

Naked Beauty

Your Guide to Getting Gorgeous, Naturally



shakaya leone

DEDICATION

*I dedicate this book to every woman who carries
a dream of beauty within her...
Beauty is another name for what you are.*



DISCLAIMER

This information is for those who take responsibility for their choices and embrace the opportunity to expand their beliefs, dissolve limited thinking, and awaken their hearts to a perspective of vibrant health and blissful living.

This book is not medical advice. It is recommended that you consult with your health care provider before using any of the ideas outlined in this book.

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FOREWORD

You Are a Beautiful Creature unlike Any Other

I have never met a woman who wasn't beautiful. Women are divine expressions of beauty. However, that sounds like a lofty platitude when we have split ends and bad skin, no energy, and are out of shape. Then, we are not in touch with our beauty. We're in touch with wanting a makeover.

We all want to look and feel beautiful. Is that vanity? No, it is virtue. Beauty uplifts the spirit wherever it is encountered. True, naked beauty radiates from our essence. Beauty is also a reflection of health, like two sides of the same leaf. And every woman deserves both.

You have the rarest beauty imaginable. Your beauty is unique, like a snowflake...though you may feel it's hiding under a snow bank. Sometimes, you just need to refine what Mother Nature gave you, with a little pampering that removes the blocks to your radiance.

Knowing how to take care of your flower face and body temple is a skill. It's about how you think, what you do, the choices you make and feeling empowered, not a shallow quest for beauty in a bottle.

There are techniques that really work. Unfortunately, so much of what you find out there is useless information that isn't worth your precious time. We women are practical creatures and want practical ideas, albeit with flair...

In my own questing, I have discovered proven pearls, which I will pour onto you like a Spring shower. Having researched and tested dozens of simple and effective natural recipes, techniques and treatments, only the BEST have found their way into this book.

This is your new Guidebook to Beauty where ancient wisdom meets modern science in chapters overflowing with beauty basics, stunning secrets, recipes and treatments, plus, tips from beautiful women around the world, and so much more.

Within these pages I am going to take you on a journey of uncompromising beauty, the way Nature intended.

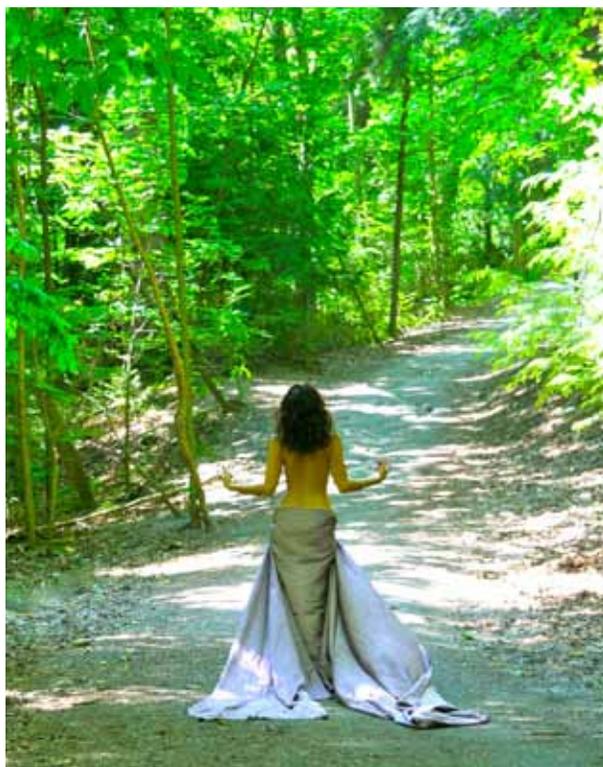
So sweet sister, grab a cozy throw to curl up in, and get comfy for the adventure that awaits you...

Shakaya

*When you are on intimate terms with your beauty,
you create it endlessly.*

INTRODUCTION

*When We Lose Touch with Nature,
We Lose Touch with Our Nature*



When it comes to natural beauty, Mother Nature holds the keys to the Queendom. But, like any sovereign female, she refuses to just spill her secrets. We must honor her wisdom before she will allow her veils to be lifted.

For generations grandmothers, mothers, girlfriends and sisters have passed down Nature's beauty secrets using fruit, herbs, spices, aloe, henna, clay, special oils, yogurt, honey and flowers to scent their bodies, soften their skin or color their hair. And, they did so without using artificial ingredients and toxic chemicals. So can you.

In the pages that follow, I will share with you the secrets of how to use Nature's gifts to enhance your own gifts, for breathtaking beauty.

As a Licensed Aesthetician, Colon Hydro-Therapist and Raw Foodist I have explored beauty from inside out for over two decades. What I have discovered is that what makes

Naked Beauty

all the difference in how we look and feel in our 30's, 40's 50's and beyond, is our food.

There is nothing more beautiful and powerful than a woman connected to her beauty. A woman like that can light the spark of a thousand women. Beauty isn't merely your birthright; it's your very nature. Nature's gifts will keep you connected to your gifts.

Get ready to be thrilled as you discover the secrets of Nature and how to use them to bloom your beauty to its fullest. Becoming more beautiful than ever is only weeks away... and, your results can last a lifetime.



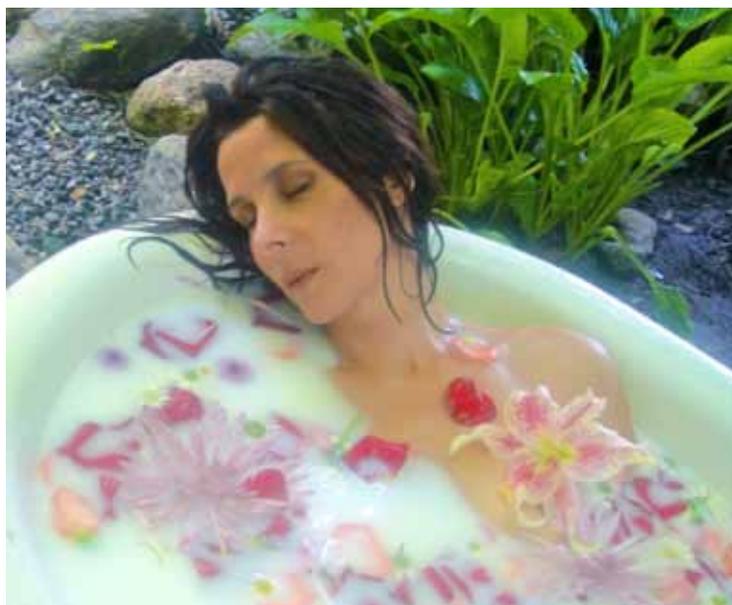
The flower blooms because she is the perfume she loves.

