

BERLINiB

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Beauty Style
Fashion



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Cover model for our BERLiNiB 2020/A issue is Vicenca Petrovic, photographed by A. Tacoma {see article "Fierce Chic"}

2020/A

BERLiNiB



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When we make a magazine, we start the layout from scratch and add the tag, "TEST OF LAYOUT" in a blue note on the left side of this editorial page. This is naturally and gradually transformed into our own magazine. We replace every one of the earlier test images (which are all documented in our Instagram account) with images from our own original shoots. The idea behind this method is that we want only the best inspiration for our magazine, so we choose images from our favourite sources, such as Vogue, Numero, Harper's Bazaar and Elle Magazine, to light up our pages with images that inspire us as we work to create our own fully original publication. Each issue is developed in this way and, at the time of its publication (for publication times, confer our website), all content is our own.

It is only at this time that the "PUBLISHED" stamp will appear on the left of this page.

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As a magazine born in 2019, we have decided to go entirely 'digital'. With top of the line equipment, and the great taste and

creative skills of our contributors, we create excellent results within this frame.

Aristo Tacoma (a main photographer in, and the editor of, BERLiNiB; and often main stylist)



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Enjoy!



**Fashion
Models
in BERLiNiB
editorials
in this
issue**

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magazine in the
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to A3 pages.

**Elli
Tsitsipa
@elli
tsitsipa
page 10**

**Cover
model:
Vicenna
Petrovic
@vicenna
petrovic
page 17**

**Julia
Mue
@julia
mue__
page 29**

**Sol
Mercado
@uruzusus
page 40**

**Nastia
Kasprova
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kasprova
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Joshi
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MORE MONEY

Eight keys to good econo my

Text: Aristo Tacoma

There are check-point lists all over the internet with intriguing titles like, "How to become a millionaire" and "Secret spending-habits that will make you rich". It seems like most of the advice contained in these articles can be summed up in one sentence: "It's amazing how much you can save if you're willing to be appallingly stingy."

Showing the right type of generosity, however, is a necessary part of growing a business. For example, if your business depends on developing and maintaining good customer relationships, being too inflexible with what you've got might just push them away.

In order to grow your business, you must spend wisely and not recklessly. Protecting what you've got makes perfect sense in many contexts, but stressing it is stingy. Generosity makes good sense in some contexts. Investing in things that can

build up your business in the long-term is a form of generosity to yourself, and some investments are in the wise middle-ground between protecting your assets and being generous.

The ideal enterprise combines money-making with having high ideals. However, the business of prospering of the system is rarely possible if one's main activity is to change the system. The less idealistic, but perhaps more viable solution is: give something, up to a fixed percentage of income, to something purely idealistic: but be commercial, as

ethically

commercial as you can, in the core business goals and strategies. If you are going to grow a tiny business—perhaps initially only you yourself, or you yourself plus a few others, into a glowing business getting a real revenue, trying to change the whole world at the same time is, however noble a pursuit, perhaps too ambitious a goal. As some buddhists sometimes point out, we've got millions of years on us to get things right.

The following points don't apply equally well to everyone. They are rules of thumb, along the lines of what perhaps a wise person would give as good tips for small business owners starting out.

/1/ Quality communica tion

As a team leader, you must make yourself understood. Whenever you are collaborating with others, you must have a good group conversation. No matter what the task may be, it will probably be achieved more efficiently if you take the time to discuss it beforehand, rather than barking commands all the way through. Maintaining quality communication also means interpreting feedback from your team from a positive perspective. If something seems offensive at first, make a conscious effort to find the inoffensive interpretation, then double or triple that effort to maintain a positive or neutral tone even when you don't feel like it.

Quality communication and understanding the real message is more important than 'protecting' your ego by being defensive and argumentative. It is more important to protect whatever flimsy bits of rationality there may be in a discussion; and there is always the possibility that there is a great deal of potential rationality and good business to come out if one doesn't get impatient. In short, there is strength in avoiding 'being offended', especially all the talk that comes along with it. It's about not burning bridges. Perhaps negative emotions pass more quickly if they aren't made the focus of conversation

and made part of an ongoing narrative. Perhaps your colleague had a terrible day or couldn't find the right words in the moment, or perhaps you misinterpreted a sentence in the chat line. Rather than hurling insults at insults, try hurling silence next time. Then welcome quality communication back again and see if you can make it work next time. If it doesn't work, at least you gave rationality a chance; and with rationality comes a sense of compassion—not 'everything is easy for everyone' all the time. Win by consistently demonstrating high-integrity character and apologizing when you don't. Your business is not a therapy group. Developing your business isn't about sharing feelings. It is about cultivating positive action to create something good in which revenue can flourish.

/2/ Beauty economy

Have something to offer that is inspiring to others. Perhaps it is right to say: beauty is the essence of what is inspiring in this world. You must offer something of real value if you want to earn an income. If it is a tangible product you wish to sell, undust it before putting it on display. If you live of your looks, stay fit. If you are into modelling, learn about design and about portraying the best. There is beauty in

a useful item endures the test of time and remains useful. In the clothing industry, this can be described as 'sustainable'. A genuine ethicality is of great important for any brand. Another key word for this is in the next clue.

/3/ Woke to 21st Century Aspirations

In the 1960s, many young adults around the world started to realize that the planet's natural resources were being wasted, polluted and otherwise put at risk by the presence of the military arsenals and the big bombs. There was a sense of 'now or never', which led to a flower power movement that never actually withered—it was only subdued. Today, the 'flower power' era is back in full bloom, but with completely different parameters and different names. Are you awake to this? Business involves being 'woke' in the sense of tuning in to the realities of Millennials and Gen Z. That doesn't merely mean talking the trendy talk: it also means thinking through what is meaningful to say and do, finding phrases that makes sense. As for environmentalism, perhaps it is to improvise phrases along the lines of 'protecting forests and resources, avoiding pollution to oceans and atmosphere!', rather insiting on phrases which have become empty through overuse amongst politicians.

[cont.]

/4/ Branding: Iconic photos

We're in a time where short videos or so-called 'stories' or 'snaps' are a popular medium for providing one's network with a glimpse of oneself in movement. But that does not negate the power of a great photograph—it allows the viewer to come alive in their own mind; to make her own 'inner video'; to visualize himself in the scene, to take the time to study individual features of the photo. Brain studies sometimes show greater activation of neurons when subjects listen to the radio or actively study something still, than when they watch TV. Generally speaking, it seems that the more active the tech gets, the more passive one's own neurons become (with some exceptions when there is adequate interactivity). Videos have been around for decades and have often been described as 'the future', but the realm of great photography has its own unique energy and is

part of what sells a brand. It is through the advent of photo—more than video—that new forms of digital economy shot up to the present heights. In fact, a video is in a sense nothing more than a great many photos per second thrown at the viewer in a specific order. A well made photograph is a greater gift. A video is far less likely to be deemed 'iconic' in the way that classic photographs have been.

/5/ Generosity when right

When is it right to be generous, and how generous should one be? And when is it right to 'micro-spend', knowing that a thousand times a little becomes a lot? Put simply, generosity has its place in every good budget, but this should be within pre-determined limits. Unrestrained generosity is reckless, but consider the importance of being able to tip, or to pay a little extra to take a faster route when you're short on time, or to buy a superior product even though it costs a little more. In some situations, maintaining a great atmosphere is more important than frowning over pennies. This even involves investing in the health of your business stakeholders, including employees, interns, customers and

business partners. The wellbeing that comes from such generosity fosters good health, and that is great for the health your business.

/6/ Channels of communication

In this digital world of second-hand programming and code updates that can crash a page at the click of a button, it is best practice to have more than one way to communicate with one another. This same concept carries over to RL (internet-speak for real life) as well—it's important to have more ways of meeting, and to we have some flexibility in how and when we communicate.

/7/ The glow of agreements

The more immediate and 'easy come' digital communication becomes, the more importance it is to find what it is about ourselves or our business that makes people want to come back. This is an important step toward fostering great relationships among all stakeholders, both internal and external. There is no benefit in ignoring an agreement; although it may save time in the short-term, it wastes time for others, and in the long term it wastes your own time too. Some people are of the spiritual perspective that it is more appropriate to 'feel time' rather than agree upon it; or they feel that they get their own way better if they don't stick to predetermined time schedule that is shared with others. Let me just say here that if you don't like sticking to agreements, work on it until you do, because it is a necessity for most types of businesses to be successful. And yet, in a democratic world, this is a demand one can chiefly make of oneself: each has his or her own way of relating to time, and you must figure out how to relate to others intelligently and realistically, no matter what timing they choose to have.

/8/ Radiat e optimis m

This point is connected to the earlier point in this list regarding beauty. It also relates to the positive radiance of your personality, your character, by you engaging in quality communication and sticking to agreements. More concretely, positive radiance involves behaving in a manner which allows people to thrive and flourish around you: the golden optimistic spirit, the sense that life is good, the sense that the sun is rising and that the curves of income are all pointing upward as we go from left to right on the time frame of the curve—and all of this goes into everything from the design of your logo to the language on your websites, social media accounts and shopfronts, to the makeup and clothes and the photos and videos you use to advertise your brand. Regardless of where we are in life and what we are doing, we all need a dose of renewed optimism. By incorporating it into our every day activities, we are saving each other time—or, another way to phrase it is, we are giving each other time.



