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Beauty is life when life unveils her holy face.
But you are life and you are the veil.
Beauty is eternity gazing at itself in a mirror.
But you are eternity and you are the mirror.

*Kahlil Gibran, The Prophet
Lebanese artist & poet in US (1883 - 1931)*

Beat The Post-holidays Slump with the BoDYWaVe DETOX program

As we enjoy the festive season, one of the most stressful times of year - (when shopping, entertaining, overindulging and sleep deprivation are the norm) - we should be thinking ahead about how we're going to prevent our hard-earned waistlines from bulging and our livers from packing up toxins.

Before we realize what's happened, we find that we've been forced chocolate and mince pies at every turn, have consumed vast amounts of wine at parties and family gatherings and have had way too many late nights, leaving us sluggish and lethargic.

And inevitably, if we're not careful, January will arrive to find us flabby, unhealthy and rushing to join the newest gym.

As the toxins build up in our system, a number of health problems can occur, including weight gain, cellulite, headaches, dull skin, bloating, fatigue, lowered immunity, aches and pains, and a general lack of wellbeing.

- Try dropping the starchy carbohydrate (potatoes, pasta, rice etc) from your evening meal for a couple of weeks for short-term faster results.
- Certain foods can help prepare your liver and kidneys for increased alcohol intake. Try cranberry juice, broccoli, spinach and milk thistle.
- Certain foods are great for keeping arteries healthy to prepare for rich Christmas foods. Try oily fish, apples, grapes, garlic and green/black teas.
- Start a program of supplements. Vitamin C with zinc to ward off colds and flu. Research shows that Vitamin E shows

significantly reduces your susceptibility to infections.

We're exposed to chemicals each and every day. Not only are they in the air that we breathe but many toxins come from what we eat and drink. Our body does the very best it can to eliminate these toxins but sometimes we need to give it a helping hand by carrying out a cleansing program. **And the added bonus is that you are more than likely to end up losing weight in the process.**

Some of the symptoms that particularly demonstrate that your body is in need of DETOX may be waking up and feeling groggy, lacking energy throughout the day, headaches, digestive problems, depression and weight gain.

The BoDyWaVe seven day post-Christmas DETOX program will cleanse your digestive system and boost your body's immunity after the festive season.

As part of a Pre-DETOX, I would advise you to cut out coffee, alcohol and all refined foods including sugar and probably most importantly increase your quota of water to 6-8 glasses of filtered water each day.

In order to effectively prepare your body for the SEVEN-DAY BoDyWaVe DETOX program, you'll need to choose a quiet time so that you can concentrate on completing the program without distraction. Cut down or eliminate meat, dairy, wheat and gluten as these are more challenging to the digestive system than many other foods and increase your intake of organic fruit and vegetables. I also advise clients who come to me for DETOX advice to eat organic natural whole foods.

Make sure you allow yourself the luxury of extra rest/sleep while detoxing...at least 8 hours a night is recommended to aid recovery and regeneration. Also, it is very important to exercise (for at least 30 minutes per day) as this helps elimination of toxins through the skin.

I offer DETOX and food coaching consultations to clients suffering from nutrient deficient ailments and problems either in their own homes or at my studio.

The majority of my clients opt to come to see me at my practice but visits to the client's home can be arranged and can be helpful: then I can really get to work on the cupboards and the fridge! If you are suffering from stress, fatigue, digestive problems, female complaints, skin problems, excess weight or a host of other health challenges changing what you eat can have a significant effect.

A first consultation usually takes about an hour and a half and includes taking a very detailed case history. My treatment plan includes 3 aspects: changing the diet to prepare body-mind-spirit for the DETOX, introducing techniques to help the body to rid itself of toxins and introducing supplements at the appropriate time.

Join us for a post-Christmas Seven-day DETOX program. Give your digestive system a rest. Take control of your health. Gain energy and clarity of vision.

The core elements of the program include a specialized juice plan for 5 days, the 6th day you'll get delicious smoothies and on the 7th day I prepare organic plant base food ; breakfast, lunch, dinner and desert.

JOIN A GROUP THAT WILL SUPPORT YOU AND ACCOMPANY YOU ON YOUR JOURNEY TO BETTER HEALTH AND WELL BEING!

Every day during the program, you will meet with Dr. Ben-Zion for a pep-talk, she will answer your questions and keep you motivated. You can also receive group support from other health-seekers who are on the program with you.

BoDyWaVe Program Specifics:

In this program, you will receive:

- **Customized juices made specifically for you by Dr. Ben-Zion.**
- **2 bonus sessions with Dr. Ben-Zion**
- **On line access to Dr. Ben-Zion**
- **Self care strategies, hydrotherapy recommendations, and other support materials.**
- **Daily motivation and reminders.**
- **Exercises and detoxifying breathing techniques.**
- **Progress report at the end of the program**

Timeline:-

Sign up by – Jan 15 to receive \$50.00 discount.

To register for The BodyWaVe DETOX program.

DETOX starts Jan 22nd

DETOX orientation – Jan 18th at 12:00pm

Total Cost \$649.00 plus a DETOX pack

AMAZING WORKSHOP BY GABRIEL COUSENS IN MIAMI

BodyWave - is a 12 or 24 week-by-week mind*body*soul TOTAL TRANSFORMATION program that encompasses every facet of a women's life. Her daily demands and frustrations to her wants, needs, and fears. This REVOLUTIONARY program elevates the experience of weight loss far beyond the physical! This program emphasizes your unique bioindividuality and is targeted especially for your individual make up of emotions, physical strength and weaknesses and spiritual awareness. With simple steps, which are gently laid, by Dr. Ester Ben-Zion, BodyWave program effectively empowers woman to take control of their health, discover their passion, override their fears and create a life filled with joy & serenity – THIN THIGHS ARE JUST A BY-PRODUCT. Giving you practical tools that will enable you to look into the mirror of your life and discover the very special person that only you can be!!!

Dr. Ben-Zion will give you her top fat burning and healthy eating secrets, cooking classes, detox programs. Energy work with Chi machine to clear your charkas, meridians and pathways. LBG machine, which is great to move toxins out of your body and increase circulation and metabolism and last but not least reawaken your soul and bring out your sensual and sexual self with energy movement and trace dance.

"This program is unlike any thing else that I've tried before. It will truly transform your life from the inside out" Ilana Liliental Brodt

To register for a 30 minutes free consultation, please go to – drbenzion@holistichealthstudio.com or call 305-861-9383

If you have a recipe you would like to share with other HHS fans, please

email to
drbenzion@holistichealthstudio.com

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