Rumi

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SERENE SWAN

*Polishing Your Diamonds Within
by Allowing Nature to Nurture You*



Beauty is a delicious subject that has intrigued me since I was a girl. I wanted to be like my best friend, with the knowing smile from having been told she was pretty all her life. I felt like an ugly duckling...

But all females are regal at their core, and I am, too. I refused to stay plain and invisible. I have been on a quest to discover secrets of beauty that has literally taken me around the world, inspiring me to:

- ♥ become a Licensed Aesthetician In 5-Star Spas
- ♥ become an aroma therapist so I could relish the amazing properties of potent oils from flowers (Rose, Lavender, Orange Blossom, etc.), barks (Cinnamon, etc.), leaves (Sage, Ravensara, Eucalyptus, etc.), fruit (Orange, Grapefruit, Neroli), herbs (Mint, Oregano, Thyme) and resins (Amber, Frankincense, Pine).

- ♥ become a Colon Hydrotherapist so I could help women beautify from the inside-out
- ♥ travel to Europe, Asia, and Australia, interviewing beauties for their unique beauty tips
- ♥ eat for beauty, as I learned that Nature's foods are the fastest, most effective beauty enhancers available

At 45, people tell me I am radiant...Radiance is a freshness that shines forth at any age when we feel deeply nourished. Nature does this for us, naturally! Through reconnecting to the natural world, I have awakened to my own beauty in a way I couldn't do when I was younger.

But, it wasn't always this way for me...

MY STORY

All my life I felt anything but beautiful. I was plagued with bad skin and ill health. I didn't believe I could ever be beautiful. I was convinced that beauty was something that beautiful women 'had;' that they won some genetic lottery...

I was very, very skinny and flat-chested. It didn't help that, in my teens, I developed severe acne. I was painfully embarrassed about it.

Feeling insecure about my looks, I would often turn to food. Like a desperate lover who feels rejected and becomes frantic for approval and love, I 'needed' certain foods to give me the comfort I didn't know how to give myself. My emotional cravings manifested into physical cravings, and I often found myself nursing a carton of Häagen-Dazs ice cream late at night in an attempt to nurture myself. Of course, this perpetuated a vicious cycle that I unknowingly kept myself trapped in. The more insecure I was about my looks, the more I would crave comfort through food. The more I gave into these cravings, the worse my acne became.

ONE CHANGE CAN LEAD TO TRANSFORMATION

I tried everything to combat my acne including going to the dermatologist for those painful treatments where they scrub your face with dry ice leaving it burnt, fiery red, and angry looking for hours. This torture went on twice a month for a year but never helped improve my skin.

Eventually, I sought better solutions. I changed my approach from trying to beat my acne, to healing it.

I began experimenting at home with a book on natural remedies. I was fascinated when I discovered that using baking soda and salt with a few added drops of essential oils made 'toothpaste,' which I still love to use to this day. I found that using olive oil to remove makeup was gentle and effective. I began using overripe mashed-up avocado or olive oil to shave my legs. I made simple rinses for my hair and body using solutions of diluted apple cider vinegar and essential oils, plus toners and spritzers with water, Aloe Vera and lavender or rosewater.

Eventually, I built up the confidence and knowledge to clear up my acne. I used fruits like papayas or mangoes to wash my face, delighting in how bright and soft my skin could become. I tried oats mixed with a little honey and plain yogurt to scrub out blackheads. I created my own facial masque from spirulina (an algae, which I also consumed as a nutritional supplement), and coconut butter, to nourish my skin.

An amazing testimony to this new, natural strategy is that despite having acne all over my face and neck, I didn't scar. I healed, with perfect skin.

FOOD IS A SACRED GATEWAY

My investigative work paid off. All this experimenting actually empowered me to stop going to the dermatologist for skin (mis)treatments, which was a relief in itself! My acne healed and I was thrilled about that. But, I still felt unattractive. I had very dark circles under my eyes from insomnia. I was constantly constipated and my immune system was shot. I was sick all the time with the cold and flu. I would get cold sores every month. And, not just one, I'd have 4 or 5 at a time. I was skinny, with no energy and no sparkle. This went on throughout my 20s and early 30s.

One day, it hit me! If natural foods work so well on outside, as they did in clearing my skin, how much better will they work on the inside? I had been vegetarian for many years already, but now I experimented with being vegan and giving up all dairy. I also got into macrobiotics; then herbs and supplements, and yoga and colonics. I noticed incremental results all along the way with every upgrade in my diet.

Then, I discovered the raw food diet. I learned how to detoxify my body, how not to clog her back up, and how to nourish myself on a cellular level. That is when the magic really happened for me! When I discovered the raw food diet, a world of beauty opened before me, all I had to do was walk in. The healing power of Nature's foods, used internally and externally, transformed me on the outside, and more so, on the inside. My health is better in my mid-40's than in all of my life. And I look better than I did in my 20's. Most importantly, I feel amazing! I feel healthy and yes, beautiful!



THE TRUTH ABOUT CRAVINGS

It has been nine years since I went raw. In healing my acne, which led to going raw, which led to healing many beauty issues— and most importantly, how I saw myself— I have learned the secret to healing my cravings. I now know how to avoid them, plus, I know how to deal with them if I experience them. You can too, my Butterfly!