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SS20 INSPIRA TIONS

for BERLiNiB
by artist Srishti Oinam,
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ALL IS DANCE

Some SS20
styles
interpreted in
contemporary
ballet by
Greek dancer
Elli Tsitsipa

Fashion model:
ballet dancer, actress
Elli Tsitsipa,
@ellitsitsipa

Photo: Aristo Tacoma

Styled by Elli herself,
with A.Tacoma; styling
assistant Myrto Departez

MUA & hair styling:
Myrto Departez,
@myrtodepartez

Location: Studio P56,
Athens, @studio.p56

Fashion labels:
ZARA, @zara;
sustainable bamboo leotard
from BOODY, @boodyecowear,

via Life Colosseum, Oslo,
@lifecolosseum

Jewelry: Dona Koroi,
@donakoroibrand
Other clothes through

NILZ, Oslo,
@nilztekstiltrykkeri.

DANCE UNTIL



Great artists
are people who
find the way to
be themselves
in their art.
Any sort of
pretension
induces
mediocrity in
art and life
alike.
--Margot
Fonteyn

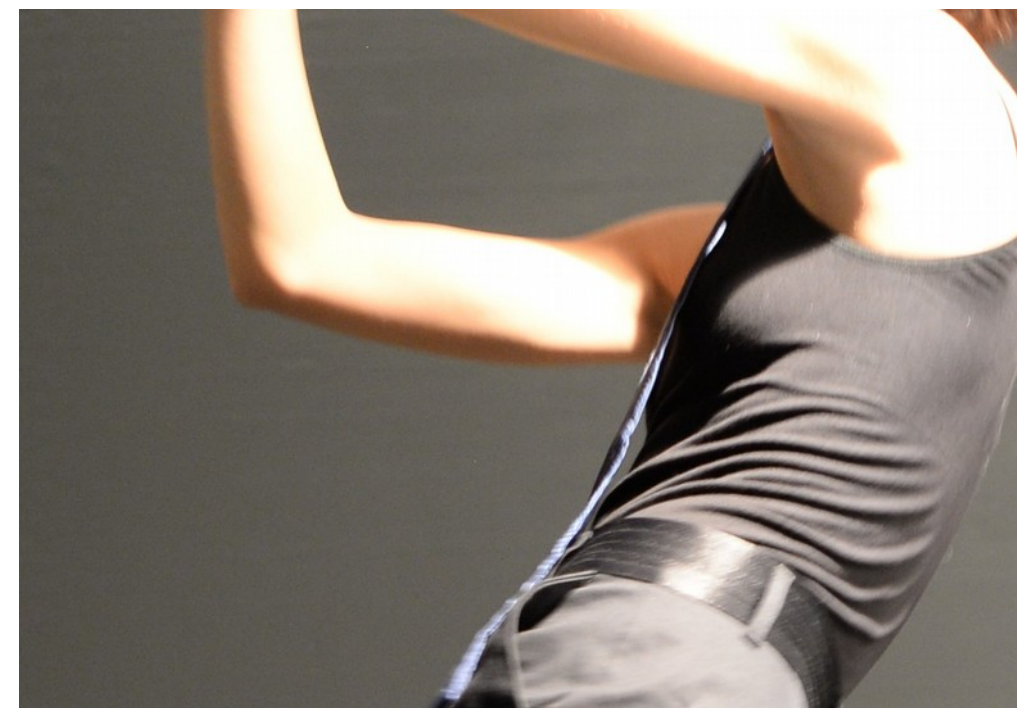


like finding
this missing
piece of
myself.
--Misty
Copeland

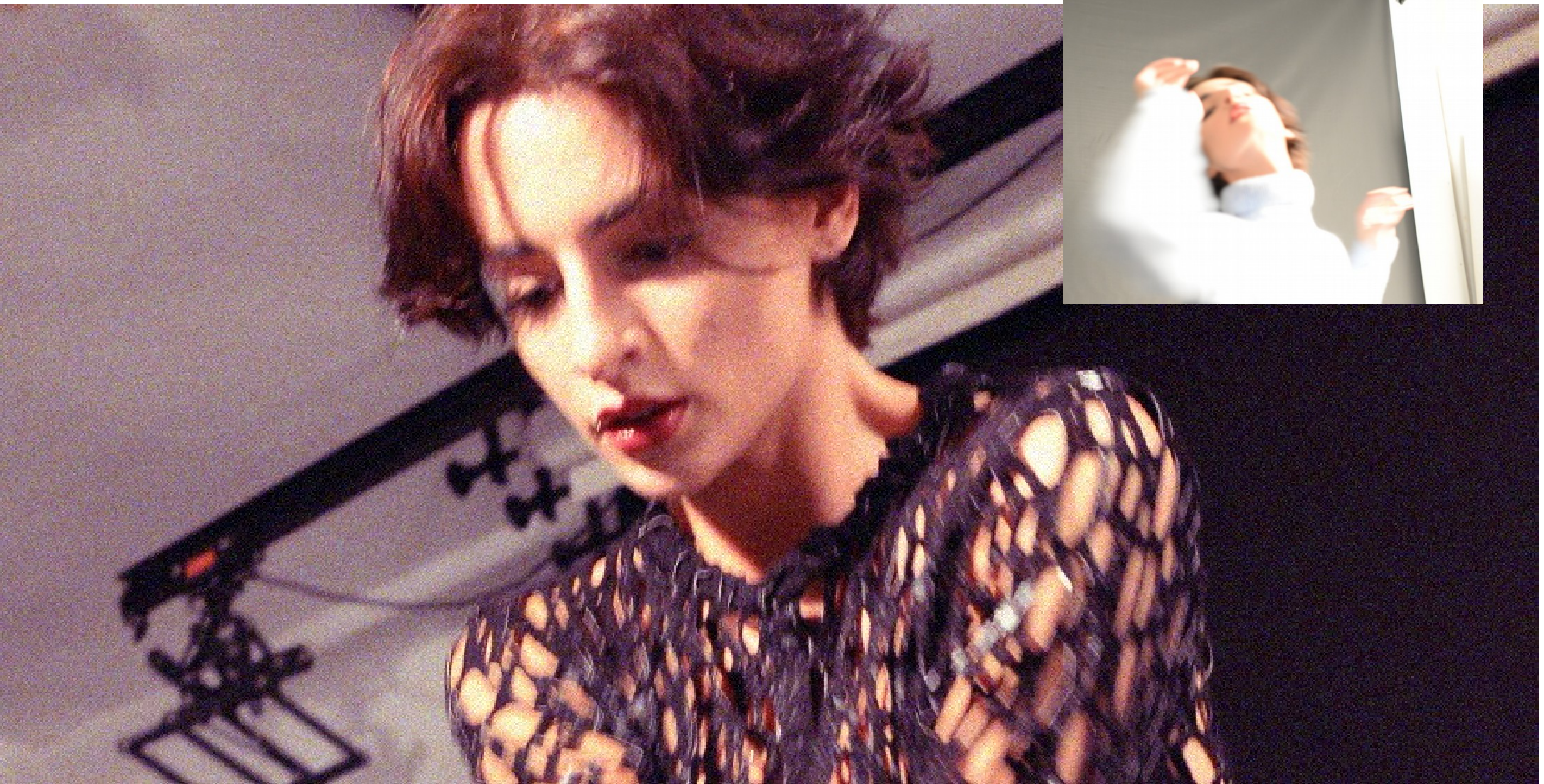
Finding
ballet was

**Ballet is not
just movement.
--Nina
Ananiashvili**





The dance: A
minimum of
explanation, a
minimum of
anecdotes--and a
maximum of
sensations.
--Maurice Bejart





There are an infinity
of ways in which you
can move from that
spot over there to
here.
--Kazuo Ono





Life [...] is
growing, moving
forward, [...] be
in touch with
life.
--Agrippina
Vaganova

iB



Fashion model:
Vicenca Petrovic,
@vicencapetrovic

**FIERCE
CHIC**



Vicenca Petrovic
photographed by Aristo
Tacoma

MUA, hair styling: Miss
IsabellaLia,
@my.beauty.garden

Locations: Wrangelstrasse,
Kreuzberg, Berlin;
Studio Ramboya,
@ramboystudio.

Fashion labels:
BERSHKA, @bershkacollection
FIGHTER SPORT,
@fightersportnorge
GINA TRICOT, @ginatricot
Accessories by PINK
CADILLAC,
@pinkcadillac_berlin

**The
metallic,
often
golden
shades of
this
season are
coupled
with a
SS20
emphasis
on mellow,
after-
noonish,
thoughtful
colors. A
new
generation
of
powerful
women are
making
their
claims:
the
fiercely
elegant &
chic sums
up 2020
trends.**





















iB

More sustainable fashion, please!

By Nathalie Sophia,
@fashionjudgment,
BERLiNiB Fashion
Correspondent,
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In the past century, women have been allowing more and more of their **bodies** to be seen, and regardless of what this says about **sexuality**, it has certainly been a very practical change. For the first time in centuries, women have been able to partake in various activities without having to drag along a mountain of textile. Clothing is part personal expression, and part practical necessity. Trends are connected to subcultures, occupations and religions. The ability to follow the changing trends for each season can make us cool. The ability to adapt runway novelties into our wardrobe can make us **trend** setters among our friends.

Fashion has evolved from made-to-measure (the modern haute couture), into a predominantly ready-to-wear industry, both in luxury and fast-fashion segments. This has created new career pathways and other opportunities. A few models have achieved stratospheric levels of

celebrity

fame, and are able to fiercely influence public opinion and get behind charitable causes. One such cause is that of caring for the planet, and promoting the

importance of sustainable fashion.

The fashion industry is huge, and—partly due to its size—one of the most **polluting** industries in the world. As such, individual businesses within the fashion industry have been called upon by the more environmentally aware public to be transparent about their carbon **footprint** and 'show their numbers'.

