



# **The Living Beauty Detox Program: The Revolutionary Diet for Each and Every Season of a Woman's Life**

*Ann Louise Gittleman*

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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.

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Have you spare time to get a day? What do you do when you have a lot more or little spare time? Yep, you can choose the suitable activity intended for spend your time. Any person spent their very own spare time to take a stroll, shopping, or went to often the Mall. How about open as well as read a book entitled The Living Beauty Detox Program: The Revolutionary Diet for Each and Every Season of a Woman's Life? Maybe it is to be best activity for you. You know beside you can spend your time together with your favorite's book, you can smarter than before. Do you agree with their opinion or you have some other opinion?

#### **Jose German:**

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