

CREATED TO INSPIRE, INSPIRED TO CREATE

# TEXAS INKED

AUGUST 2020/4



*Obsidian*  
+  
*Blush*

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EDITORS NOTE  
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I don't even know what to say this week.

We have a hurricane and a tropical storm knocking on the door. It's just one more thing for us to push through. We can and will do it! I hope you all stay safe.

Please reach out to anyone you know on the Texas Gulf Coast. Make sure your loved ones have shelter and food. I couldn't imagine how scary it is to be forced out of your home, when you absolutely need it the most.



**Miss the vendors you support at shows? You can help!**

Reach out to them, most have the ability to sell and ship online. They may even have a link to donate.

Here's our links. If you are able to donate please do, if you can't please share! We are in need of a little "bonus" support with the loss of convention season.

We miss you all terribly, and can't wait until we get to visit with you again!

**Donate Here**

Featured  
**ARTIST**



**JEFF WILLIAMS**

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# Obsidian + Blush | Portraits



We are Michi Lafary & Nico Nordström, a luxury fine art photography team. We started and still work in fashion and beauty, but have absolutely fallen in love with photographing fine-art portraits of everyday people.

We are based in Austin, TX and shoot in our in-home studio in East Austin, we also travel and work anywhere in the world. We strongly believe that everyone should be able to have elegant portraits of themselves. Especially living in the digital age - your grandchildren shouldn't have to remember you by a 60 year old cellphone pics.

We love shooting all genres of photography, from branding, headshots, timeless family portraits, to sizzling boudoir. For more information please view our website at [www.obsidianandblush.com](http://www.obsidianandblush.com), or contact us at [hello@obsidianandblush.com](mailto:hello@obsidianandblush.com).





## IMMUNE SYSTEM

STEPHANIE TREVINO

*Do you know what a healthy immune system looks like, or how to maintain it? We asked Stephanie Trevino, Nutritionist, Wellness Coach and Doctoral Student what we need to know to ensure our immune system is in tip-top shape.*

Your Immune System is a complex network of cells that defends your body against infection. It is your first defense against disease and infections that can be serious and life-threatening.

What many people do not realize is that the health of your immune systems rests in your hands. The foods we eat can help our bodies build up strong immune systems that can fight off and kill infections. The activities we do daily can also aid in that immune system strength.

Our bodies!! They are amazing. It is sad that most people still do not equate healthy eating with healthy bodies but that is the reality. Harvard Health has described in detail many ways to ensure our immune system is operating at optimal levels.

Healthy immune systems need good and regular nourishment. Micronutrients are the vital nutrients we get from foods and in some cases vitamins. Regular exercise will improve your cardiovascular health, lower your blood pressure and help you maintain a healthy body weight and protect you against disease. "A healthy immune system can defeat invading pathogens. "The question remains, what can I do to help build my body's defenses?

Choose a healthy lifestyle.

Eat a diet high in vegetables and fruits.

Exercise regularly.

Maintain a healthy weight.

Drink alcohol in moderation.

Get adequate sleep.

Wash your hands.

Minimize stress.

Take your vitamins.

**Disease favors the unhealthy. Being healthy does not guarantee you will never get a disease but it does mean you are more equipped to fight off infections.**

STEPHANIE TREVINO, 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.

STEPHANIE TREVINO  
STRENGTH OF BODY & MIND

PLEASE VISIT OUR WEBSITE: [WWW.STRENGTHBODYMIND.COM](http://WWW.STRENGTHBODYMIND.COM)  
IG: [STRENGTHBODYMIND](https://www.instagram.com/strengthbodymind)

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# BRAND AMBASSADOR SEARCH

Dank Beards is a new facial grooming products company specializing in CBD-infused beard oils and beard balms. We're looking for creators from all walks of life!

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**Last Weeks Winner**

*Jonathan Qhaotic*



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