

Spring Cleaning ... Nourish, Repair & Renew

“Stress is the trash of modern life - we all generate it but if you don’t dispose of it properly, it will pile up and overtake your life. ~Danzae Pace

When Spring is in the air, we are compelled to rise out of the gray winter doldrums. Just as a home, shut up for the cold winter, builds up

stale or stagnant air and begs to have the windows flung open and refreshed, our bodies crave repair and renewal with an inside-out “Spring Cleaning.” In only a few days we can begin to feel and look bright for the warm weather ahead.

Taking the time to incorporate a personalized “Spring Cleaning” routine can make your body strong, your mind clear and your feelings peaceful. Nurturing our internal terrain, also restores our immune systems, improves metabolism and supports overall wellness and vitality.



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“Science has never drummed up quite as effective a tranquilizing agent as a sunny spring day. ~W. Earl Hall

Spring is a new beginning and the perfect time for us to attend to our internal terrain. The first step toward spring cleaning is to take a fresh look at our lifestyle and health. We each can choose what we allow into our lives ... the people we spend time with, the thoughts we focus on and the foods we eat.

As the seasons change we can shed the extra layers of clothes and replace the rich, hearty foods we enjoyed during the cold months with lighter foods that support overall body repair, renewal and vitality.

Common dietary challenges that affect our ability to spring forward with exuberance are:

- Limited nutrient value of food
- Difficulty in finding fresh foods for every meal
- Reliance on processed or fast food
- Lack of time to prepare meals
- Hurried or on the run meal times

These challenges result in two problems; not enough essential nutritional components, particularly minerals, that should be supplied from our food, and harmful components in some food that can result

in toxic residue that make us feel sluggish. Over time these challenges take a toll on our bodies.

We can release the winter doldrums and increase and vitality by topping off our nutritional tank with superfoods and establishing a few simple daily routines. Fresh, clean, pure water is our best defense against premature aging and chronic malaise.

Food choices that include fresh vegetables, fruits, and whole grains will be like a breath of fresh air to our whole system. Small portions of wild or free range animal products will supply amino acids and proteins.



By feeding our body key youth-enhancing ingredients and using the same nutrients in our daily skin care program we will see the results of renewing our whole body from the inside out.

Choose exercises and move your body in ways that enhance how you feel about yourself. Positive movement can support us both mentally and physically and also improve digestion.

Nourish

A great way to kickoff spring cleaning is to add concentrated superfoods to our diet. At the foundation of our spring superfood program are Original Essentials, the five core products nourish our internal terrain.

Go Green, Peak Protein, BG Bars, and liquid concentrates like Vision include a broad array of phytonutrients, micronutrients, trace minerals and antioxidants. The absence of preservatives, colors or stimulants increase their value and benefits.

Nourish your skin with three daily actions: cleansing, toning and moisturizing. nv.skin products can be selected specifically for normal, dry, oily, combination, or mature/sensitive skin types.



