



10 Steps to Beautiful Skin, a Healthier Body and Higher Energy

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Raise Your Energy!

You are energy and everything around you is energy! It is your choice to create the energy you want to live with. When you are high on energy - you feel happy, full of life and active. You choose!

Sources of Energy ~

FOOD:

Choose healthy foods that will raise your mood and energy levels: Raw organic fruits and vegetables, green and fresh juices and raw seeds and nuts provide great energy.

PEOPLE:

Are the people you spend time with happy and supportive or angry and depressive? Surround yourself with supportive people that appreciate you, love you, and still challenge you. Choose to be around people that bring the best out of you.

OUTDOOR ACTIVITIES:

Do you spend too much time indoors? Are you surrounded with electronic devices all day long? Are you exposed to natural day light or artificial lights? Move more. Take a walk in nature where the air is cleaner. Take a walk on a beach, in the mountains or in a park. Better air equals more oxygen for our bodies and helps boost moods and feelings. The sound of waves, birds, and even the movement of trees will help you feel more relaxed and quite amazing! Get out and get some sunshine. Nature is rich in colors which elevate your mood and raise your energy. Remember to breathe, relax and look around you. Mother Earth is beautiful. Dress well, feel beautiful, keep your head up and walk with confidence.

"Think of all the beauty still left around you and be happy." ~ Anne Frank

CREATIVITY AND SPIRITUAL LEVELS:

Do you do what you love to do? Are you angry and impatient doing what you have to do? Spiritual growth is connecting to the essence of who you are. Life is precious - learn to appreciate the holy essence of being at the present moment. Learn to forgive, strive to learn and study more - and educate yourself about things that matter to you. Work towards being excellent in whatever you are doing.

Keep your energy up! Be creative - draw, craft your own things, prepare a meal, plan a trip, have a party...

Develop your brain by improving your brain performance with education and brain training.

Did you know that dancing helps to develop the brain? Dance more, enjoy the music, have fun and move to the rhythms.

WORK ON A GOOD MOOD!

Listen to your favorite music, spend time with kids or animals, join like-minded groups, spend quality time alone, do things that make you happy. Your energy level rises when your mood is enhanced, allowing you to enjoy life more.

YOU CHOOSE!

Make a conscious choice to be charged with good energy. Life is good, be the captain of your own ship and have as many adventures as possible. Life is short - make it a beautiful journey. Keep yourself happy and make a difference!

*"Love one another and help others to rise to the higher levels, simply by pouring out love.
Love is infectious and the greatest healing energy. ~ Sai Baba*

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You are a Miracle Being

A miracle is an event so unlikely as to be almost impossible.
By that definition, I've just proven that you are a miracle.

Your body is built to work in harmony. Everything is interconnected - each one of our organs depends on each other. We are most advanced machine ever made. Step back to the basics and appreciate every breath as a miracle. Take time to experience the power of your heartbeat, the way you are able to move your body, the power to smell, taste and touch.

Do not take your life for granted, honor your feelings and emotions, remember to laugh often. Keep your head up, appreciate and be proud of what you have.

Love your life – it's in your hands. You are the only one who can make changes in your life, make them great! Remember you are amazing and you have all the magic you need to create the life you want for yourself.

Now, move forward with confidence, feel and act like the miracle you are.

*"There are only 2 ways to live your life. One is as though nothing is a miracle.
The other is as though everything is a miracle." ~ Albert Einstein*

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Your body is a "Rolls Royce"

When we where born, we were gifted with the most advanced body.
Your body is built like the Rolls Royce of Mother Nature.

Would you put cheap fuel into a Rolls Royce? I guess not! It's a beautiful and very expensive machine. If you have the best you will treat it best! Right?

We have the Rolls Royce, we have the body. But what are most of us are doing?

Feeding it with bad, cheap fuel. Fast food, processed food fried food, artificial food, artificial colors and additives. Too much sugary and flour based foods. Too much alcohol, fat, dairy, and meat. Cigarettes, cigars, drugs and stress are all dangerous recipes that ruin your Rolls Royce.

Your body is over-working to clean all the junk and toxics out. Instead of a smooth ride, we have problems, like being overweight, cancer, eczema, psoriasis, pain, inflammation, neurological problems, physical problems, dizziness, depression, and so much more.

Do You want a smooth ride? Yes, of course you do so give your body the best fuel!
Choose fresh organic food, clean from pesticide and chemicals. Eat mostly raw fruits vegetables nuts and seeds. Drink clean spring water. Do not smoke, and limit your alcohol consumption.

Your body will thank you, you will feel so good, and be in a better position to enjoy the best ride of your life!

“Nothing Makes a woman more beautiful than the belief that she is beautiful.” ~ Sophia Loren

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Detoxify your body and start fresh!