This goes for almost every aspect of the industry. For example, **luxury** brands shape the public's perception of their brand as exclusive. In order to maintain this perception, unsold stock is sometimes destroyed and goes into landfill.

Fast fashion provides another set of challenges to the planet. There are the issues of dyes used to colour the clothing and the amount of water and fuel involved in producing millions of garments annually. There are the issues of animal skins and hides being used to make products and the not-so-enlightened discussions around fake fur versus natural leather. Perhaps the biggest issue is the insanelly common use of plastic and synthetic fibres. Plastic-related materials are often very

inexpensive so they are 'customer-friendly', but such materials represent a huge cost to the planet. These are only some of the issues facing the fashion industry, and modern consumers are asking fashion brands where they stand relative to these issues.

In the meantime, while we wait for **systemic** solutions to the larger sustainability issues facing the fashion industry, we can give ourselves some rules of thumb for how to dress in a more environmentally friendly way. And, as we shall see, a number of brands are promoted as environment-conscious and sustainable.

Rules of thumb:

- • buy clothes that you will wear, not clothes that will end up hanging in your closet. Consumerism is an enemy of sustainability.
- • check the labels on clothing before purchase. Check what the piece is made of: Is it natural fibre? Plastic? Recycled materials?
- • consider renting fashionable quality clothes from any of the many more-or-less new clothes rental alternatives, from Rent the Runway through Nuuly to numerous others including H&M.

- • shop second-hand. Vintage clothing is arguably the best way to shop sustainably. By giving a new life to a piece of clothing, you extend its lifespan which is much more environmentally friendly.

Some of the most exciting sustainable fashionable brands to be aware of right now:

..Ronald van Der Kemp.

Dutch designer producing limited edition clothing from scraps of materials available on the market **..Reformation**. All-sizes brand with a celebrity following, uses rescued old stock materials and repurposed vintage.

..BITE. Stockholm-based brand cultivating the idea of timeless fashion with the use of organic fabrics.

..People Tree.

One of the first sustainable brands credited by the World Fair Trade Organization, which limits its carbon footprint by focusing on working by hand.

..Good News.

London-based trainers producer, which uses recycled rubber soles and organic cotton.

..Matt & Nat. A so-called 'vegan brand'. They offer a range of products,

including bags made from recycled plastic bottles.

..Kit X.

Australian-based brand, which creates garments from sustainable materials—completely organic fibres, upcycled marine litter and discarded polyester.

The highly tricky theme of sustainability in fashion has come to stay; let's **keep on exploring it** and worki out more and more approaches to get this right.

Nathalie Sophia

iB

GLOW CHIC

Fashion model:
Julia Mue,
@juliamue__



**Gen Z
seems to
be setting
more and
more of
the agenda
for the job
market,
fitting
with their
aims:**

**fair,
free,
easy-going,
tech-savvy,
sporty,
fresh;**

**earth-
aware,
sometimes
vegan
inspired;**

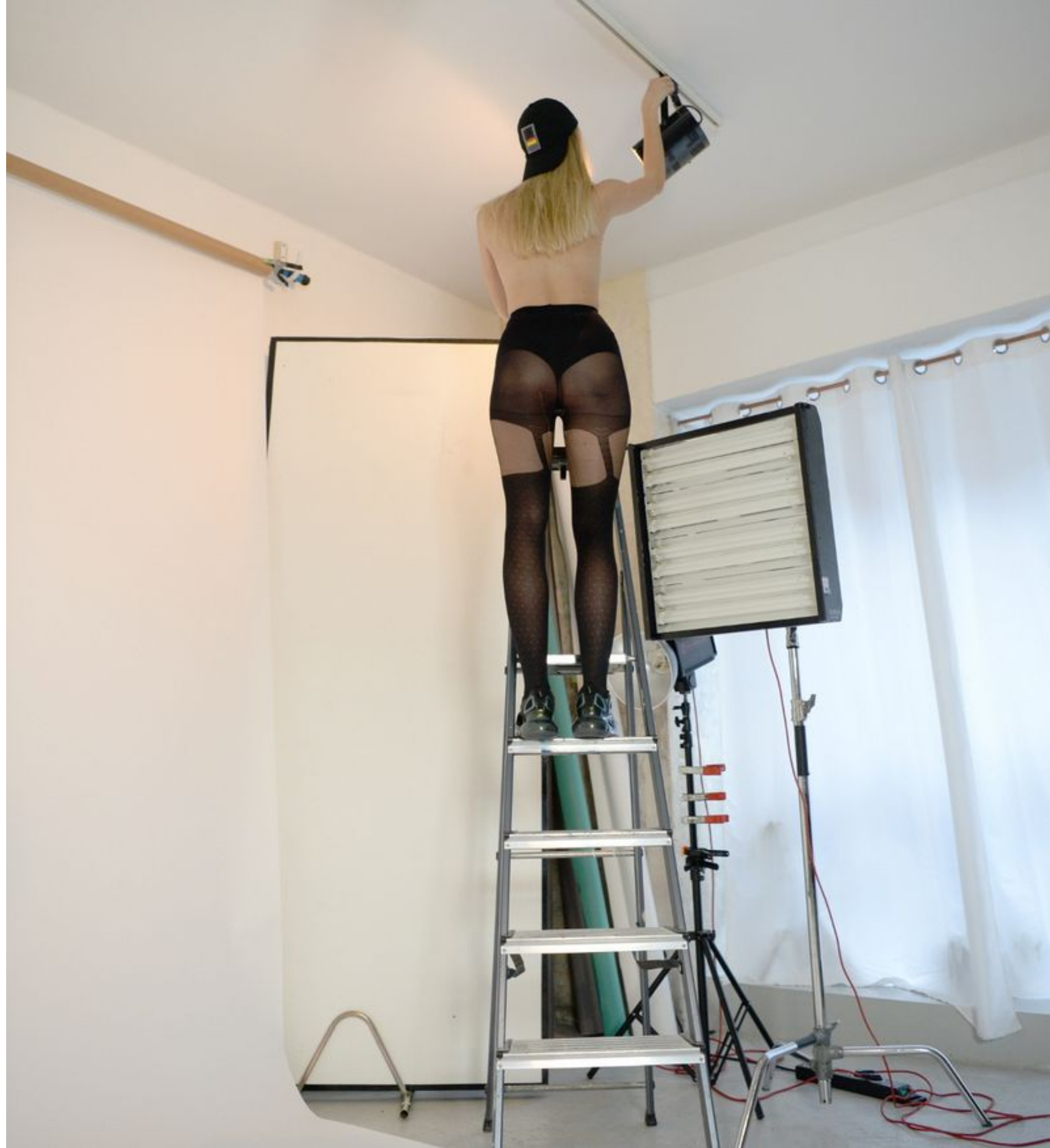
**lasting
values,
gold:
and glow**

Julia Mua
photographed by
Aristo Tacoma

MUA, hair styling: Miss
IsabellaLia,
@my.beauty.garden

Location:
Studio Ramboya,
@ramboystudio, Berlin.

Fashion labels:
NIKE, @nike,
HM, @hm
AVENUEGE, avenuege.com

















You may be far from being vegan or even vegetarian, but like countless others you may have found yourself to be inspired by the concept, and you might have welcomed the many new offers of vegan this and vegan that in the typical grocery store

VEGAN SMOOTHIE

is one of many vegan trends that we love.

From bananas to turmeric, here are results of some particularly interesting combinations

VEGAN-INSPIRED SMOOTHIES

& THE QUEST FOR ENOUGH VITAMINS & MINERALS ETC

Your body is a majestic masterpiece of design unlike any other. It is beyond full understanding, more complex than any machine, and way too important to be given food as dictated by a strict ideology or politics. But no matter how rich you are in your daily diet, no matter where you live, no matter how much you love meat, no matter how many supplements you take each morning, your body would probably benefit from the occasional vegan or near-vegan smoothies. It's a

good thing they're so delicious.

Perhaps food is too important to be left for ideology. We at BERLiNiB are enthusiastic about our newly improvised smoothies, but we sometimes use yoghurt or even kefir instead of soy, rice or oats milk products (and when we think nobody is looking, we may even be carnivores).

Hint: if you are not vegan and love yoghurt, just happily add yoghurt to the following recipies.

COCO NIGHT SMOOTHIE

raspberries

almond milk

coconut

some maple syrup

pinches of:

turmeric,

cardamom,

ginger,

hot chili

The vegetarian, and even more, the vegan, has a lot to think about when it comes to maintaining a healthy daily diet. One solution to get enough

vitamin B12, zinc, calcium, whole protein, fatty acids, selenium, iron, and a whole lot of other things that are essential for a healthy mind and body, is to take supplements and vitamin/mineral/protein enriched products. Of course it is possible to be vegetarian or vegan and not rely on supplements or enriched products, but doing so would require a lot of time and perhaps a lot of money as well.

DANCING GOJI SMOOTHIE

bananas

goji berries

pineapple

soy milk

tiny pinch maca powder

on top,

goji berries

Maca powder is full of potent hormones, and has an effect vaguely like ginseng--depending on the particular maca blend you choose. Its taste is distinct so be sure to use it in moderation.

To continue our vitamin observations: B12 is to a human body what sunlight and water is to a plant: it is needed to spring up and leap about and do so with zest. It is not created in laboratories, not in animals, but by some exotic, sophisticated, hard to find microorganisms that are found originally just

in one place: at the deep sea locations where they are doing their hard work of synthesizing B12 by using such peculiar metals as cadmium. Scientists are developing ways to cultivate these microorganisms, but no way to synthesize B12 exists as yet and there is no proof anywhere that any plant or animal can manufacture this stuff. It does, however, travel through the food-chain very easily. For instance, it is typically added to the food that hens and cows eat, and then it is automatically found in egg and cow milk and its derivatives, such as yoghurt.