Cravings can stem from either emotional or physiological imbalances. Regardless of whether they are rooted in painful emotions or skewed bio-chemistry, they can be attended to and eradicated permanently, through nutrition. Once I gave my body what it needed, my cravings vaporized. As well, on an emotional level, I began to see and experience, for the first time ever, my beauty as a woman. I no longer craved beauty or acceptance from myself or others because I had it in a profound way. So now, I no longer crave or seek the comfort I once did in food.

Through the ideas presented in Naked Beauty, you will begin to successfully deal with your cravings in such a way that you will find they let you go. That may not even be possible for you to imagine at this point, much less experience. But, I can promise you, it is possible. I know because it has happened for me. Whenever I heard speakers say that after a while of eating wholesome raw foods, that cravings would disappear, I never believed them. 'Maybe that happens for some people...' I figured. Because food was my only crutch, I guessed that is why my cravings were so intense. I never imagined I would ever be free.

Although I have never drank alcohol, or smoked cigarettes or used drugs, I craved carbs and was addicted to my nightly fixes. I didn't mean to be sneaky or secretive, but that is how I felt about my nightly ritual. Have you ever felt like you had to sneak-eat? Have you ever felt guilty about how you eat? What do you crave— sweetness, comfort, and acceptance; to be filled up? What is the pain you are trying to distract yourself from?

These are the questions I ask you to live in, and let the answers surface. It is amazing when you get in touch with yourself in this way. The discoveries are always fascinating. The new frontier is inside! Awareness is helpful. However, simply understanding that cravings are a symptom of a deeper issue, and merely identifying what painful emotions they are trying to mask through food, isn't enough to calm them.

Here's where it gets thrilling! Once you are getting your needs met on a cellular level, something miraculous happens. Emotions, moods, mental belief systems— they get radically altered. Deep patterns get shaken as toxins get stirred up and released. Paradigms start to shift. Cravings dissolve when the body's nutritional requirements are met and the body is in balance. The ideas in this book center on receiving vital nutrition, so cravings become a distant memory.



NAKED BEAUTY

Beauty is not something 'added' to; it is always present and can shine through once the blocks to its radiance are removed. Beauty is the natural result and reflection of vibrant health. We live in a world with many devastating issues at hand. I realize talking about beauty isn't necessarily politically correct in certain circles. So, why is beauty so important to me?

My philosophical answer is a rhetorical question: Is the beauty of a flower frivolous, or a gorgeous sunset superficial? To me, beauty, and our appreciation of it is nourishment for the soul. And, my practical answer is that I don't know a woman anywhere who doesn't feel better when she looks her best. Most importantly, beauty is a reflection of health; health of our planet, health of our body— this is anything but superficial.

Beauty is the vehicle I use to empower women in their health. I love how author and Buddhist Monk Thich Nhat Hanh elevates being proactive in our health as a spiritual expression in this beautiful quote:

Keeping your body healthy is an expression of gratitude to the whole Cosmos— the Trees, the Clouds... everything.



FEMININE ENERGY

Women are SO vitally needed as leaders, caregivers and containers for all that we are and all that we can be. Women are a force of Nature, when we are in our power. But, we've been taught to nurture everyone but ourselves. We may actually feel guilty for 'taking' time to care for ourselves! Yet, when we don't take care of ourselves, we don't have the energy to champion our own vision. And, when we don't feel connected to our beauty, the whole world loses a radiant, fierce and powerful source of divine feminine energy.

Feminine energy is very powerful, and much needed in our world today. One of the best things we can do for the planet is to take care of the divine vessel of our body. When we do, we have more energy, are rooted in self-worth, we look and feel delicious, and we are in our beauty and power as women. We blossom and flower! Just imagine what the world would be if every woman held the temple-space of sacredness towards her body, and embodied her own beauty...

Naked Beauty

From ill-health and low self-esteem, through the ideas I have explored and now offer here, I have been transformed into a vibrant and serene swan. If I can help even one woman overcome whatever stands in the way of embracing her beauty, I will be deeply gratified.

I am thrilled to share all my beauty pearls with my beautiful sisters everywhere!



*And forget not that the earth delights to feel your bare feet
and the winds long to play with your hair.*

Kahlil Gibran

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THE 7 DAILY ANGELS

Beauty is as Beauty Does



There is something deeply perfect within you...Your innermost beauty is always there, but some days, you may feel it is waiting to shine forth like sunshine behind the clouds. I want to share with you the simple basics that you must know to maintain your health and energy, and bring out your beauty, everyday.

The body reveals on the outside what is happening on the inside. Beauty expert Tonya Zavasta warns that unattractive conditions such as hair loss, wrinkles, blemished skin obesity or premature aging are symptoms of our organs struggling to do their job, and are not superficial issues. External, physical beauty is a reflection of internal health. The secret to beauty and glowing health is all about the basics. If you think basics are boring, you aren't doing them right. Basics are sexy, because they give you what you want! And there are tricks to doing them for the fastest, most stunning results.

Naked Beauty

The full expression of your beauty depends on following the basics. They are your beauty blueprints. Don't be fooled by their simplicity. From having coached women for years, I have learned that when women aren't happy, they go searching for solutions, often in exotic potions, pills or diets. But, I have noticed when we get to the root of their issue that it's always the basics that they weren't following, and are unknowingly trying to compensate for. So, when you go through the list below, don't be tempted to skip through them just because you may know what they are. Consider each one carefully to see which ones you are following and which ones are not in place in your life. Not because you 'have' to do all of them everyday, but so you can check to see where your personal challenges may stem from.

Scientists have studied long-lived cultures around the world and the common lifestyle factors among them are pure water and air, home-grown food, a pre-dominantly plant-based diet, positive thoughts, a strong social network, and a meaningful life. In ancient times, the Essenes, a people of illumination and knowledge of the hidden mysteries of Nature, practiced these very disciplines and wrote books about the laws of health. These laws of health have been synthesized into simple basic habits called The Seven Daily Angels, and these habits make up your foundation for lasting beauty.

I know that your day is busy and full of decisions. Decide to make today special. Don't wait for the future; you'll be waiting forever. Now is where the power is! Decide that you are not going to doubt your beauty anymore. Decide that you are the most delicious and gorgeous creature, unlike any other. Decide to cherish yourself. Embrace the beauty basics, baby!