Research suggest that toxins contribute to obesity and weight gain lead to chronic inflammation. and disease. The American cancer society states that 75 % to 80% of cancer is linked to environmental factors such as toxins.

Toxins are in the artificial foods we eat. Artificial colors and preservatives, plastic bottles, cans, and the chemicals sprayed on fruits and vegetables to preserve the freshness are all artificial. Hormones and artificial foods are injected into animals, the instead of natural food. Colors are injected to enhance the color of the meat, the water we drink, the air we breath and the artificial skin care we use like shampoo, lotions, soaps, perfumes.

The toxins in your body could make you feel easily angry. Toxins can be one of the reasons you are often tired, may cause constipation, bloating and cravings you can't always control. Toxins can cause neurological problems and numerous general health issues, they can ruin your life if you don't take control of them.

HOW TO DETOX and ELIMINATE THE TOXINS MENTIONED ABOVE?

- Take walks often, near the ocean, mountains and parks with a lots of trees & clean air.
- Use natural and organic skin care like www.NavaNaturalSkinCare.com
- Eat fresh organic fruits & veggies only (it flushes toxic out of the body).
- Use herbs formulas to detox the lymphatic system, liver, kidneys, and colon.
- Drink clean water and green juices for as long as you can, they heal and clean your body.
- Fast and clean your body for one day to three days, (Mix water, lemon, maple syrup and cayenne pepper and drink as much as you like).
- Use BPA free bottles and cans.
- Get help with a natural practitioner to customize your detox to your needs.
- Be happy!

Make a decision - making the decision to detoxify your body is first step to upgrade and transform your life to a healthier lifestyle! Take action - taking action is the step where you know you are on the right way to better health, a stronger body, and sexy skin!

Benefits are abundant - you will remove harmful toxins from tour body, loose weight easily and safely, increase your energy, boost your mood and mental clarity, reduce inflammation and heal your body from the inside out!
Feel and look younger and live in a healthy body – the Nava Natural way see www.NavaNaturalSkinCare.com.

*If you are sick, you cannot enjoy your wealth. If you are sick, you cannot enjoy your relationships.
If you are sick, you bring sadness to your loved ones. Life is a choice, choose to be Healthy! ~ Anonymous*

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Food is Your Healing Medicine

The healing power of natural food is part of the power of Mother Nature and the connection to the human body .
Healing food grows on Mother Earth for our well being!

Fresh and beautiful - fruits and veggies are naturally loaded powerful vitamins that help increase your energy. The beautiful variety of color from fruits and veggies give them their own character and healing benefits to the body. Have you ever thought that if you cut a carrot it looks like your iris, like your eye? Is carrot not known to be good for your eyes? The same with walnuts, don't they look like the brain? Are walnuts known to be good for the function of the brain? Yes, they are - pure nutrition made by nature!

Coconut is another magic fruit. The hidden water inside of this fruit, is magic - full of electrolytes and nutrients for your body. Green leafy vegetables are rich in minerals. Fruits are rich in vitamins, seeds and nuts are rich in amino acids and calcium. Mother Earth does provide everything we need for healthy body and mind.
Raw Food will keep you healthy and full of life. There are dead foods and there are live foods – choose your food carefully.

Dead foods are low in nutrients, have no benefits to your body and can kill you. It is just comfort food - mostly rich and heavy, enticing us to eat more and more, so we temporarily feel full and content. Dead foods create too much acid in the body. It causes burning sensations in your stomach and makes you feel tired. This kind of food is usually easy to prepare or in already prepared in bags, boxes and cans for us. Dead food is usually overcooked or fried, over-processed, rich in fat and processed sugar, has artificial flavors, colors and artificial preservatives.

Fast food, fried food, artificial sweetened food is the worst for your health. It is difficult for your body to digest artificial food with so much fat, protein, sugar and toxins. All sodas and alcohol are adding toxins and acids to your body and is the source of many diseases. There are very little benefits for your body and well-being - if anything at all.

Benefits of live food and choosing the right food for your well-being can change your whole life. Live food is rich in living frequencies. It is mainly raw. It energizes you, helps your brain function better, makes you feel young and look young, and makes you happy. Live food heals and repairs your body. You don't need to eat much to feel good.

Choose the right food for your well being. Your life and your health are in your hands! Live in a healthy body!

"Look deep into nature, and you will understand everything better." ~Albert Einstein

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Benefits of Natural and Organic Skin Care

Products that are made with natural and organic ingredients, are good for your well-being. This is the power of mother nature, natural products obtained from essential plants, oils, waters and salts will keep your skin healthy and beautiful.

The nerve system and the skin are connected. The nerve system transfers nutrients to the skin. To keep your nervous system calm, use botanical and essential oils, try aromatherapy, be happy and smile more, it will keep your spirit up!