[cont.]

VICTORY CHICK SMOOTHIE

cashew

nuts

coconut

chia seeds

blueberries

1 teaspoon

sesame tahini

oat milk

sprinkle:

coconut

powder

Some people don't absorb B12 easily and, like all vitamins, it is generally more easily absorbed when several conditions are fulfilled at once:

* That the vitamins are taken together with complementary vitamins, such as other B-vitamins with B12

* That the vitamins are taken together with food

* That the diet varies somewhat from day to day

* And that the body gets some days every month and every week in which there is a clear variation in what types of vitamins and minerals it is given, so it has a chance to 'reset' itself

For those who love herbal tea: these can be a great ingredient to blend into a smoothie. However, some very rich herbal products may have a negative impact on the liver; an organ that helps to cleanse away problematic substances from food and drink. Soy shouldn't be taken every day of the month either. Give the body regular breaks for several days from anything that might become a harmony-affecting habit.

TROPICAL COMETS SMOOTHIE

mango

avocado

lemon juice

soy milk

frozen cherries

ginger

pinch of yerba
mate tea

sprinkle:

coconut power

One of the great things about vegan smoothies that don't require yoghurt and other refrigerated or frozen products, is that you can make them during all kinds of travel and work in which immediate access to a fridge is limited. In some cases, not even a mixer is required—with a little preparation you can just throw it together, shake it up and enjoy!

GREEN FAIRIES SMOOTHIE

matcha

powder

lime

baby

spinach

acai berry

powder

soy milk

a touch:

vanilla

extract

One of the beautiful ways of enjoying a truly healthy smoothie is to fast beforehand (to enhance the taste of it)

and afterward (to let the body absorb it in peace). The fasting goes together with workouts. A smiling warning is hereby submitted: smoothies done this way are, according to some, almost better than sex.





Fit Beauty

for young
women
seeking a
smooth
blend of
skinny and
strong

Stylish
training

Fashion model:
Sol Mercado,
@uruzusus



Sol Mercado
photographed by
Aristo Tacoma

Labels in editorial:
SUPERDRY, @superdry
LEVIS, @levis
QUECHUA, @quechua

Location:
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Thanks: Stephan Scholdra
& the Morgenluft team.

sets out some well-
researched ideas,
handpicked for fashion-
oriented young adults.
Only follow training
advises if you are sure
that it is right for you.
If in doubt, consult a
doctor.

Background

Each of us is unique.
Beauty is not just 'one
thing'. If you've found a
method of staying in
shape that works for you,
keep to it. This article

Since Alessandra Ambrosio and some other long-limbed supermodels famously announced, alongside a series of very popular training videos, that the goal of training is to get **"long, lean muscles** rather than bulky ones", the whole internet has been abuzz with the concept. Many websites declare that muscles are muscles—they are never 'bulky', just big or small, but fat can make it seem

otherwise. We at BERLiNiB have not just read the training tips of famous trainers, and read deep into **scientific** articles until the wee hours of the morning: this research, along with a bit of educated **guessing**, some trusty intuition, and some personal experience to top it all off, is what informed this article.

yet another quick easy recipe to the conversation. The time has come to deal with the question of how to really do the **model workout with all the subtlety it requires.**

We have some results. Since there are so many easy, quick 'recipes' for success, which have been the focus of much talk, we aren't going to add



First of all, **training types do matter**: muscles are not just muscles—they grow in different ways depending on what kind of training you do among many other factors.

The human body is often described as a machine, but in actual fact it is more like an orchestra—built of the most complex moving, rhythmic series of processes within processes, and many of the most important things about the body are cannot yet be explained by scientific theory.

Therefore, there is truth behind such sentiments as this: If you want an

elegant body, your training must be elegant. If you want an elongated body, you must incorporate elongation into your training.

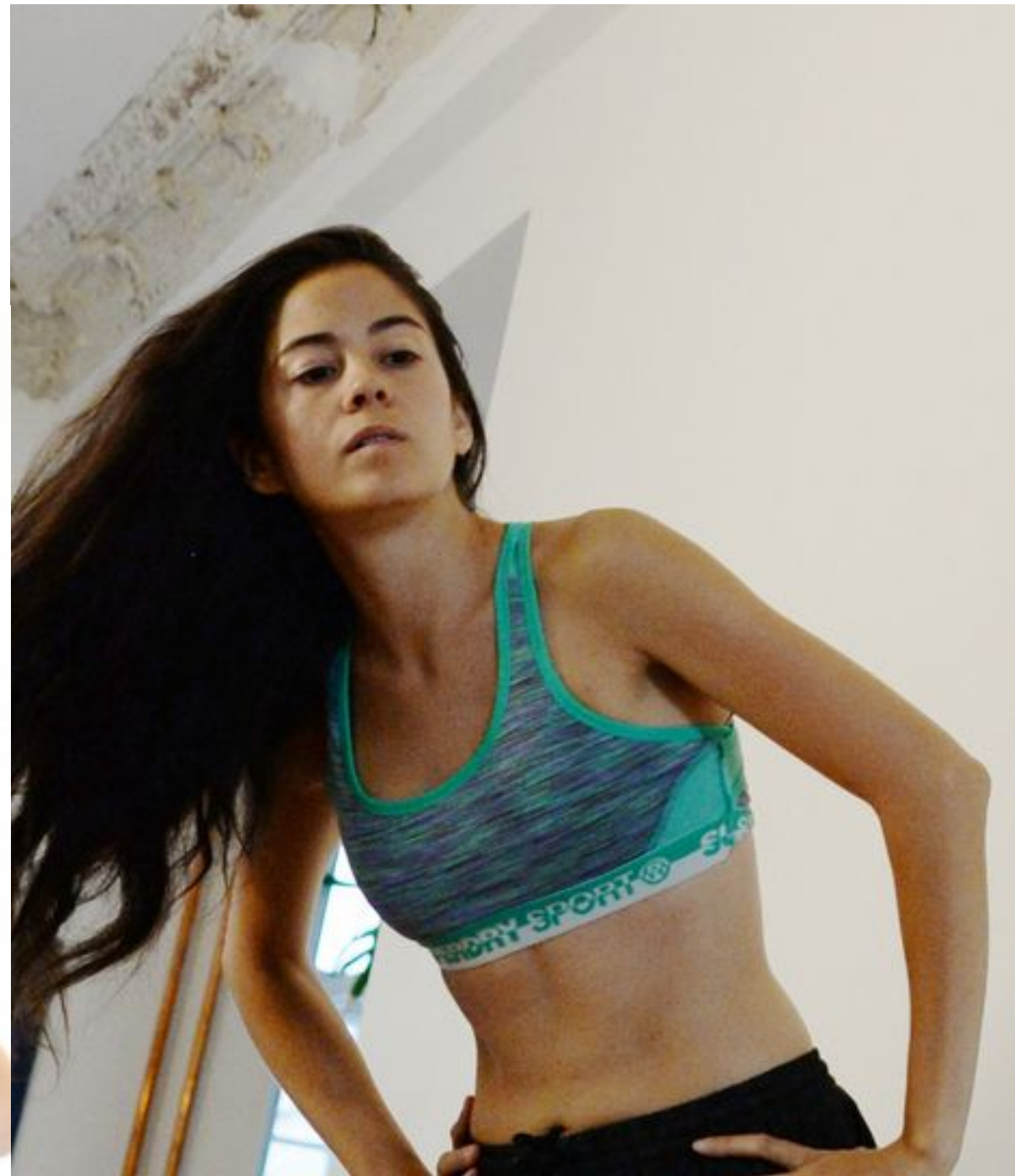
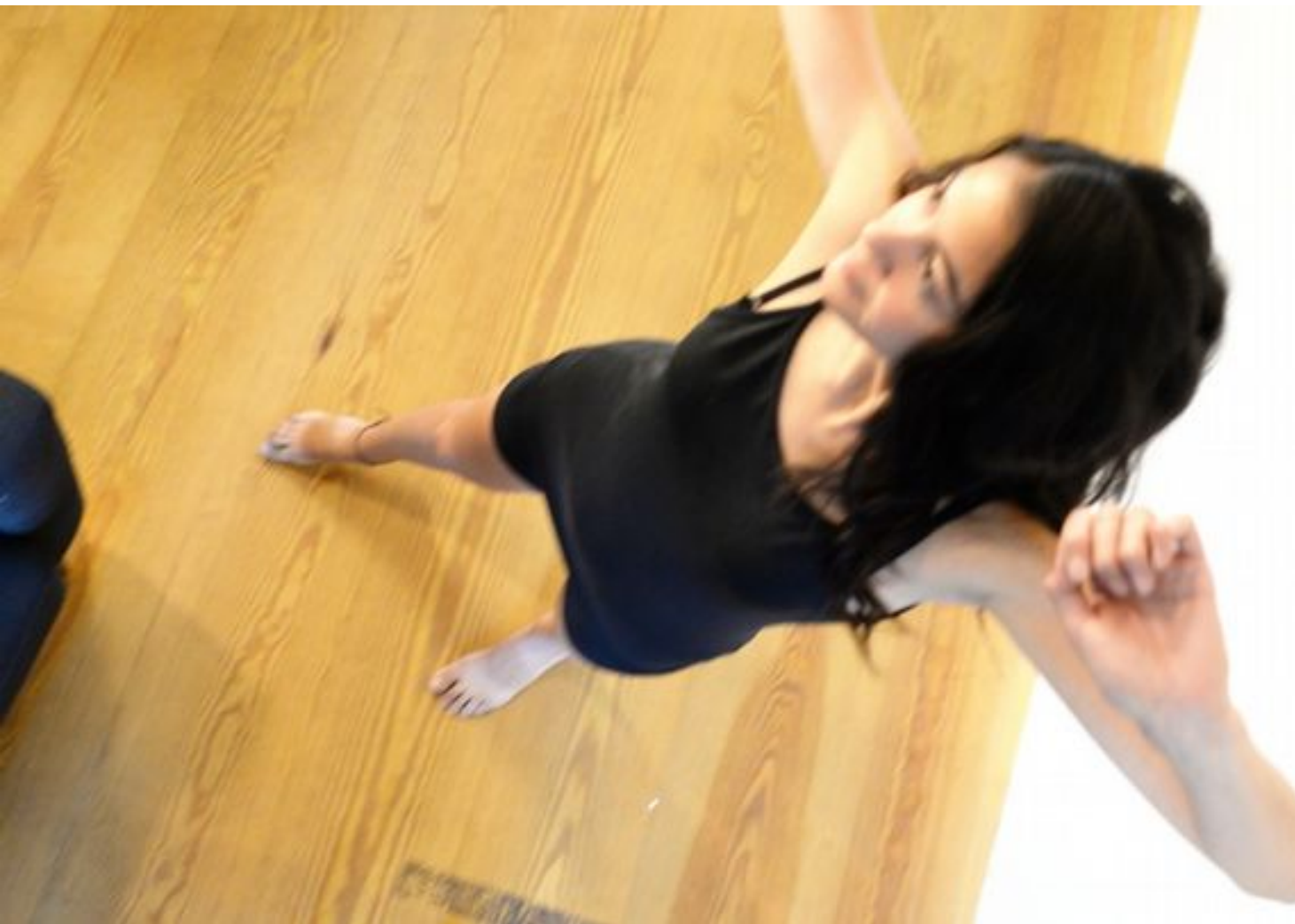
Don't go to extremes and remember the 'orchestra' metaphor. You want a smoothness to cover your muscles. You want the muscles to be more visible, but subtly in the form of beautiful contours and shadows on radiant, healthy skin.

