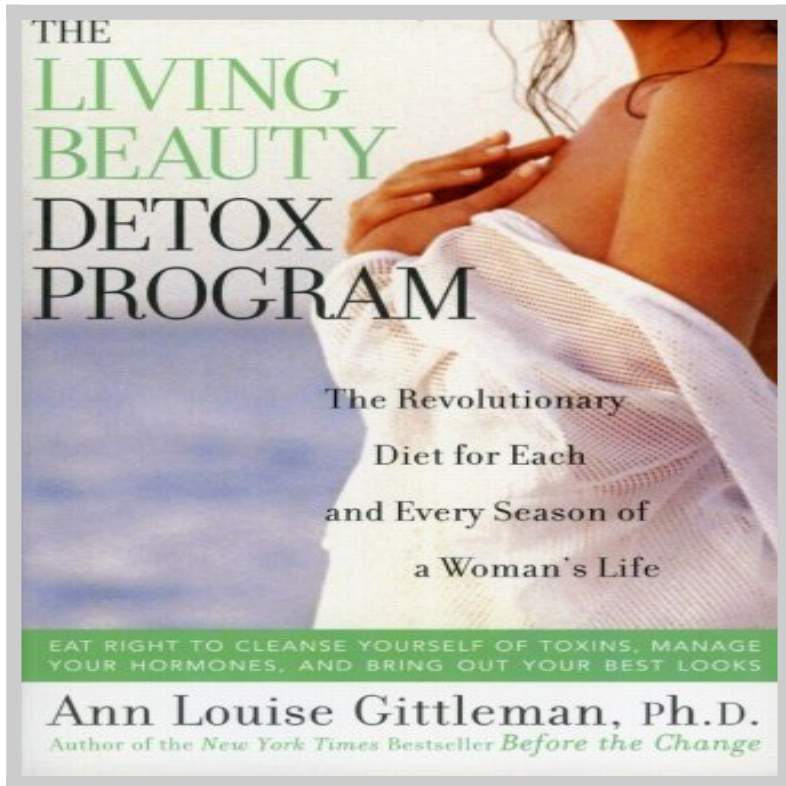


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## **Living Beauty Detox Program Revolutionary Book Preview**

SPRING -- time to rejuvenate. Leafy green vegetables, dandelion root tea, dill, mint, and chlorophyll-rich parsley cleanse the system, balance energy, and aid digestion.

SUMMER -- an active season. Rose hips tea, garlic, cayenne pepper, and oregano, along with the Living Beauty Elixir, promote vitality, make the heart strong, and increase nutrient absorption.

AUTUMN -- time for inward reflection and preparation for the darkness of winter. Fenugreek tea and warming foods and spices like cinnamon, cloves, and nutmeg protect the lungs, aid in elimination, and boost the immune

system, leaving you with vibrant skin.

WINTER -- a season of stillness and rest. Getting enough sleep and eating cooked or warm foods spiced with ginger sustains body heat and immunity.