wellness. Her areas of expertise include physical fitness, nutrition, and mental and physical wellness. More information is available at www.strengthbodymind.com and on [Facebook.com/StrengthBodyMind](https://www.facebook.com/StrengthBodyMind).

Playlist

Curated by Stephanie Tacy

Before Megan Thee Stallion and Travis Scott, Houston Rap and HipHop belonged to the likes of Dj Screw, UGK, Lil Keke, Big HAWK, Fat Pat, and more. Tap in to this playlist to hear the original sounds of Houston Hiphop Culture.

Get it Now!!!



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Picking The Perfect Strain

~Literally Lit Liv



Sour Diesel. Blue Dream. Jack Herer. GMO. Durban Poison. These are just some of the funky names for some funky strains. Have you ever wondered what someone's referring to when asking what your favorite strain of cannabis is? Whether you prefer an indica or sativa? Or even how a certain strain will benefit you? Trust me, you are not alone. These are questions on the forefront of many minds when walking into a dispensary nowadays.

Historically, the indica species of cannabis has been perceived to provide an intense state of relaxation often leaving consumers "couch-locked" with a deep body high. In the same regard, the sativa species has been noted for allowing a more mentally energized experience and was more often used in social settings. While similar in appearance the indica plant is generally short, stocky, and much darker green with wide leaves. The sativa plant is often lighter, taller, and sports much thinner leaves.

Due to decades of crossbreeding, it is worth noting that most strains in dispensaries today are a hybrid of both species. It is in accreditation to the terpene and cannabinoids profiles themselves that we can produce the desired effects that have long been attributed to whether a plant is an indica or sativa.



Now, let's talk about terpenes for a moment. Terpenes are the organic compound that gives the cannabis plant their flavor and scent. Terps are not only the source of your strains favorite scent, but they are also responsible for how your high affects you.

There are hundreds of terpene profiles around today, but the ones worth noting are Limonene, meant to help anxiety; Myrcene, meant to provide muscle relaxation; Pinene, meant to act as an anti-

inflammatory; Linalool, meant to help with sedation and anxious tendencies; and finally Two of the most renowned cannabinoids include THC and CBD, both of which are growing in popularity all over the world. The basic understanding of THC dominant, CBD dominant, and balanced cannabinoids has helped to debunk myths that all indica strains leave you lazy and that all sativas do is provide a cerebral high. CBD dominant strains are used for those who prefer little to no psychoactive effects, or help to curb anxiety, while THC dominant strains are for those that prefer an intense high with more potent effects.

Are you anxious, hungry, or sleep-deprived? Do you need something to keep you focused all day or something to relax your muscles? When looking for the right strain it is important to know what desired effects you wish to experience before your trip to the dispensary.

~Literally Lit Liv



REBECCA LYNNE

Savannah B. Photography

Happy V-Day

Story By: Vulgar Vanity
Lingerie List By: Kaely Lynn

There are a few things that we recognize in the month of February; Black History Month, our actual Texas winter, and of course, Valentines Day. February is the shortest month of the year, but it's a month many couples look forward too in hopes of showing off their partners and setting up what everyone hopes is the most romantic day of the year. With that being said it's also a month dreaded by singles and those who weren't struck by cupid. February is the month of hearts, chocolates, and flowers. Everywhere you look you see red, red, red and pink. You can find heart shaped steaks, heart shaped pizzas, heart shaped boxes of chocolates, all the florists restock in bulk, and lingerie companies drop all of their valentine day sales to make the night that much more special. If you're lucky you can even find tattoo shops in your area offering Valentine themed flash art for couples looking to get matching pieces. Don't forget to make those restaurants reservations in advance as this special day is known to be one of the busiest days of the year, and the day is best spent having dinner rather than waiting on a table for 4+ hours. If you're not someone looking to celebrate "as a couple" but rather you're excited to have a fun day with friends, February also offers you Galentines Day as an alternative to enjoy the day of love with friends. The day before Valentines Day is the day of the Galentine where you can find groups of friend going out for Valentine themed brunch, mimosas galore, all the chocolate covered strawberries, and typically ends with a good slasher movie. I still recommend you take advantage of the valentine themed flash art offered by local Tattoo shops, because I stand by the idea that love isn't exclusive to couples and why not get a matching piece with your best friend. Gifts on this day are key. Don't let you partner fool you into thinking you can skip it. You can't. Valentines Day is a day to show off your loved one, as well as the gifts they've picked out just for you. Instagram and Facebook will be nothing but chocolates, roses, heart shaped jewelry, and stuffed animals. Sometimes you'll see a poorly timed engagement or a new fur baby being introduced to the couples growing family. Even though a lot of items gifted this year may be tacky; they're never wrong. It's a day to simply make a public display of affection and make your loved one feel seen and flattered. Splurge on the flowers, buy the lingerie, have a bottle of champagne on ice, and enjoy the day of love. Safely, there are far too many Scorpios.

CHECK OUT THESE HOT PLACES TO HOOK UP THE LINGERIE!!!

1. Honey Birdette [@honeybirdette](#)
2. For Love & Lemons [@forloveandlemons](#)
3. Malice Lingerie [@malicelingerie](#)
4. Alexandra Anissa (handmade) [@alexandreaanissa](#)
5. Hopeless Lingerie [@hopelesslingerie](#)
6. Lace Grenade (handmade) [@lacegrenade_shop](#)
7. Moldiegoldies (+swimwear) [@moldiegoldies](#)
8. Solstice (handmade) [@solsticeintimates](#)
9. Refuse to Obey (handmade) [@shoprefuse2obey](#)
10. Feather Red Lingerie (handmade) [@featherredl](#)

ALL WOMEN OWNED!!!

A vertical tattoo of three roses on a person's arm. The roses are rendered in a dark, monochromatic style with intricate shading to create depth and texture. They are arranged vertically down the length of the arm.

TATTOO OF THE WEEK

@BILLYJACK77

Billy
GUNTER
Jack

WWW.AETATTOO.COM

THIS MONTH'S
FEATURED
PRODUCT



TEXAS INKED "HUBBY" TEE
\$29.00+ S/H

If you know you know! We don't judge!

The Bella + Canvas t-shirt feels soft and light, with just the right amount of stretch. It's comfortable and the unisex cut is flattering for both men and women. We can't compliment this shirt enough – it's one of our crowd favorites. And it's sure to be your next favorite too! 100% combed and ring-spun cotton

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\$500

HALF PAGE MONTHLY

\$300

**Additional fees apply for ad design, 4 weeks = 1 month*

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