Also bear in mind that there are many types of **muscle fibre**, and they communicate with fat cells and other cells and processes in the body. Perhaps we should look at the body also as a 'design process,

working according to intention'. So, what is your intention? If your intention is to dance, then the more dance you do, the more your body will look like that of a **dancer**. The intention behind each movement becomes the element which shapes the body and 'designs' how the body evolves.

If your aim is to lift boats off a beach, then it is not the elongated muscles of the dancer that will develop as much as their central portion. To contract a muscle means that its central portion increases in diameter. To

elongate a muscle under slow 'resistance', as when a dancer gently lowers a leg, increases the muscle fibers more overall.

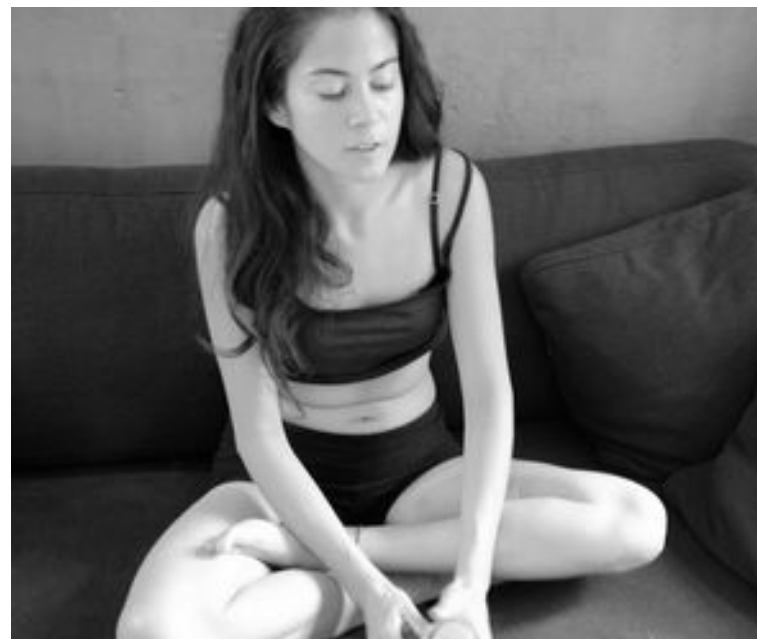




Many websites that focus on training and muscle building claim that it is nonsensical to distinguish between different types of muscle growth—one should just get down to it and lift the heaviest stuff one can, as fast as one can. But for many women, burning fat is more difficult than developing muscles. Some women burn fat more easy than others, but fat-burning is of importance for women in order to achieve elegant training results

and **visible muscles** tone.

It is repetition of movements that creates **meaningful** changes in the body. If the



regular training is hard, tough, strained, sweaty, with pained facial expressions and a heavy focus on particular muscle groups, then the overall outcome won't be elongated limbs and elegant beauty—it will be



'bulk'. Therefore, we suspect that much of the training advice that can be found online is written by people who consider 'some' muscle to be equivalent to 'no' muscle, and whose views of what is 'elegant' lean more toward body builder than top fashion model.

To correct this, we came up with some ideas about how to produce 'fit beauty'. All that is said here is designed to be

thought about and improvised over. Indeed, **thinking burns fat.** No, really. The brain is made of neurons and **neurons fall pretty much into the category of muscle cells**—and the brain eats up calories in masses (which is why extended fasting is not a brilliant idea).

So anything that stimulates your brain,

stimulates your fat-burning. Coffee, for instance, or caffeine-enhanced drinks; some B vitamins including B12; some degree of calcium, magnesium, ginseng, maca, or schisandra; tea, South American mate tea or

green tea (but recent studies indicate that mate tea is best drunk in cold form and in a mixture with other teas). This also includes reading, writing and listening to the radio; anything in which the brain is active, but not overwhelmed. **Watching videos generally won't help burn calories**, because the more you push onto your senses, the less the brain feels the need to be self-active to make up for the lack of stimuli.



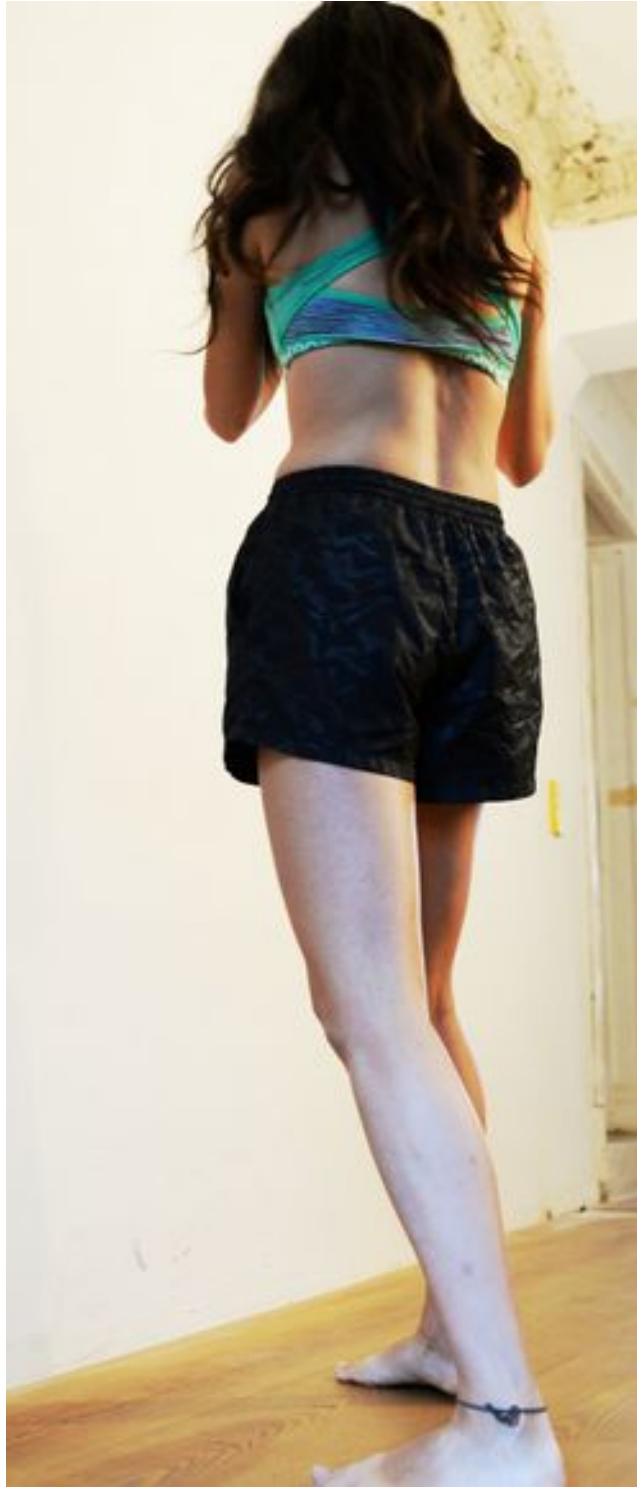
Dreaming is another great calorie-burner. That is one reason why alcohol, which inhibits REM sleep, is

incompatible with having strong, lean muscles that show really well. Alcohol in moderation a few times each month is okay, but has a far greater negative impact than food in terms of fat and weight loss. Alcohol also

goes to all the wrong places; places that exercise can't easily remedy.