*Experiencing one's beauty is a wordless miracle of resonance
that is directly linked to a woman's ability to
profoundly love herself.*

THE 7 DAILY ANGELS

♥ ANGEL OF JOY

This is the first basic you want to implement, because when your inner world is shining, you can transform any outward negatives.

Surround yourself with a strong social network of loving relationships. Nothing else seems to be as significant a source of stress or happiness. Your health and beauty are intertwined and are affected by the way you 'relate to your relationships' including your primary one, with yourself. It is inspiring to see a woman who truly loves herself. A woman like that is a sacred flame who can light the spark of generation.

Gratitude and Forgiveness are cornerstones of healthy relationships.

The Angel of Joy reminds us to cultivate a garden of beautiful relationships.

♥ ANGEL OF WORK

Without purpose and meaningful work, there may be temporary moments of happiness, but not that lasting contentment we all desire. When you explore and express your passion, your work becomes a gift to yourself and the world. Move towards what lights you up, and away from what drains you. When you do what you love, all your work is play, and you will never have to work another day. This is a great secret of life. What do you most love to do? Dream a little before answering...

The Angel of Work guides our creativity with passion and purpose so that we may engage in meaningful work.

♥ ANGEL OF FOOD

In the Essene Gospel of Peace, it says never to go to the table until the Angel of Appetite calls you. Have you noticed that hunger is a missing element in our modern diet? Wait until you experience genuine hunger, as opposed to mere cravings and low-blood sugar symptoms, before eating. There is more to the art of eating than merely the food we eat. When we eat, how much, in what combinations and mood, all have an effect on how our food is received and processed.

A wholesome diet of at least 50-70% raw, natural food that is organic and minimally processed, grown locally, prepared with love and eaten with gratitude,

is optimal. This particular basic is probably the one we have the most control over, and yet the most difficult time with. I am going to make this one SO easy for you. In the following chapters, The Beauty Elixirs and Home Spa, I will show you two ingenious ways to get the most out of your food, and neither is by eating!

The Angel of Food serves to remind us that how we eat is as important as what we eat.

♥ ANGEL OF WATER

It is interesting to note that our bodies are roughly the same ratio of water that the planet is, about 80%. In the book *Messages from Water*, Dr. Masuro Emoto shows pictures of water crystals when beautiful music has been played or harsh words have been spoken in its presence and the results are fascinating. The water that was exposed to classical music formed the most beautifully symmetrical crystals, while the water that was exposed to negative words formed unstructured crystals that seem dark and disturbing. This suggests that water has some form of consciousness. Thinking beautiful thoughts will affect the river of life inside your body.

I feel fortunate to have a natural spring nearby where I can harvest my own water from an ancient underground aquifer. This living water tastes so pure. I notice a subtle, but distinct, infusion of energy that I experience drinking it. You can go to www.findaspring.com to check for a natural spring in your area. In the meantime, drink reverse osmosis water, which is filtered and purified. And add a pinch of Celtic or Himalayan Sea Salt or fresh lemon juice to your water to give it back some of its structure and life force. And, bless your water as you do your food.

The Angel of Water responds to thoughts and intentions. Drink pure water and bless it as you would your food.

♥ ANGEL OF AIR

Being outdoors exposes you to fresh air and natural light, which activates your glands to produce good-mood hormones. If you find that you are in an off mood, it helps to literally 'get yourself moving', especially outside. I live beside a forest, and have noticed that if I get out of sorts nothing helps me turn it around faster and makes me feel happy again than walking out in Nature. Mossy green forests and crystal bodies of water such as rivers, lakes and the ocean give off negative ions in the air. Negative ions are good for you. They help cleanse environmental pollution and emotional static from your being.

If you live in the city, you can really save your sanity by creating a little spot of paradise for yourself with some cheerful potted herbs or flowers on your balcony

or doorstep. And, there are always nice green spaces and parks for you to visit and explore. Stretching outside in the morning or having a stroll around outside after lunch and dinner are wonderful opportunities to get away from housework or business and be outside enjoying a breath of fresh air.

The Angel of Air encourages plenty of natural light and fresh air everyday to boost your energy and balance your mood.

♥ ANGEL OF MOVEMENT

This Angel is the guardian of your physical activity. Some call it exercise. I just call it movement because it is meant to be a daily activity and, all too often, formal exercise isn't. Anything you love to do that gets you moving is what it's all about. It's a privilege to move, not a chore. The key is to do whatever is most fun for you and think of it as a break in your day, like a daily vacation. If most of your day is working, you definitely need to enjoy some fun, Hon!

Exercise keeps you young and fit. There are a myriad of ways to treat yourself to this fun beauty enhancer. See the chapter on exercise for lots of sneaky ways to incorporate a ton of exercise into your day without even having to think about it.

The Angel of Movement invites us to indulge in the treat of exercise daily.

♥ ANGEL OF REST

I saved the best for last. Sleep and rest is often the biggest challenge for busy women with careers and family, yet, is one of the critical foundations of health and beauty. I wrote a whole chapter devoted to sleep because it is my personal challenge that I am working on, possibly right along with you. Siestas and meditation are popular in countries around the world, and can help us unwind and have a softer orientation to life. Studies show that rest, relaxation and recreation can improve cognitive skills, memory and performance.

Silence is restful and regenerative. It is nourishment that many women today are missing out on. Mother Theresa said,

'God is the friend of silence. Trees, flowers, grass grow in silence. See the stars, moon and sun, how they move in silence.'

And Rumi said, 'Silence is an ocean. Speech is a river.'

The Angel of Rest offers tranquility, sleep and silence every day.

Shakaya's Beauty Bonus



Silence is a sacred sister who welcomes all your fears and doubts, and gently soothes them so you can feel strong and centered again. Cultivating silence in your life need not be formal or boring. It can become a welcomed habit of creating quiet moments to enjoy some catch-up time with yourself, and savor the sweetness in your life. I create special little moments all the time, which I call 'A date with myself'.

