

Radiant Skin That Lasts

tape to your refrigerator, the front door, the back door, your mirror, you get the point

1. Eat 1/2 cup of fresh Papaya every day.
2. Stop eating processed sugar. Cut *all* foods you eat that contain sugar out of your diet completely. Yes. You *must*.
3. Drink eight to ten 8oz glasses of water every day.
4. Replace caffeinated drinks and alcohol with green tea, juice, or water.
5. Do not smoke tobacco.
6. To moisturize skin from the inside, eat oils.
7. Use essential oils of tea tree and lavender twice a week to cleanse and restore skin from the outside.
8. Eat a variety of dark green leafy vegetables each meal.
9. Take as many yoga classes from as many different teachers as is needed for you to find a good instructor *you can learn from*. Practice at least three times a week, four is better. You will be amazed how this changes how your body performs for you and how it feels to live in it.
10. Learn what to eat to balance your body's nutrition, endocrine system, and keep your organs at a high functioning level. Our lifestyles and personal physical dispositions affect what we each require. Tune up to your own needs to get this right.

NOW YOU'RE ON THE RIGHT TRACK!

Stay tuned for details about

How To Stay On Track.

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