Muscle building makes you put on weight, but it is the skinny type of weight. That's because there is more interesting stuff in muscle cells than in fat cells. **So watching the scale make no sense** during Fit Beauty training. Instead you should watch

how you look. **If you look good, good, good.** If not, work to fix it. Don't count the kilos.



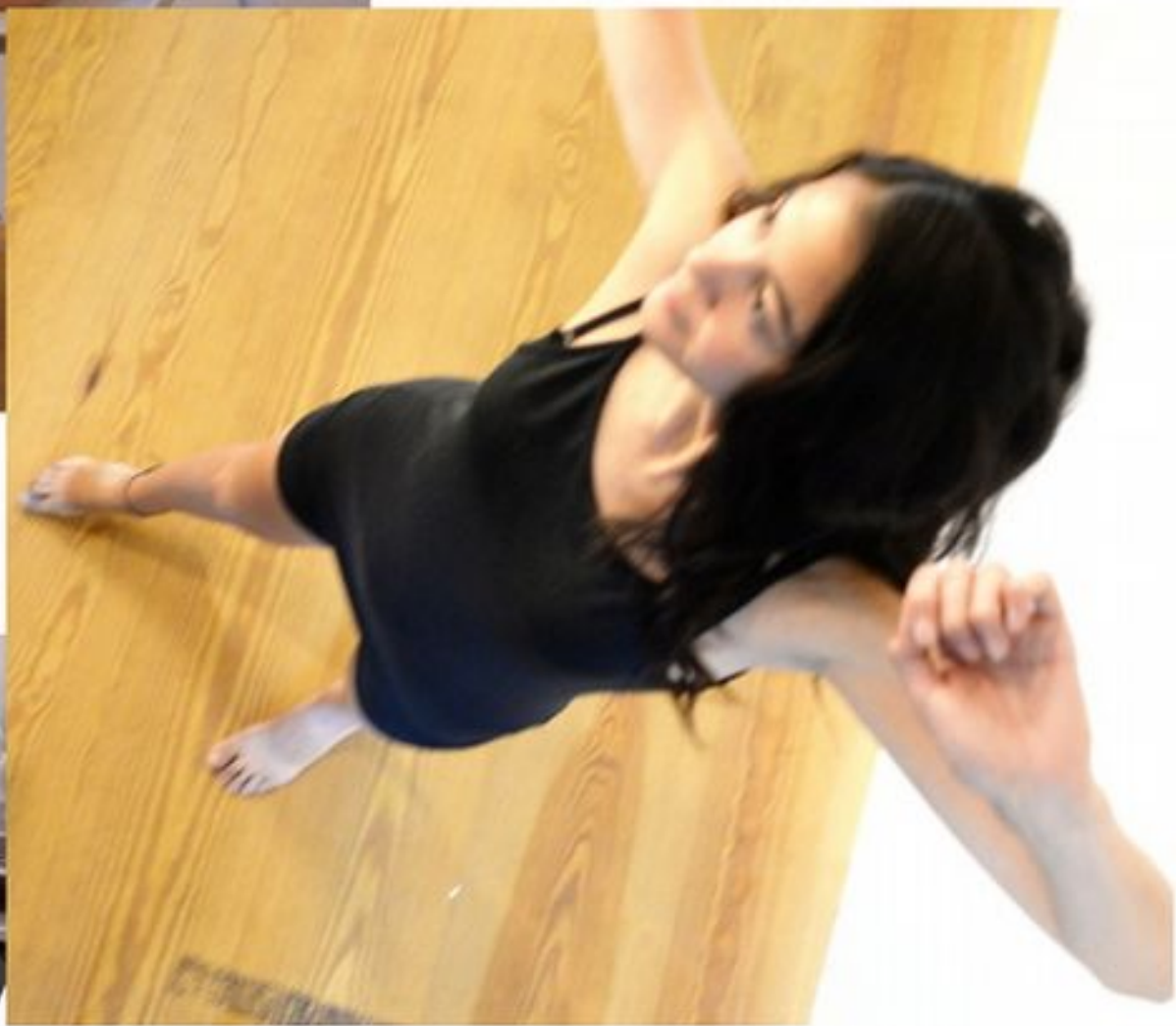


As an adult, you're attracted to someone or something, and that attraction has an energy and a vitality and a motivation that can be utilised in your training. It's deeper and more positive than body-envy. Every individual has something particularly attractive that makes them unique. There is no motivation in looking at photos of people who don't care about their appearance: it may serve as an emotional cure in times of depression, but for a person who is up and about and wants some quick motivation for training, nothing is better than deep-diving into beauty, getting a bit hypnotized by it, and then setting about to do a training session that also happens to be a bit sexually high. That, by the way, is another way to burn calories really well, as well as giving the skin that extra glow and shine.



Photos of models with amazing bodies can be inspiring to someone who is working to get fit, but can sometimes feel a little too 'perfect'. That brings us to the familiar question: Should we idealize these perfect figures? Is it healthy? In this enlightened century, it must be possible to say: Do the obvious thing.









sexual activation

in both genders and very hard and much training increases it.

Testosterone also leads to bigger muscles with lesser effort--which is interesting in that effort is one of the things that can stimulate it--and to more quick fat-burning. In other words, there are after-effects of training that keeps the body fit and shining also when training is not going on.

The strong Asian forms of ginseng does something similar as testosterone is doing, without

artificially inflating the testosterone level; and it also allows the body to make more use of the testosterone it already has. (This is why research on ginseng has to go beyond a simple cause-and-effect idea of testosterone: rather, ginseng is a sort of 'orchestra director', and can be so also for most young women.)

Like red wine, ginseng has amazing health benefits such as lubrication of the female sexual genitalia. The general vibrant energy effects of such as ginseng and maca also typically lead a person to have an easier time getting motivation to do just such training as directly leads to testosterone increase.

For some, testosterone levels can add to an

Let us be a little more specific about this not-too-often talked about issue: really strong sexual action, even if only by oneself, has strongly positive effects, measurable effects, which is why football players are allowed to have sound-proof private half-hours with their partners before important matches. A mere flirt, a light kiss, a brief fondle is nice, but not the burning tantric flame that the winning soul wants before a heavy challenge.

Testosterone: those who are addicted to heavy training are of two types, put broadly--namely, those to whom a bit of extra testosterone just adds to their beauty, and those to whom it doesn't.

Testosterone leads to a brilliant

already dominant set of too-manly features, but some women have such too-cute features and could benefit from being graced

by the **tomboyish** influence of natural made-in-the-body testosterone. It also increases clit-size which--despite the conservative notion that the imagined phenomenon of a 'pure vaginal orgasm' in the male-chauvinistic 'missionary position' is sort of ethically recommendable, is the chief source of sexual ecstasy for girls.

Most should not take testosterone tablets because it can make the brain aggressively tainted and the artificial inflation of testosterone in the blood can deflate the natural inbuilt capacity the body has for making the stuff.

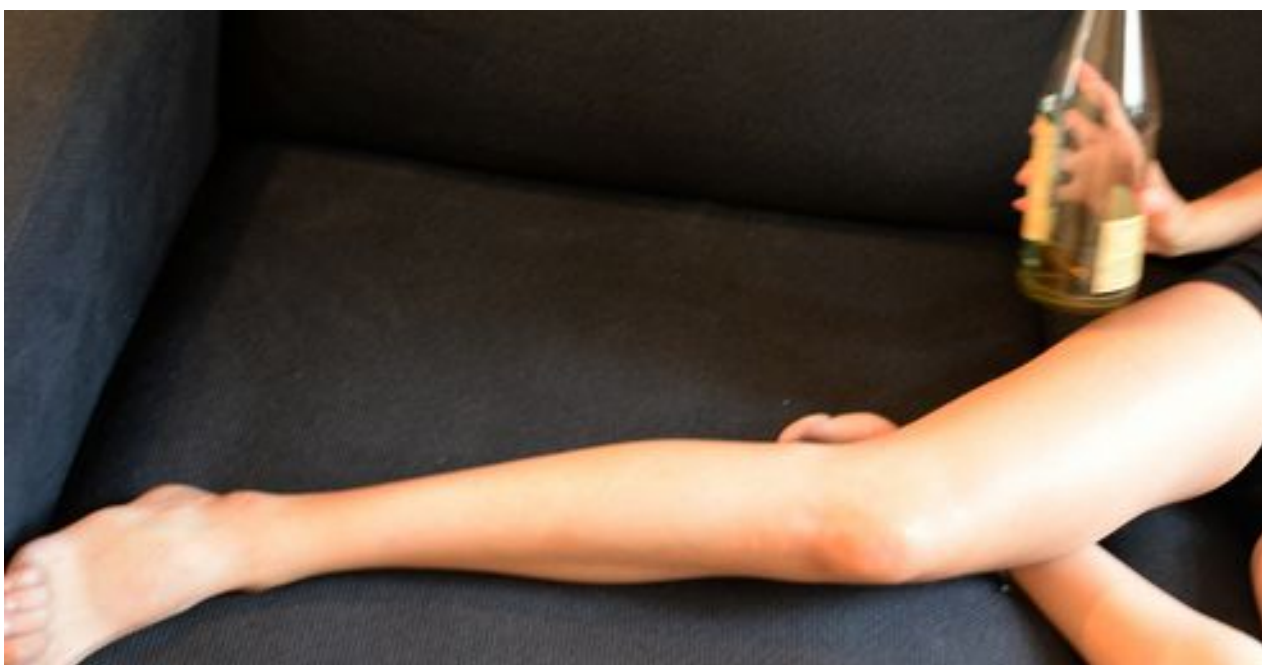
trains: first, go for a walk rather than eating, so that a fierce hunger is built up. During that hunger, a training-like energy is built up, and one might find that one can put in five minutes of training after all. And the reward: food tastes all of a sudden heavenly, even at a low budget, and even if it is very sustainable and boringly ethically correct in this world. Second, in your working environment, put up some photos of people who are radically improved versions of yourself--but so delightfully made photos that they are entirely inspiring and not irritatingly impossible. Let these photos be with you for hours every day. Let them quietly build up your willingness to train. Then, when you find you can no longer hold back,

for real--then do it--begin to train! But keep on

being **playful**



about the speed and form of effects, for many of the most-wanted training effects come after two years, not after the thirty days that cheap information sources would have it.