My beautiful girlfriend, who looks like Brigitte Bardot, has perfected the art of silence in what she calls her 'Idle Time'. This means taking time out for yourself, between 30 minutes to an hour a day to daydream, write your goals, enjoy a novel, go for a walk, lounge on the hammock, or simply enjoying a cup of juice or herbal tea in the arms of your favorite chair, while staring out the window watching clouds float across the sky...



*Nature never hurries.
Atom by atom, little by little
she achieves her work,
Ralph Waldo Emerson*

3

BECOMING IRRESISTIBLE

A Radiant Woman can turn any No into a Yes



GratITUDE is a beauty elixir, and a secret to life that beautiful women know. Gratitude turns all the switches on. Focus on your gratitude, and you'll create beauty and bliss chemicals all throughout your body. For example, Interleukin, a natural chemical your body makes in the stimulation of T-cells, activates your immune system; Dopamine and Serotonin, which decrease pain and stress levels respectively, and Oxytocin, referred to as the 'love hormone' are all natural chemicals manufactured in your system when you beam gratitude.

Nothing dims the magic in our life or looks as will a poor attitude. You know the song, 'She ain't pretty, she just looks that way'... We don't just want to look beautiful, we want to be beautiful. On the days you feel less than gorgeous, focus on what you already love about yourself or anything in your life. It requires the most inspiring courage to unconditionally accept and appreciate yourself. But, once you do, you become a force of Nature. It is so inspiring to see a woman who unconditionally accepts herself.

Naked Beauty

Remember beauty basic number one? It starts with appreciating the sweetness of your life. As you intentionally experience the privilege of life itself, you become imbued with a vibrancy that is electric. Like ripples in a pond, appreciation creates a magnetic effect on not only yourself, but also everyone around you.

If you desire to have something show up in your life, first acknowledge what you have. Gratitude is a magnet, Bella. Acknowledge, accept and celebrate what you already have, and watch it multiply! To health and beauty, and whatever else you desire, you become irresistible.



There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.

Albert Einstein

YOU ARE MAGNETIC

In the book Power Versus Force, Dr. David Hawkins did 30 years of research and found that every emotion we experience can be measured. Can you guess what emotion calibrates the lowest? It isn't fear or even anger. It is shame. Shame is the opposite of self-love, and puts us into a state of complete inertia, energetically. Shame, which is under blame and guilt, is the closest to death at 20! Even a little righteous anger is healthier, at 150. Joy and gratitude are very high vibrations at over 500.

Why is all this so important to know? Because emotions are your offering to the Universe, the form of currency used to pay for experiences. You attract exactly what you radiate. You cannot attract something higher than the level of vibration you are in. Therefore, being in a high vibration magnetically charges you to attract whatever you want in life, including health and beauty.

The movie and book The Secret describe this cosmic Law of Attraction. It isn't new, but using it properly might be new to you.

The challenge with the Law of Attraction is that you have to stay positive to attract what you want, otherwise you attract by default. Mind techniques, such as affirmations and visualizations, can sometimes help shift negative emotions, but you have to consciously choose to do them. This can feel very unnatural and inauthentic. Manipulating emotions usually isn't very successful.

However, there is a secret to The Secret! It's a way to automatically raise your vibe so you attract what you want, effortlessly. No mental gymnastics required. And it may sound anti-climatic, but it's no joke how good this is...It's called EATING. Well, eating proper nutrition, that is. That is saying a mouthful right there. When you get the nutrition your body needs, your mind and emotions become clear, light and positive. Gratitude becomes your natural state of being.



*I wish I could show you when you are lonely or in darkness
the astonishing light of your own being.*

Hafiz

LIVE IN PARADISE

Cultivating a garden of gratitude puts you into a high-vibration frequency, an attractor pattern for what you want to bring into your life. This happens naturally, when you eat foods from Nature. Your mind and body become a paradise! You don't have to try to have gratitude or think positively when you are feeling that way already. That is so profound, and every self-help book including *The Secret*, misses this.

Blossom, you are what you eat. It's a law of life just like the Law of Attraction. With the right nutrition, you raise your vibration and become a powerful magnet naturally, without even trying to. This is a big secret that literally eclipses the other Secret because you don't even have to think about it! Instead of trying to think and feel positively as *The Secret* describes, your biochemistry automatically puts you into that state when you have the right nutrients. Then, the Law of Attraction can work for you, effortlessly, with every sip and bite you take. That is empowering.

Healthy eating is a joy that creates magical results in your life! It is easier than you may think, once you know how. I have all the tips and tricks on that, so it's going to be easy and fun. You have already taken the first step by reading this book. Just do whatever it takes to take the next. Then watch what happens when your momentum gets going!

Whenever you want to make a change in your life, don't be impatient with yourself; allow yourself space to grow. If you feel afraid, it's a positive sign that you are engaged in new possibility. Learn to use fear to spur your excitement, for fear visits just before the breakthrough.

If you realise that what you eat really does affect your beauty, moods and energy, and you would love to eat for health and beauty but aren't sure what to do, I know exactly the best place for you to start.

You know there is a better way even if you don't know what it is. In the pages that follow let me light the way for you...



There is an innate beauty that surrounds and lights up every woman... Every woman is a goddess.

Shakaya's Beauty Bonus



Forgiveness towards yourself and others is a beauty elixir for the soul, just like gratitude is. Without forgiveness, our hearts can become blocked. Spiritual teacher, Louise Hay says our negative thoughts and emotions can manifest in physical illness and disease. Lack of forgiveness, for example, chokes off our love. The physical symptom of that is heart disease. Without forgiveness, instead of flowers growing in our heart center, it can feel like cold, hard stones live there.

Clearing out negative emotional patterns is vital to your well-being. Learning to eat lighter, cleaner food from Nature as described in the next chapters, will automatically help you release painful negative emotions stored in your psyche and body. Nutritional foods with living water and life force will heal your body, enlighten your mind and ennoble your spirit, shining your beauty out on every level.

