



Take Control of Your Weight!

Keep it simple: I always say the further your food is from the way God made it, the worse it is for you. For example, apples are better for you than apple pie. Typically, the less altered or processed your food is, the healthier and more nutrient rich it is.

Stay to the outside: As a general rule, the fresh food is in the outer isles of the grocery store. That's where you should do the bulk of your shopping. The inside isles of most grocery stores are usually where you will find the unhealthy stuff...the Frankenfoods.

Read labels: Start reading labels. I realize that it may be hard at first, but it's a skill worth learning. At times, you will be surprised how much difference there is between comparable products. Always buy the lesser of two evils.

Minimize sugar: Sugar is not your friend. It makes you fat and reeks havoc on your health. Eliminate or minimize sugar whenever possible. If you want something sweet, eat something that is naturally sweet instead of something that has added sugar. Also, you should NEVER EVER drink sugary drinks. There is NO benefit.

Cook more: Cooking is a lost art. Most people would see a drastic change in their weight and health if they simply made all of their own meals. You will eat healthier by default because you will never add as much salt, fat or sugar as a food manufacturer will. Also, when you cook things like french fries and pies they are labor intensive. You aren't going



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Amazing Health Benefits Of **MINERAL WATER**



Mineral water is so
beneficial to health



STYLECRAZE

Strawberry Lime Detox Water

Ingredients

- 1 cup of strawberries, sliced
- 1 lime, sliced
- 3 cups of drinking water

In place of drinking water, use a mineral water, like Topo Chico for added benefits and a little sparkle.



Why Detox?

We all have so many toxins in our systems. They come from air fresheners, soaps, and of course food. Sometimes it's wise to detox to give your body a chance to reset.

- Reduce inflammation. Inflammation can lead to painful and achy joints and backs.
- Boost energy. Since your body won't need to work so hard at keeping itself clean, you will feel more energized.
- Support digestion and weight loss. The decreased inflammation and boost of energy will get you up moving.
- Cleanse the liver. The liver is a workhorse.
- Promote healthy skin. Your skin is your largest organ, take care of it like one.

EVERY 35 DAYS, YOUR SKIN
REPLACES ITSELF. YOUR
LIVER, ABOUT A MONTH.
YOUR BODY MAKES THESE
NEW CELLS FROM THE FOOD
YOU EAT. WHAT YOU EAT
LITERALLY BECOMES YOU.
YOU HAVE A CHOICE IN
WHAT YOU'RE MADE OF.

EAT
WISELY

Lose weight **NOW!**



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