



Get The Goddess Glow This Spring

Vibrant health and natural beauty is an elegantly simple matter of keeping your energy channels clean and clear. Now is the perfect time to take yourself on a special journey and begin a magical process called DETOXIFICATION. You do Spring cleaning for your house, why not your beautiful body-temple? We depend on our body to do so much for us, and she depends on us to take care of her. So, if you have been feeling weighed down or less shiny than you would like, its time for a little Spring tune-up that will give you that Goddess glow!

DETOX IF YOU WANT TO:

- Renew your energy, concentration and immune function
- Rejuvenate your cells and 'youthify' body, mind and spirit
- Release extra weight and regenerate your skin
- Re-set your appetite and shrink your stomach
- Reduce puffiness, bloat, aches and pains
- Revitalize your natural joy for life
- Raise your vibration and reconnect spiritually

Our ability to detoxify is a proven key factor to overall health and beauty.

RELEASE, RELAX AND RENEW

Although our bodies automatically detoxify daily this natural process could use a little help from time to time. A Detox program is a holistic approach that restricts certain foods from the diet for a period of time while including specific foods, herbs or supplements for nourishment. Plus, practices such as deep breathing, stretching, sweating or skin-brushing etc, are encouraged to further your results.

The benefits of doing a Detox are 3-fold:

1. DETOXIFYING 2. NOURISHING 3. HYDRATING

Let go of foods containing chemical preservatives, salt, sugar, rancid fats (fried foods) and add in raw plant foods that are hydrating and nourishing for a soothing rest on your digestive system. Very quickly you will feel a sense of rejuvenation!

GORGEOUS GREENS

Fresh fruit and vital veggies are key foods to include on any detox program because they contain living water to help flush out toxins, while adding in hydration, phyto-nutrients and detoxifying enzymes. Sun-kissed leaves are powerhouses containing green gold--chlorophyll. Chlorophyll is the blood of the plant. It helps neutralize toxic acidity in our system caused by poor diet, over-eating, stressful thoughts, etc. We have rivers and streams inside our body that reach all our cells. When you are green on the inside, you are clean on the inside!

DRINK YOUR GREENS

Drinking the juice of leafy greens and other vegetables is the Fountain Of Youth, and all you have to do is try it for yourself to see why!

Green juices made with about 50% greens and fruit or veggies are a great source of sodium, potassium and magnesium. These particular minerals keep your electrolytes balanced and your cells plumped up and hydrated.

Here are two delicious recipes to enjoy

during a detox:

PINEAPPLE PASHA

Pineapple contains a proteolytic enzyme, which means it helps to break down stored proteins in the body and can reduce inflammation.

1 /3 Pineapple, skin removed and cored
1 C Parsley or Kale
A few leaves of fresh Mint

Juice all ingredients. Drink immediately and receive a transfusion of active, detoxifying enzymes. It's the kind of wine you could drink all day long and feel good about later!

MANGO TANGO

This is a simple, fast and delicious pudding that is sweet and tangy and contains no dairy, gluten or added sugar.

1 -2 Mango, peeled and pitted
1 ripe Banana
1 Lime squeezed
½ C Spinach or Parsley
Blend until smooth and creamy and savor with a spoon. This little treat will give you energy to dance all night long!

* Clear your cupboards of temptation, and cut out clutter. Clutter in your space is a drain on your energy. Ditch the debris and feel free!

* Unplug from media and reconnect with Nature. Go for walks in the fresh air and enjoy the regenerative nourishment of silence and rest.

* Dead Sea Salts, Moore Mud, LL Clay and Magnesium Baths (Epsom Salts) are wonderful additions to your healing detox journey. Adding pure essential oils of Lavender, Rosemary, Sage, Spruce or Lemon is a aromatic special

treat that also help detoxification. Light a candle and bathe in a glowing peace and warmth. Even a footbath will work wonders!

* Let your emotions flow like rain—maybe a sun shower, maybe a torrential down-pour. After the storm has passed, you may feel a little drained and dehydrated; drink a green juice with celery and lemon, or a nice ginger or mint tea. Be tender with your heart. Tears are a sacred medicine. Let them fall and they will eventually turn into roses at your feet.

* Have a place like a special journal (make it a real one, not a computer file) where you can write out your intention for your Detox what you want to or don't want to eat, how you want to feel afterwards, what special practices you may want to try. And most importantly, a place to reflect and dream...

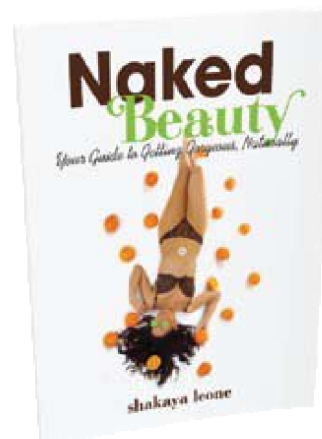
A regular Detox can activate your vitality and radiance to bring out the Goddess you are but may have lost touch with over wintertime. Open the floodgates of health and beauty with a simple Spring cleanse that will make you look and feel so fresh and alive that you glow! ❁

The above is an excerpt from the FREE World Detox Day Guidebook by Shakaya Leone available at www.earthempress.com/welcome-to-world-detox-day.

Shakaya Leone inspires women to take care of their exquisite body-temples and flower-faces. 'I help women reveal their natural, snowflake beauty. Food is the FASTEST way to activate that. Tell me how you eat and I'll tell you where you are sabotaging or cultivating your power as a woman.' Learn more at www.EarthEmpress.com

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