There is a powerful practice you can use in conjunction with optimum nutrition that works like a laser to open the heart chakra to love, forgiveness and joy. It is called Ho'Oponopono. This ancient Hawaiian practice consists of repeating as a mantra these simple statements: 'I'm sorry. Please forgive me. I love you. Thank you.'

It is believed that saying these words cleanses one spiritually and physically. The idea is to avoid the blame-game that can hold you prisoner to mental and emotional pain. Instead, go directly to forgiveness, effectively 'painting a rainbow over your blues'. Repeating these simple statements can lighten your heart, and soften your whole countenance.

Try it right now. Choose a person or situation which isn't sitting well with you at the moment. You don't need to start with anything major; choose something small that has been bothering you. Keep saying the words over and over inside

Naked Beauty

yourself, prayerfully, until you notice a definite lessening of any tension or negative charge within you. Once you feel peaceful, you can eventually work your way to deeper issues, freeing yourself all along the way.

Practicing forgiveness and gratitude refreshes and refills you. Keeping your emotions clear is one of the most beautifying practices you can do.



Even after all this time the sun never says to the earth, 'You owe me'. Look what happens with a love like that. It lights up the whole sky.

Hafiz

4

GOOD MOOD FOOD

*A gratified woman can have
as glorious a time doing housework,
as being ravished by her lover.*

Regena Thomashauer



Awoman's glow is intoxicating. Gratitude aligns you with your intentions and desires, and then you are unstoppable. To stay in gratitude, protect yourself from anything that threatens to disrupt your happy place. Protect yourself from the debilitating effects of fake food.

Did you know scientific folk in white lab coats are busy working on creating chemical concoctions to lace into processed foods that will instantly hook you on their product? They are creating chemical cravings and addictions with your biochemistry to their product. This is perfectly legal, though completely immoral. Cravings and addictions are anything but blissful.

If it's in a box or a can and has chemical names on it you don't understand, just put it back. To reclaim your health and beauty, by-pass the food experiments that are running

rampant in society today. Seek out food that has been grown by human hands and isn't produced in a factory. Ask yourself, 'How do I want to feel, how good can I feel?' I feel this is such a vital question to ask yourself. Take a pass on packaged fake foods, eat REAL food, foods from Nature, and you will find out how good.

Eating real food is a magical experience. It is a world away from what you may be experiencing now. Foods from Nature have something special. They have energy, life force.

They also have every nutrient needed to sustain and enhance you. When you eat food that is natural, you become natural. Like wild animals in Nature who are instinctive, peaceful, graceful, powerful fit and beautiful, so shall you become when you do what they do, and eat a natural diet. Choose foods that most resonate with how you want to look and feel.

MOOD MAKEOVER

Your gut can be considered a second brain. This is because you have as many neurotransmitters in your intestines as in your brain. You may be wondering what neurotransmitters are and how are they connected to your mood? Great question! Neurotransmitters are brain chemicals that are responsible for mood, appetite, sleep cycles and every function of your body. Austrian scientist, Otto Loewi discovered the first neurotransmitter in 1921; since then, over 180 have been identified. For example, Serotonin, the 'happiness molecule' is found all through the body and is highly concentrated, about 95% in the digestive track. It balances levels of stress hormones and regulates mood and sleep.

Dopamine is another neurotransmitter, which is necessary for pain relief and mental alertness. Norepinephrine stimulates our para-sympathetic nervous system, which governs relaxation, and Epinephrine, which is known as the 'fight or flight' adrenalin hormone, helps us with focus and productivity. Our levels of these vital chemicals drop when we do not have the amino acids, enzymes and other necessary co-factors required to produce them.

What might you experience if you didn't have the right levels of neurotransmitters? Well, many women experience not having enough neurotransmitters everyday to the tune of about 100 million prescriptions of anti-depressants every year in the US alone! People suffering from mood disorders such as depression, anxiety and addictions have a deficiency in neurotransmitters. Obesity, insomnia, migraines, ADHD, diabetes and heart disease are also examples of what can occur when we are low in neurotransmitters. Low levels of neurotransmitters are so common that it is epidemic.

Good moods require good foods! It's that simple. Why settle for less than what you deserve? Don't compromise. Make it your intention to have what you want. Right now,

you have the freedom to enjoy wholly nourishing, amazingly vital, down-to-earth real foods that will activate your beauty and lift your spirit like never before.

To start you off, here are few little morsels to enlighten and inspire you about two superfoods, the truth about fat, and my favorite mineral for mellow moods:

HAPPY FOODS

BEE SMART, SWEETHEART

Honey is a sweet treat that supplies natural sugars to fuel the brain. Honey is also legendary for its beautifying properties. Poppea, the wife of Roman emperor Nero, used a milk and honey lotion to keep her skin youthful. Honey is the most enzymatic food found on earth. This is big news because enzymes keep us youthful. It is the only food on the planet that will not spoil. The oldest tombs of kings in the pyramids have been found to contain jars of honey that are still edible. Think about the way it can 'preserve' you.

Bee pollen is from pollen collected from flowers and is one of the richest foods ever discovered. The Bible mentions bee pollen dozens of times. It is also praised in the Talmud, the Qur'an and ancient Chinese scriptures. Bee pollen is one of the oldest foods with a history dating back thousands of years in Greek, Roman, Egyptian and Chinese civilizations. Bee pollen contains all the essential amino acids (ones that cannot be synthesized inside your body, and therefore, you must get them from diet) plus, the non-essential amino acids. Amino acids are the building blocks of protein. Bee pollen contains them all and is, therefore, a complete source of protein.

Plus, it has valuable enzymes, minerals and hormones. It is a brain and longevity food that can stimulate new growth of human tissue. Bee pollen is an important food for depression. It supplies your brain with the raw materials it needs for balanced brain chemistry. And, it is so cute, too. Just sprinkle some into your smoothies or put it in a trail mix or on yogurt for an instant hit of high-quality protein.