Because there are such a high number of pollutants in the air, the skin and body are highly susceptible to environmental damage. Air pollutants increase skin aging and promote symptoms such as dry skin, acne, psoriasis, rashes, cellulite, and eczema. To keep your skin healthy and beautiful you want to use skin care products that have antioxidant properties, vitamins, healing minerals, and botanical and essential oils.

Natural Skin Care Sources:

Dead Sea Salts - are great to heal and rejuvenate your skin, keeping it soft. Circulatory stimulation and exfoliation with Dead Sea salts allows vitamins and minerals to penetrate your pores.

Dead Sea Mud – helps to detoxify your body and provides relief from joint and muscular pain. It enhances cell regeneration and improves skin tone.

Avocado Oil - is a pure source of vitamin E, which is great for younger looking skin. It is rich in vitamins E, A, B1, B2, D, essential fatty acids and lecithin. Avocado oil also increases water soluble collagen and reduces age spots.

Rosemary - is good for hair growth and skin rejuvenation. It is a great toner and purifier with antimicrobial properties.

Red Raspberries – are a natural SPF and moisturizer for your skin.

Seaweed - is a great skin conditioner. Seaweed is packed with vitamins, minerals, trace elements, and amino acids that are essential in maintaining healthy and youthful skin.

Coconut oil - is good for moisturizing the skin and hair.

Jobba Oil - helps fighting wrinkles and dry mature skin

Camomile - is an anti-inflammatory. It relieves and heals skin irritations, reduce puffiness and soften the skin. It's gently nature is superior for sensitive skin.

Grapefruit Peel Oil - is good for anti-cellulite treatment, helps brighten dull tired skin and tones the skin and tissues.

Lemon Oil - purifys and tightens your skin. It is a natural antioxidant, antibacterial and antiseptic and helps with skin pigmentations.

Lavender - is relaxing, penetrating to the skin, has antiseptic properties, relieves and heals skin irritation, and helps calm and sooth your skin.

Raw Shea butter - softens rough, dry skin, especially on the heals.

Aloe Vera – used to heal and sooth irritating skin.

Green Tea – one of the most powerful antioxidants that help protect the skin from skin cancer.

Arnica - is good to prevent and heal bruises. It relives inflammation and is used as a wound antiseptic.

Take care of your skin and you will enjoy soft, smooth, sexy and healthy skin.
Use natural organic products from www.NavaNaturalSkinCare.com

“I'm a big believer that if you focus on good skin care, you really won't need a lot of makeup.” ~ Demi Moore

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Love and Happiness

When we get together and focus on love and healing the world, we create powerful, high wave frequencies that can change all humanity. All relationships around the world between people and nations will become spiritually connected.

Sounds good right? It is very possible. We are connected with our hearts across places and time. Our heart is our higher self - color your world with love! Love is powerful and essential just like fresh air. Dance to the rhythm of love and celebrate life! Tune in to the live frequencies of love...it's everywhere. Raise your confidence, and start living in the present as the source of love and light. Look around - there is abundance of all our needs in this world.

Some Of us don't see it, some don't hear it, some damage it ,some people just ignore it.

Open your eyes and you will see, open your heart and you shell receive. It begins with you, your love for yourself as you nourish that it is easier to and give and care for others.

Lets move from darkness to light, from sickness to good health, from poverty to richness, from hate to love! Let's Bless the world we live in.

The power to change the world we live in is in each and everyone of us.

Lets change the vibration of global war to global peace & love.

The power to make this world abetter place is in our heart.

Fill your heart with love and joy.

Meditate for peace.

There is abundance of all we need on Mother Earth.

Welcome abundance to shower on us!

Celebrate Mother Nature,the sunlight, the water, the air, the beauty around us - celebrate it all .

Celebrate all that makes our life possible!!

Let's celebrate life together and not leave anyone behind.

Choose unity!!!

"A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feelings as something. Separated from the rest, a kind of optical delusion of his consciousness . This delusion is a kind of prison for us, restricting us to our personal desires and affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty." ~Albert Einstein

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Be Kind

Sometimes when you help one person, it will feel to you, as if you've helped the whole world. Try to positively impact and influence others people life and make a difference! Smile to the world, the world will smile back to you. Give a helping hand and do not look to get something in return. Do it with your pure heart. Listen and understand that you are special, you are unique! Each and everyone of us is special in their own way. You are gifted with something only you can do in your unique way.

Try to think out of the box and be more connected to who you really are. Love yourself and love others. Appreciate what you have and who you are. Acknowledge and be grateful that your life is blessed and easier then many so many others at this time on Earth. Share the blessings, go out of your way to help others whenever you can. You are gifted with something only you can do, in your unique way. Be happy about that - there is nobody else like you.