There are two things one can do if one never

you keep on looking at the photos and keep wanting to begin to train

RESEARCH LINKS

Does ginseng work? Should healthy young adults doing workouts take something like Panax Ginseng (the most popular form of Ginseng)?

The effects of Ginseng fall into two main categories: Muscular and sexual. The effects are stronger during stress.

Regular use of Panax Ginseng seems to lead to enhanced:

- * blood circulation
- * temperature regulation
- * oxygen/muscle interaction
- * brain oxygen use

Lots of new research are required on the sexual effect of ginseng.

Tentative research suggest that Ginseng enhances:

- * genital blood flow and oxygen use
- * size of clit, related to enhanced blood flow
- * genital pleasure level for each and every gender

See also:

www.bmccomplementalmedicine.biomedcentral.com/articles/10.1186/1472-6882-14-265

www.journals.plos.org/plosone/article?id=10.1371/journal.pone.0059978

www.ncbi.nlm.nih.gov/pmc/articles/PMC3659633/

www.ncbi.nlm.nih.gov/pubmed/23596810



Of the new words
to help us be
fresh-minded and
free from jel we
hasten to include
P for
Pan, & P
for Poly

Text: Aristo Tacoma

One of the reasons we should embrace digital media is--text and photos are more environmentally friendly to convey by means of digital stuff than by means of paper. Another: diversity, as long as you consciously decide to look up different news suppliers instead of looking to a particular place to provide an aggregate for you. (To achieve this, this writer uses daily a website with links to various news providers.)

For those who have been opening up such as CBS News, CNN, LA Times, The Guardian, BBC News, Sky News, and others, they have very possibly, in the recent year, more than once encountered headings of this sort: "Xxxx [a celebrity], who is in a polyamorous relationship with Yyyy

[another celebrity] as well as Zzzz [yet another celebrity] has recently come out as Pansexual." Or: "How Xxxx made pansexuality mainstream."

At some point, this writer, who has always quietly nodded both to pansexuality and (even more to) polyamory without exactly knowing anything about these words, sat up.

Mainstream? Pansexual? I hastened to Wikipedia etc to absorb the depth of the stuff about the two P's. Polyamorous held no secrets for me: it means you have a big enough heart to have two or more lovers, and are frank enough that you don't hide it from them. Or, put a bit more nicely: you can have a trusting and fairly exclusive relationship to more than one partner at once (no pun intended). Fine. That's me in an idealized version of myself. But pansexual? In my mind, the word has until recently chiefly been associated (for no good reason) with eating sushi where a bikini-girl temporarily takes the role of a table; or, putting on cat whiskers before having sex. After all, "pan" means "all", in Greek. And all is all.

Study of the net showed me that the answer was more intellectual, and had a touch of nuances of aged wine. I quote: 'the person who is pansexual rejects bisexuality as

being too binary'. Aha. As too 'binary'. Cat whiskers gone. No more sushi-bikini. Nonbinary led this writer for the moment to think of nothing except a music poster on a telegraph pole in Kreuzberg--DJ Nonbinary, or maybe the whole music party was called Nonbinary. (I am embarrassed to say that I hastening on my way into an unsustainable taxi and didn't read the poster seriously: for all I know, it could have been better than Woodstock 1969. Nonbinarystock.)

Another quote: "I refuse to let the person I'm attracted to define my type of sexuality," one of the Xxxx, Yyyy or Zzzz said. Another: "I am not attracted merely to the person. It is the sexiness. I am attracted to Sexy." Ha! These things were said with the whipping certainty of Gen Z celebrities, whose opinions are scrutinized by Hollywood cognoscenti. Gen Z has been raised--as somebody so succinctly pointed out--by Gen Y. And Gen Y struggled to work out not just Wikipedia's definition of Polyamorous and Pansexual, but even Wikipedia itself--and allowed the digital super-education to swap the one-thought-pr-century in human sexual history to become a sort of swirling imploded super-nova (I am trying not to say 'black hole')

of realizations, insights, convictions, preferences and 'coming out' scenes.

I am trying to imagine that humanity exist with equal perfect or imperfect health a hundred years from now, with these developments having gone on if possible even infinitely faster. Amazingly, it is an image that works. It takes me perhaps back to the 1960s Dune by Frank Herbert: to Alice in Wonderful, by Lewis Carroll; but it also suggests that in a liberated century, that the 21st may well be, if we are so blessed we won't be dragged too much down by our own pollution and tendency to war ('we', ie, humanity)--our most dominant challenge is going to be how to have big enough hearts to avoid getting sucked into maelstroms of jealousy. A book which has been around for some years now, available on Amazon, entitled The Polyamory Toolkit, by Dan Willians and Dawn Williams (yes, a polyamorously married couple), makes no secret that this is one of the chief challenges of the Poly Life.

Their "Tool #18" (of 29) is called, with no attempt to write so that Shakespeare or other classical authors would have understood, "Draft Email". It suggests that when, in a polyamorous

situation, one is feeling an impulse to sit in a corner while the rest of the poly people are out having fun, the solution is to describe one's feelings in an email one doesn't send (attention goes to how to avoid sending it by mistake: solution, don't fill out the 'send to' field). Then, when later, all is presumably well with the poly life again, one opens a bottle of wine, picks out a good cheese, and reads the drafted composition out load to those to whom it concerns. Feelings need to be talked about, even though one is on the threshold to an era of enlightenment not given to many cultures before ours.

We include a note about this not only as a special interest: any fashion magazine with respect for itself has discussed the topics of the two P's recently. Some of them do so with online slide-shows, eg, 'these celebrities have such and such things going on as to one or the other P's'. Fashion allows diversity in worldview, in spirituality etc, but there is, sometimes, for some, a sense of unity in imagining that somehow, 'beauty will save us, somehow' as well as having some notion of supreme style as supreme motivation for doing anything, for enjoying

anything-- from music to food, from writing to making money. And ever since nineteen-o-chanel-5 or thereabouts, the fashion industry has had a lot of the two P's but without the benefit of Wikipedia or Urban Dictionary or such to give them such refined, recognisable, distinguished labels.

Now, with a Gen Z who has had their childhood minds nestled in the warmth of Wikipedia, we're set for an interesting civilisation development indeed and the two P's, no matter how deeply understood they have been by most in the 20th century are already setting some of the economical, political and cultural agendas for all at least fairly democratic countries.

DISCLAIMER:
The two P's are not suitable for all, nor suitable in all cultural contexts. The aim with this article was to not to indulge in moral judgement, but to acknowledge a manner of speech and, for some, thought, flowing through the digitally influenced pop culture of present-day. The fact that the concepts are richer makes thinking easier but doesn't solve the moral questions.





SS20 showers you with gold

Handmade
gold chains
by
fashionable
Greek
goldsmith
Ioakeimidis
coupled with
spring 2020's
sense of also
metallic
elegance: 14
to 18 & even
22 karat gold
on top of the
titanium,
bismuth etc
of metallic
body paint.
In SS20, as
for gold: you
can safely
assume
more is more

Fashion model:
Nastia Kasprova



Nastia Kasprova,
@nastia_kasprova
photographed by
Aristo Tacoma

Styled by A.Tacoma,
jewelry styling by
Savvas Ioakeimidis;
styling assistance by
Myrto Departez

Thanks to goldsmith
Savvas Ioakeimidis,
@ioakeimidis_collection
Model is shown with new
handmade gold chains,
including in basiliko,
russian, perdika and
byzantium styles.