FLAWLESS FATS

Good fats are fabulous and they won't make you fat. That is a myth, and a dangerous one. Fats contain the Omegas 3 and 6 fatty acids, which are important for brain function. Omega fatty acids also help fight inflammation, which ages cells. They protect against sunburn by plumping up your skin cells. The vital fat-soluble vitamins A, D, E and K are stored in our fat cells. Fat cells in the body store energy that is released slowly and evenly.

They also insulate your nerves, providing a stress-defense shield keeping you feeling smooth and relaxed. The very best sources include walnuts, olives, hemp, flax seeds, coconuts and their oils, plus avocados. Walnuts in particular look like the hemispheres of

our brain. And, with the Omega 3s they contain, they actually are brain food. You need fats and oils to keep everything lubricated and humming along flawlessly.

MERRY MINERAL

Every nutrient affects how you look and feel. There is one mineral in particular that excels when it comes to promoting your physical perfection and sweet disposition:

♥ MAGNIFICENT MAGNESIUM

Magnesium isn't merely magnificent, it is downright magnanimous. After reading *The Magnesium Miracle* by Dr. Dean, I was fascinated by all the wonderful ways magnesium helps women. Magnesium is the number one mineral for health and beauty. It is also the number one mineral deficiency.

Magnesium regulates more than 300 enzymes. Enzymes are protein molecules that stimulate every chemical reaction in our body, which produces energy. A quote from a Taoist sage:

'In order to do anything in life, we must first have energy.'

Besides producing energy in our cells, another key function of magnesium is how it relaxes us, our muscles, nerves, brain, every part of us relaxes with magnesium. Regarding mood management, magnesium is the first go-to mineral to ease anxiety, anger or depression. Magnesium is Nature's de-stressor.

Some symptoms of a magnesium deficiency include:

anxiety, anger, panic attacks, asthma, blood clots, bowel disease, cystitis, depression, diabetes, fatigue, heart disease, hypoglycemia, insomnia, kidney disease, migraine headaches, muscular-skeletal spasms and twitches, nerve problems, obstetrical and gynecological complications, osteoporosis, tooth decay, etc.,

All that just from a magnesium deficiency!

The Calcium Connection

Most of us believe the star nutrient is Calcium. Because the body is electric and the conductor for our bodily electrical currents is calcium. Calcium is critical for life. What is not widely understood is that magnesium is necessary to maintain proper levels of calcium in our blood.

If we have too much calcium, cell function is disrupted and calcification or hardening sets in. If you don't have enough magnesium to keep calcium levels

balanced, too much calcium can lead to heart disease, respiratory problems, migraines, fibromyalgia and even dental cavities.

Leafy greens such as collards, kale, lettuce, spinach, parsley, dandelion and nettles are full of this heart-loving mineral. Lima beans, burdock root and winter squashes are starchy vegetables abundant in magnesium. Whole grains such as oats and rye, and the non-gluten grains millet, amaranth and quinoa are magnesium rich. Raw nuts and seeds are high in magnesium, too. And sea vegetables, such as kelp, dulse, and nori, are also wonderful magnesium-rich additions to your diet.

One of the easiest ways to get more magnesium is to moderately use a natural sea salt like Celtic Sea Salt, which contains a whole spectrum of minerals including magnesium. Regular table salt is a dead salt that is toxic and should be avoided in any health and beauty diet. And the fastest way to get a dose of magnesium into your system within minutes, is to soak in the tub with Dead Sea salts that are high in this relaxing mineral.

Fill your weekly grocery cart with all of these smart foods and you won't just look great, you'll feel great, too.

Shakaya's Beauty Bonus



Get ready to be dazzled by two simple ingredients probably in your kitchen right now, that when combined, are an ancient system of health and beauty used for thousands of years around the world:

THE MAGICAL ALCHEMY OF CINNAMON AND HONEY

The sweet mixture of cinnamon and honey is a pharmacy of healing and beauty that has been used for thousands of years in Ayurvedic and Oriental medicine. Cinnamon is one of the oldest spices known, with powerful oils that contain some of the strongest anti-microbial compounds ever. Honey is produced in most of the countries of the world and is the only food on the planet that will not spoil. These two champion companions cater to a host of conditions.

10 SENSATIONAL CINNAMON AND HONEY REMEDIES

♥ **Bladder Infections**

To destroy harmful germs in your bladder that can cause painful bladder infections, take one level teaspoon of cinnamon powder and one teaspoon of honey in a glass of warm water until the pain is gone.

♥ **Breath Freshener**

Women in South America gargle with a teaspoon of honey and cinnamon powder mixed in warm water first thing in the morning to keep their breath fresh throughout the day.

♥ **Digestion**

One half teaspoon of cinnamon powder sprinkled on a spoonful of honey and taken half hour before food relieves over-acidity in the stomach and aids digestion.

♥ **Fatigue Fighter**

Taking honey and cinnamon powder in equal parts, on its own or in a smoothie, provides energy and increases mental alertness.

♥ **Flexible Joints**

Arthritis pain can be relieved by drinking a cup of hot water with one spoon of honey and half spoon of cinnamon powder, morning and night. If taken regularly even chronic arthritis can be helped and pain relieved.

♥ **Happy Hair**

Women experiencing hair loss may apply a paste of one teaspoon warm olive

oil, one tablespoon of honey and one teaspoon of cinnamon powder to the scalp for five minutes before washing hair.

♥ Heart Health

Make a paste of olive oil, honey and cinnamon powder instead of jam for toast when you feel like a sweet treat; much better for you than candy or cookies. Olive oil is a heart-healthy fat and honey and cinnamon revitalize the arteries and veins. Cholesterol levels can be lowered within two hours by drinking herbal tea with a tablespoon of honey and one teaspoon of cinnamon powder.

♥ Immunity Superpowers

Daily use of honey and cinnamon powder strengthens the immune system and protects you from bacterial and viral infections. Symptoms of the common cold can be relieved by drinking cups of hot ginger tea with one tablespoon honey and 1 teaspoon of cinnamon powder daily for three days.

