



Diet and Nutrition – you are what you eat. Let’s face it, what you put into your body affects what comes out. Garbage in – garbage out. Feed yourself with sun nourished healthful foods and the right supplements, and you will glow to be all that you may be.

Nowadays there are some simple basics to diet, and these center around – moderation. You needn’t be a strict vegetarian to enjoy the best diet, nor should you be tearing into red meat every chance you get. Rather, a balanced diet that includes plenty of dark green vegetables, combined with low fat fish or chicken, topped off with fresh fruits, and plenty plenty plenty of pure water (at least ten eight ounce glasses per day) will allow your body to thrive.

Be mindful of what works for your body, experiment, choosing healthful low fat foods, and you will become more of a highly refined machine, poised for success, rather than a body dragged down by poor eating.