MUA, hair styling:
Myrto Departez,
@myrto_departez

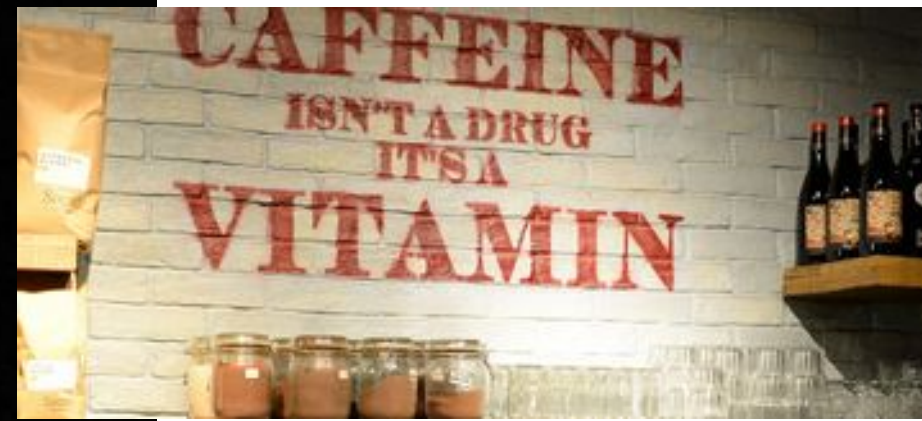
Locations: Studio P56,
@studio.p56, Athens, Greece

Fashion labels:
IOAKEMIDIS
handmade gold jewelry
etsy.com/shop/
IoakeimidisJewelry
H&M, @hm
MANGE, @mango

















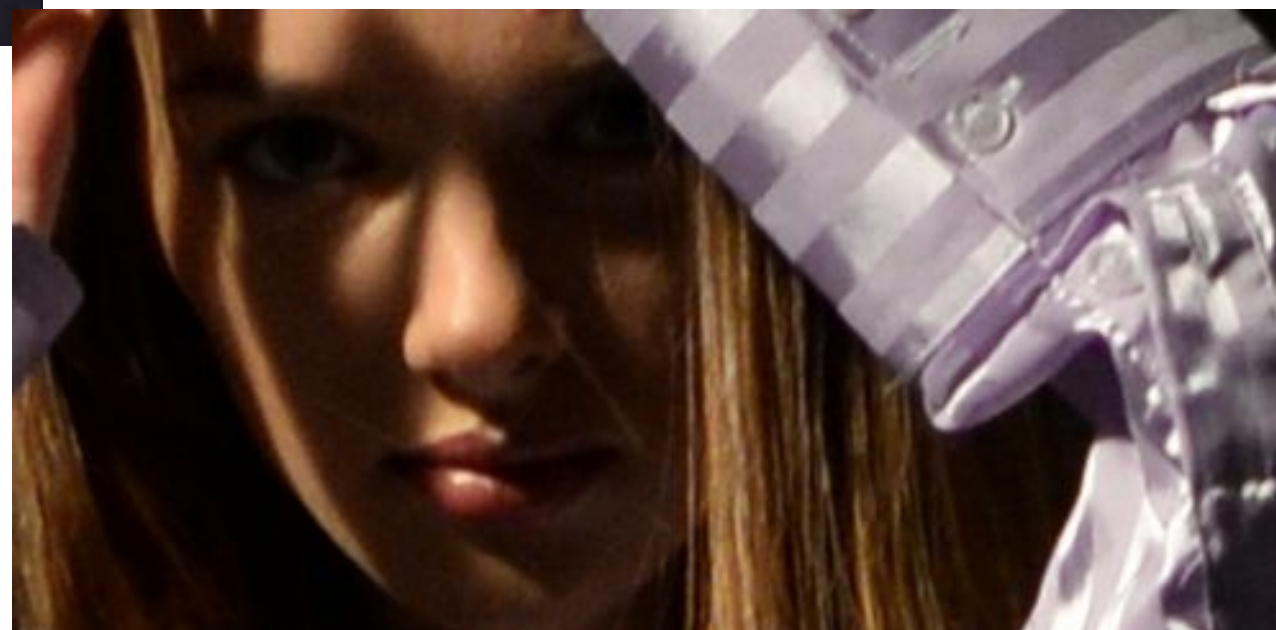




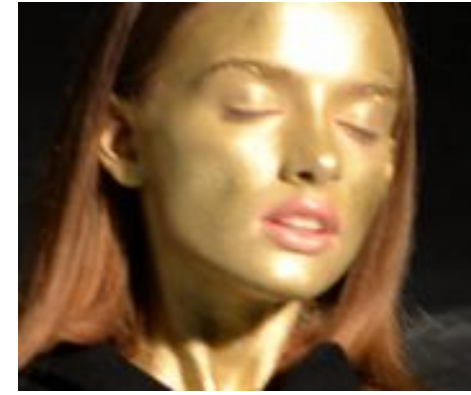


















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Fashion model
Somya Joshi



Sunny street
spring style
2020 chic



Fashion model:
Somya Joshi,
@somyaajoshi

fashion photographer:
Srishti Oinam,
@leishana_____

Styling: collaboration
between Somya Joshi and
Srishti Oinam
MUA: the model herself

Fashion labels include:
H&M, @hm
FOREVER21, @forever21

Location: Delhi, India



**God
Almighty
first
planted
a
garden.**

--
**Francis
Bacon,
1625**







**Style
is
knowing
who you
are,
what
you
want to
say, and
not
giving a
damn.
--Orson
Welles**





See it for
the first
time as a
newborn
child that
has no
name.
--Rabin-
dranath
Tagore

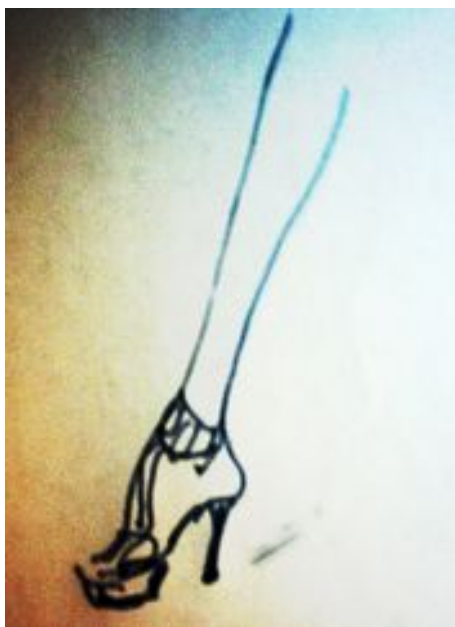






iB

The shoe



Map of likely up-coming shoe design trends

By Nathalie Sophia,
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BERLiNiB Fashion
Correspondent
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Drawings by Aristo T.

Style may be eternal,

and certainly also when it comes to shoes. Good-looking high-heeled shoes with a look much like the design introduced by the legendary shoe sculptor Manolo Blahnik in 1970s still holds good. Stilettos and pointed tips and all the classical fashionable designs of the past decade are on today's runway shows and probably will be for any number of decades to come. The past years have had lots of sneakers there, and this, too, will probably go on; sporty-glam is unerasably part of fashion culture. Yet there are some

signature styles

for summer/spring 2020, not necessities but worth being aware of as ready options.

In the spirit of fashion sustainability, which we also discuss in another article in this issue, let us point out that not only is style eternal but such timeless style-

awareness helps us protect the environment by selecting stuff that can last from one season to the next, even through many seasons, without a problem. There is also a pleasure in this approach connected to a person's economy: much of

the outfit **budget** can be drained up by being fashion fetish in the shoe division. Having said as much, let us delve right into the elitism of recognising just what shoe types more than other types have the infrared text 'ss20' secretly encribed into them. The first items are even **comfortable** (compared to many classical high heels designs):

>>< Heels can be big

This is what we call ss20 comfort rescue #1: Miu Miu and Givenchy have come to rescue our walking stability by promoting **block heels**.

>>< Toes can get space

Comfort rescue #2. Toes deserves (sometimes) space; now also a dedicated fashionista's toes can get space, even when properly shod. The square tip was a part of my rundown of trends in the previous issue of BERLiNiB. Its popularity was only emerging back then--now it is going in full force. The originator of industries fascination with very long tip--Demna Gvasalia (Balenciaga) has applied the new look to his collection. The square tips of his design are in fact slightly concave.

>>< Birkenstocks unlimited

Comfort rescue #3. Proenza Schouler has recently presented their collaboration with Birkenstock, during their Spring/Summer 2020 runway show. Earlier this year, Birkenstock has collaborated with Valentino and Rick Owens. The brand which never really tried hard to be cool is now so cool it has been spotted on the feet of Kendall Jenner and Gigi Hadid and recently, on the cover of Elle Germany (October 2019) where they were paired up with a Chanel outfit.

tie it around the ankle. The sandals can even be laced over the leg of the pants, a trend encouraged by Hailey Bieber, who have let her celebrity legs be tied up this way.

>><

Sandals can have thin straps

Let us continue this flavour of comfort rescuing with two sandal notes. You can safely go for high quantity of thin, delicate straps on high-heeled sandals. They can be tied at the back of the ankle--perhaps a definite showstopper for a night out.



contribute to the ease of walking with high heels (which, according to some scientific studies, has something of the effect of a particular form of workout on the muscles). My personal favourites were the low-heeled Giada slingbacks in blue, with a hint of grey. In line with the trends of the season, the tip was straight but the tip of the tip was cut off. If you find a pair similar to those, I'd say, they're a catch, go for them.

>>< High heels w/o cups

Cup-less shoes with high heels: the high-heeled mule. A brand to be aware of in this regard is Bottega Veneta. Veneta has soared in popularity due to lucky efforts by designer Daniel Lee.

Fashionably messed-up doll shoes and school-girl shoes of the Mary Jane and Oxford types have been lunched by Chanel, Prada and even less conservative brands as Jonathan Cohen. In some contexts, it gets too weird; but with luck, when it all works out as one total style, it can be a peak SS20 thing.

>><

Leather socks are okay

The Italian designer house Salvatore Ferragamo comes to the rescue of those who dislikes normal socks, by their leather socks, giving much the impression of having on a slender boot inside the shoe. More normal socks have been on the runways of Simone Rocha and Anna Sui.

>>< You can show nature prints on your shoes

Print type #1: animalier: Shoe leather with cheetah, zebra (check out Jeremy Scott boots); even cow. Riccardo Tisci at Burberry printed 3D photographs of jungle animals on a pair of otherwise conservative heels. Print type #2: flower power. Brands: Fendi, Versace.

Nathalie Sophia



>><

Sandals can be tied up

A leather sandal with that extra amount of leather to

>>< Heels can get belts

Slingback, as a belt placed on the heel, is a SS20 thing. While not exactly in the category of 'comfort rescue', it certainly can

>>< YOU CAN USE MESSED-UP DOLL SHOES

Beau
ty
Styl
e
Fash
ion



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