




**TIPS FOR A HEALTHIER BODY**

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<p>Bragg Organic Apple Cider Vinegar  <b>PREBIOTIC SHAKE (CLEANS YOUR GUT AND GIVES YOU ENERGY)</b>          10 oz almond milk          ½ cup organic blueberries (Costco sells organic frozen bag that will last a long time)          1 banana          1 scoop Organic plant-based protein powder (rice or Hemp protein powder).          2 tbs bragg organic apple cider vinegar          1 tsp Barlean's omega twins organic flax seed oil (omega 3,6,9) get from wholefoods or Chamberlain.</p> 	<p>Benefits: clears skin, weight loss, detox, rich in potassium, regulates blood pressure, cleans your gut. Testimonials from the Web and our clients: Feels full and less hungry; helps colds/sinus/allergy infection; helps sore throat; arthritis; makes your body alkaline.          Cancer loves an acidic body so eat lots of colorful fruits, vegetables and 2 tablespoons of Organic apple cider vinegar daily to stay healthy. It's not the greatest taste but your health is more important than a bad taste in your mouth. . <b>Mix it in a shake, any juice or just take the 2 tbs like a shot in a tiny container and drink water after.</b></p> <p style="text-align: center;"><b>Check out all the testimonials for yourself at <a href="http://Bragg.com">Bragg.com</a></b></p>
<p><b>MEAN GREEN JUICE INGREDIENTS</b>          6 leaves of kale          1 cucumber          4 stalks of celery          ½ organic lemon (rind on)          small chunk of organic fresh ginger          3 apples halved          optional: mint leaves, flax seed oil, carrots, beet.          some water &amp; ice to blend easier.          If you have a juicer no need for water.</p>	<p><b>MORNING BOOST SMOOTHIE</b>          ½ cup quick rolled oats          ¾ cup coconut water          1 banana          1 ½ cup frozen strawberries          ¾ cup low-fat plain greek yogurt          ½ tsp vanilla extract          1Tsp honey          ½ tsp ground cinnamon          Makes 2 servings          263 calories per serving</p>
<p><b>AFTERNOON ENERGY SMOOTHIE</b>          2 Tbsp raw almonds          ¾ cup frozen mango          1 cup frozen blueberries          ½ cup pomegranate juice          ¼ cup low-fat milk          makes 2 servings/ 256 calories per serving</p>	<p><b>EVENING TREAT SMOOTHIE</b>          1 peeled, segmented, frozen orange          1 sliced, frozen nectarine or peach          ¾ cup low-fat greek yogurt          ¾ cup coconut water          ½ tsp vanilla extract          1 tsp honey          makes 2 servings 154 calories</p>
<p><b>Mix all the following in a blender. Drink every morning for two weeks straight:</b>          One Celery sticks ,1 Green apple, pineapple, aloe Vera, parsley, kiwi and spinach.          This is a super anti-inflammatory and antioxidant juice to help with inflammatory acne or any</p>	<p>inflammatory condition in the body. It cleanses and detoxifies the blood and digestive track.</p>

## Carmen's Junk Free Deodorant:

- Mix Crystal Essence Deodorant Spray with 1/3 Cup of Bragg Apple Cider Vinegar.



- Spray to under arm and then immediately

- Rub the Thai Crystal Deodorant Stone on the damp spray.

Enjoy this all-natural combo that's both sweat and smell-proof.

Find any of the above products right at your local health store. I get mine from Chamberlain or Whole Foods. Keep in mind far too many women are getting breast cancer, so take care of your health.

## See the 5 important Minerals to keep your body healthy:

Minerals are incredibly important for health and to prevent chronic disease. Without them we'd suffer from osteoporosis, PMS, high blood pressure and low energy and definitely loose, weak, wrinkled skin. Most of us don't eat enough fruits and vegetables to meet minimum mineral

daily requirements.

1. **Iron:** You need iron to carry oxygen throughout your body. Without it, you may end up feeling tired and even have trouble thinking straight especially for women under 40 years.
2. **Potassium:** Potassium helps regulate blood pressure by offsetting the blood pressure-raising effects of sodium. Found mainly in fruits and vegetables.
3. **Calcium:** Sure, calcium helps build strong bones, but it also helps prevent PMS.
4. **Magnesium:** One of the most underrated minerals, magnesium is involved in over 300 chemical reactions in your body. Magnesium provides energy, helps keep your cells healthy and strong and enables your cells to communicate with one another and enhance optimal functioning. Magnesium also helps regulate blood pressure, keeps your bones strong and prevents insulin resistance and migraine headaches.
5. **Zinc:** Zinc is critical for keeping your immune system strong. It fights infection, making you less likely to catch a cold or the flu and helps heal wounds.

**Acne Clients: Do your own research on the following 2 supplements recommended below. We have had good feedback from our clients who have used these products and who are doing frequent professional treatments in conjunction with making changes to their home care products. Specifically, clients must change from over-the-counter products (that only penetrate to dead skin cells-can't go any deeper) to more Cosmeceutical products (that penetrates to the depth of living cells to make changes to the skin).**

**Dim Pro 100 by pure encapsulations  
or Alpha lipoic acid 50ml.**

**Questions call Beautiful Skin by Carmen 407-739-1617**

**2 Locations: 3003 Dade Ave-Orlando, Fl 32804**

**Zen Luxury Living Clubhouse-9835 Namaste Loop-Orlando Fl 32836**