The abundance flows through you like a river, let it rush through you, let it be! Open your heart and arms and welcome the abundance into your life. Your life is happening now, your future is today, for tomorrow is unknown. Celebrate your life like there is no tomorrow. Share your blessings with others, make this world a better place. One smile at a time.

"Everyone of us needs to show how much we care for each other and, in the process, care for ourselves." ~ Princess Diana

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Your Higher Self

We are connected with our hearts to each other, no matter where we are. Having sympathy for other peoples needs, especially children who suffer hunger, pain, illness, or a catastrophe from a natural disaster is one sign of compassion and awareness of your higher self. We feel a deep need and want to help, reaching out with donations, sending clothes and blankets, and collecting money, becoming a volunteer and create ways to help, no matter how far we are.

We are inherently good! We get emotional when we see somebody up against the odds with the potential to win, making it and enriching their higher self with higher goals and succeeding. We are connected to each other across place and time. We are intuitive, we can feel the pain and joy of others. We can teach our heart to hate and create war and anger or we can use our heart to create peace and love on earth. Our heart is our higher self. Mother Earth created everything with love and care. We just need to flow with it be part of it and embrace it. Dance to the symphony of love and harmony.

Mother Earth is an abundance of colors, beauty, treasures, and miracles that are happening every day. We are gifted with a beautiful and rich earth. We are connected with each other, we are connected with Mother Earth!

Our physical being is built with amazing harmony - each and every organ in our bodies. When just one organ is sick, our whole body gets sick. Likewise with Mother Earth - built in amazing harmony with each and every element in nature. When one element gets interrupted it effects the whole world, and can effect the quality of our lives as well. We are connected to and part of everything around us, we depending on everything around us. We cannot live without sunlight, water, air, plants, fruits, or night time.

Everything in nature was build in harmony with each other. It was build with love for us. We are part of nature and we are part of the creation of love. Live in good health and harmony with all!

"We are not onlookers peering into the unified field of separate, objective reality - we are the unified field. We can reach beyond the physical body and extend the influence of intelligence. Every thought you are thinking creates a wave in the unified field. It ripples through all the layers of intellect, mind, senses, and matter, spreading out in wider and wider circles. You are like a light radiating not photons but consciousness. As they radiate, your thoughts have an effect on everything. Your relationship to life is the same as that of one cell to your whole body. One cell can talk to your whole body. One cell can influence your whole body. You can talk to the whole of life - influence the whole of life. The whole of life is as alive as we are. The distinction between 'in here' and 'out there' is a false one - as if the heart disregarded the skin because it was not on the inside." ~Deepak Chopra

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Live in a Healthy Body, Mind & Spirit

We have many reasons to celebrate life! The water flows, the birds are singing, the flowers are blooming, butterfly's saying hello, the sun shines on us, the beauty and the power of the ocean around us, the power of the stars above, the people you love and the ones that love you back, just to name a few...

Welcome everyday with joy! Thank God, thank the universe, thank the miracle that brought you back into life this morning. Celebrate a new born day!

Whether you are in great health or you are going through physical or mental challenges, welcome everyday with joy and a positive attitude. Relax your muscles - it hurts less, smile more - it warms your heart. If you were born with a physical challenge and weakness, work to strengthen your spiritual level. Be the best in what you choose to do. Have fun doing it . It's not a race. Use the gifts you've been given and fly with it. Use your imagination to be the best you can, in anything you are doing. Be the happiest you can be to make a difference!

We are different from each other but yet powerful, we are alike but yet it's our habits that makes us different. We are beautiful but yet each and everyone of us posses its our unique beauty. We are talented but yet each of us has its own unique way to express it and bring it to the world.

The beauty of this world is its diversity. We are like a field full of colorful flowers. Each flower has its own color and beauty, each flower has its own power to heal, or poison you. Most flowers and plants have healing properties, known to heal our bodies, we use it for food and medicine. But some are known to possess poison and drugs in them.

Look at your life like every day is another chance given to you to make things better for you and others. Keep your head up, flow with changes that life bring you, stress less. Inhale and breathe in fresh air, it helps you physically and mentally. Exhale and let go of the things that stops you from moving forward, like worrying to much, anger, hate, or fights.

Choices are ours to make. If you have a bad outcome from a choice you made, it is not necessarily a mistake. Learn from it, grow a new awareness, be aware that is not what you want in your life. Create a new boundary that allows you to flourish and become more of what you want.

We are here for a short time - make it good, make life fun, make it memorable for yourself and others!

Have the best journey of your life!

Nava Natural

Love you!!

To sign up for our newsletter, special offers and beauty articles see our website www.NavaNaturalSkinCare.com

"Our goal is to give the world a taste of peace, friendship and understanding, through the visual arts. The art of celebration of life. We are dedicated to making this the most emotional opening ceremony ever." ~ Steven Spielberg