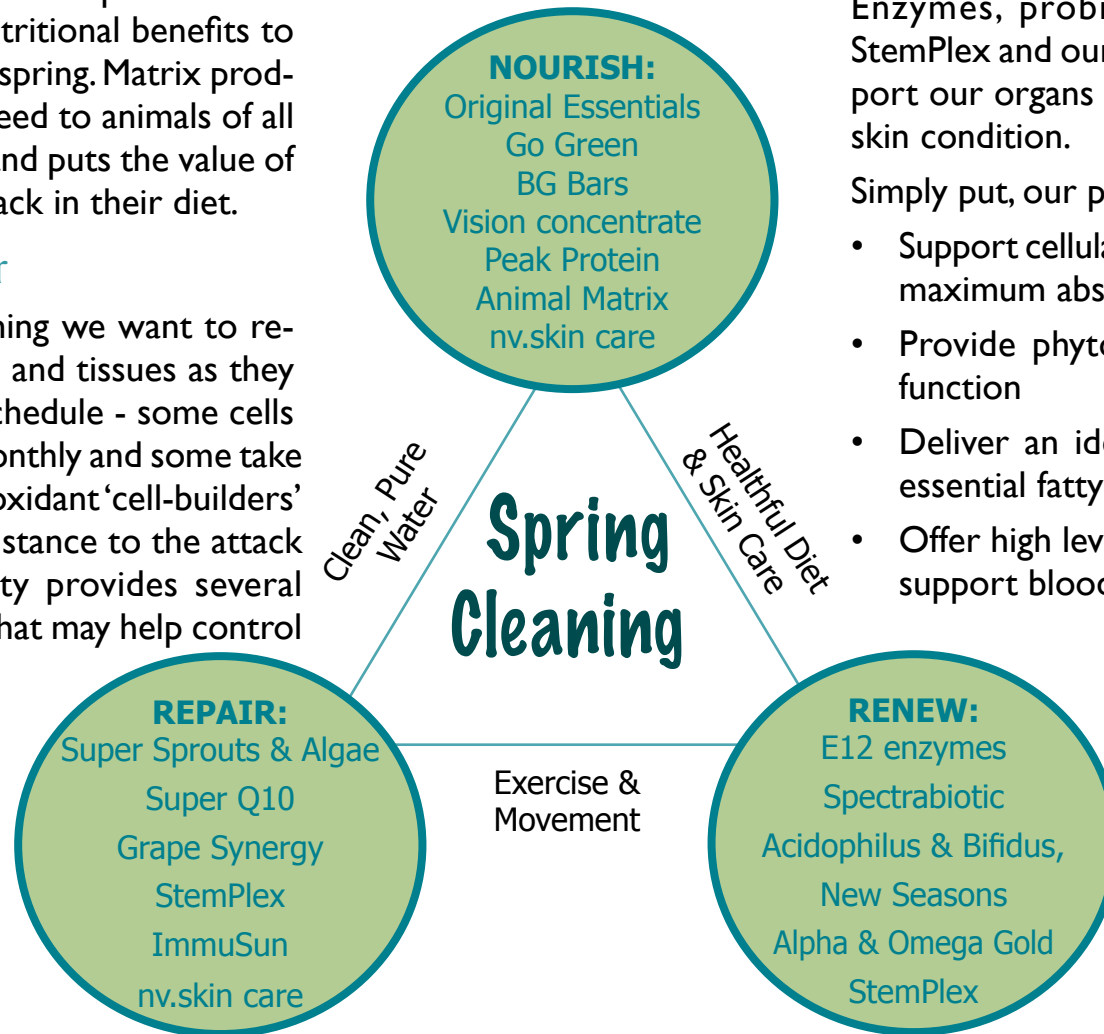
"If we're not willing to settle for junk living, we shouldn't settle for junk food." ~Sally Edwards

Dog, Cat and Horse Matrix products are formulated for our companion and performance animals and offer them nutritional benefits to assist their transition into spring. Matrix products are safe and easy to feed to animals of all ages and work schedules and puts the value of free-range food choices back in their diet.

Repair

To encourage spring cleaning we want to repair and support our cells and tissues as they regenerate on a regular schedule - some cells regenerate daily, others monthly and some take years. With the use of antioxidant 'cell-builders' you can improve your resistance to the attack of free radicals. Simplicity provides several antioxidant formulations that may help control the damaging process of cellular oxidation for you and your animals both inside and out.

All skin types can benefit from regular treatment to remove dead skin and enhance youthful appearance. The nv.skin exfoliants and masques are an attractive alternative to harsh abrasives often found in many facial products.



Renew

Enzymes, probiotics, the gold formulas, StemPlex and our New Seasons cleanser support our organs of digestion, elimination and skin condition.

Simply put, our powerhouse foods:

- Support cellular regeneration by permitting maximum absorption of nutrients
- Provide phytonutrients vital to immune function
- Deliver an ideal ratio of omega 3 and 6 essential fatty acids
- Offer high levels of pristine chlorophyll to support blood and liver health.

Additionally each serving provides over 50 organic vitamins and minerals and 20 essential amino acids. All together Simplicity's product line provides the building blocks for cell repair and regeneration.

Let us help you spring forward with vitality. We can show you how to extinguish winter doldrums, look and feel light and bright and nurture your internal terrain.