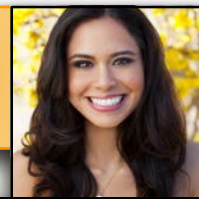




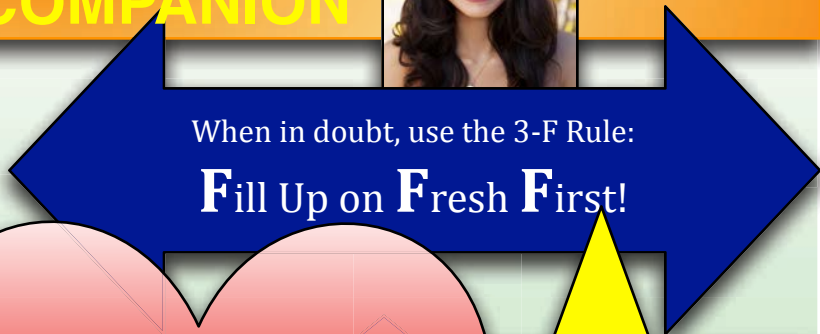
# Beauty Detox Foods DAILY COMPANION



If you have a beauty issue with...

- Skin** = Clogged elimination!
- Hair** = Poor digestion, low vitamins/minerals
- Eyes** = Poor sleep, heavy foods at night
- Nails** = Stress, B vitamin deficiency
- Weight** = Too much oil/fat, dense foods, toxicity

Use your copy of *Beauty Detox Foods* to create a food/recipe plan to improve all your beauty issues!

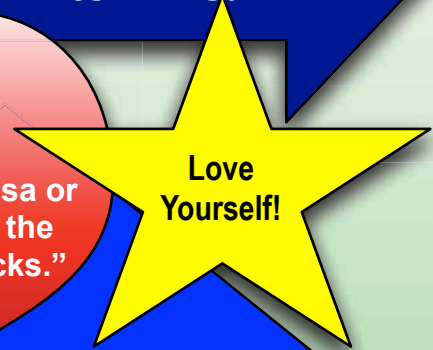


When in doubt, use the 3-F Rule:

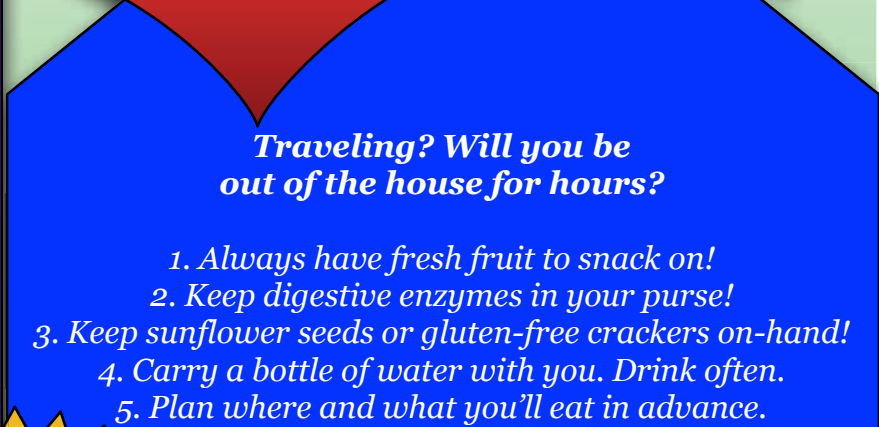
**F**ill Up on **F**resh **F**irst!



**Healthy Snack Tip:** "Keep salsa or hummus in the fridge (or at the office) along with veggie sticks."



Love Yourself!



**Traveling? Will you be out of the house for hours?**

1. Always have fresh fruit to snack on!
2. Keep digestive enzymes in your purse!
3. Keep sunflower seeds or gluten-free crackers on-hand!
4. Carry a bottle of water with you. Drink often.
5. Plan where and what you'll eat in advance.



*"Every time you put something into your body, bless it and know it's making you more radiant and beautiful."*



**At a restaurant?**

**Keep it simple! Safe bet is always a salad with lemon, a side of veggies, and at most one other item (veggie burger, fish, etc.)**

**New to Kimberly? Click Here for More Beauty Tips!**  
[www.kimberlysnyder.net](http://www.kimberlysnyder.net)  
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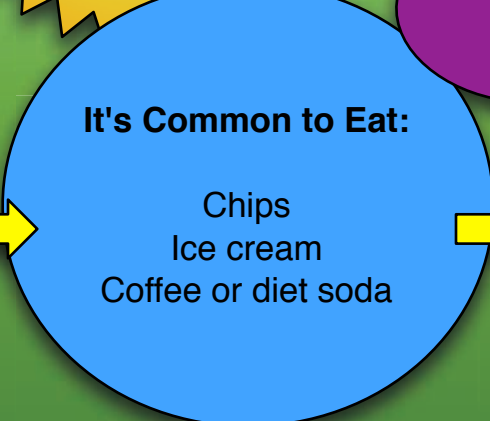


*"Progress, not perfection."*



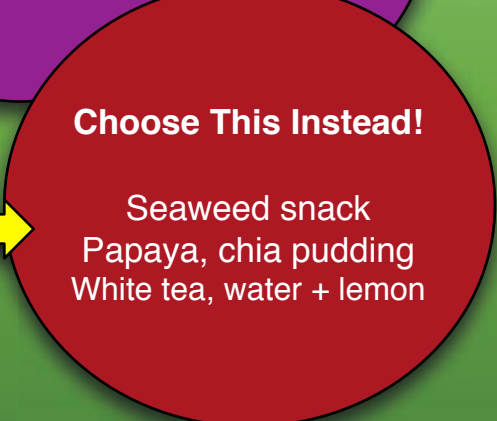
**3 Cravings to Watch:**

- Crunchy/Salty
- Soft/Creamy
- Flavored Drinks



**It's Common to Eat:**

- Chips
- Ice cream
- Coffee or diet soda



**Choose This Instead!**

- Seaweed snack
- Papaya, chia pudding
- White tea, water + lemon