♥ Skin Rescue

A simple home remedy for acne is to mix three tablespoons of honey and one level teaspoon of cinnamon powder together into a paste for an effective facial masque to help heal blemishes. Leave on for five minutes and wash off with warm water. Applying honey and cinnamon powder in equal parts to affected areas before bathing can safely treat eczema, ringworm and other minor infections.

♥ Weight Release

On an empty stomach, before breakfast and at night before sleeping, drink honey and cinnamon powder to taste in one cup of lemon water to calm appetite and flush fat from the body.



Food is a sacred gateway to how we love and nourish ourselves. Show me what you eat and I will tell you where you are sabotaging or cultivating your health, beauty and power as a woman...

6

SENSUAL EATING

*If a woman abandons herself often enough to the dreams
that spring from her heart, the mood that arises will color the
whole of her person... in exquisite beauty.*

Mulk Raj Anand



Having traveled around the world I have been touched by the way other cultures relate to their food, with pleasure.

Whether I was in Asia, Australia, South America or Europe, I noticed the focus was not on calories or even health benefits. It was all about enjoyment. Everything connected with food brought a sublime awakening of the senses. From the bountiful way food is displayed in local markets by proud vendors, to its artful preparation and graceful presentation when it is served, meals are a celebration to be savored.

THE PLEASURE PRINCIPLE

I noticed that the colors, aromas and textures of food were all sensually experienced. I understood that food is spiritual sustenance. Food is sacred.

Contrast this to our Western way of wolfing down a meal in between errands while driving or watching the news. Sadder still is the fear-deprivation-binge-guilt-punishment cycle of quick-fix diets. This approach is anything but pleasurable. This is pure pain.

To eat for beauty, we take a different approach. It begins with an internal shift. Knowing why you are choosing something creates emotional poise, which in itself is a sign of health and beauty.

PARADIGM SHIFT FROM PAIN TO PLEASURE

- ♥ First and foremost, be loving and gentle with yourself. No pain, all gain.
- ♥ Next, follow the beauty basics called The 7 Daily Angels.
- ♥ Affirm to yourself often, 'I won't quit on you.'

I want you to befriend your food. True nourishment comes not only from food, but also your attitudes concerning food. As you re-learn to engage with your food in excitement, appreciation and pleasure, you absorb more life-giving energy from it. Even the simplest meal is an elegant feast if prepared, presented and eaten with love.

So, when you eat, light a candle, arrange the flowers. Celebrate your life by nurturing your relationship with food. Breathe in the fragrances, feast your eyes on your plate brimming with colors, and enjoy every texture as it melts in your mouth. Make a beautiful presentation of your meals. Remember, the first taste is with your eyes. Clear away any clutter, and create a calm setting. When you take a bite, put your cutlery down, close your eyes, and say out loud, 'Mmmmm'. Take your sweet time.

And even if you are dining solo, use the good dishes, Bella. You are worth it!



Shakaya's Beauty Bonus



Women are the Even with all the 'time-saving' gadgets and modern technology, women today are working over-time and can feel like a machine. This is damaging to our health, relationships and sense of self. Our femininity and womanhood is sacred. When we honor and take care of ourselves, we feel cherished and beautiful. When we don't, we feel resentful and brittle.

Creating moments to re-orient yourself back into your body and senses is an art.

So, Sugar and Spice, today or sometime convenient for you this week, I invite you to treat yourself to a little splash of beauty. Gift yourself a gorgeous bouquet of fresh flowers! It is always a beautiful thing when someone gives you flowers. Even when that special someone is you! It is surprisingly empowering to create little moments of beauty for yourself. It can be a few daisies growing wild in a nearby forest, a few stems from your garden or an orchid from a flower shop... whatever suits you. Then, place them with fanfare where you will enjoy their happy little smiley faces most.

This gift represents a festive tribute to the phenomenal friend, alluring ally, sacred sister, mesmerising mother, loyal lover, captivating caretaker, ravishingly regal, stunning and amazing, awe-inspiring, gracious and glittering girl that you are!



And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.

Anais Nin

YOUR PERFECT WEIGHT

What is the first thing you want to do when you lose something? Of course, you want to find it. So, perhaps the reason so many women yo-yo with diets and weight has to do with simple psychology. This is why most books on dieting and weight-loss are actually worse than useless; they focus on the wrong things, and end up making you unconsciously feel the need to eat more.

This may at first seem like mere semantics, but studies show that how you language your goals impacts your results. Dove recently came out with a very successful beauty campaign and used this empowering psychology in their pro-age not anti-age ads. A great shift!

It's very much the same when one thinks about dieting. Just look at the word; it has die in it. No wonder women feel down and depressed when we try to lose weight by dieting. I don't encourage any diet per se, just a healthy direction and empowered choice. When you take charge of the thoughts you hold and utilize empowering language instead of weak, fearful or limiting words and concepts, the process of attaining and maintaining your perfect weight becomes automatically more enjoyable, and therefore successful.

So, instead of telling yourself you need to lose weight, why not think of it in terms of letting go of or releasing any excess that no longer serves you? There is a subtle but distinct difference here, which has to do allowing yourself to shift into balance, as opposed to forcing a weight 'loss'. As well, it is empowering to acknowledge that, for whatever reason you needed to use food to comfort you, or why you had chosen less than optimal eating habits in the past (which may have been 5 minutes ago), that now you choose to nourish yourself fully and make beautiful and healthy choices. Affirm this to yourself.

Eating healthy is something to celebrate. This isn't about what you can or can't have; that kind of limited belief system is disempowering and causes internal pressure. And, that causes bingeing. It's really all about what you get to have and do and be; what you choose for your beautiful self.

Your perfect weight will gradually begin to happen as your body and mind become truly nourished. You are on that journey now, and are about to explore new treats and delicacies to enrich and nourish yourself with. It's exciting!



*Truth is rain for the soul. The more we are showered with it,
the bigger we grow.*

Shazzie

YOUR BODY IS A TEMPLE

When you look in the mirror, what do you see..? So often the first thing we do when we look in the mirror is to immediately zero in on our imperfections; what we consider is wrong with us. What a powerfully negative affirmation! We can and must switch that around and train ourselves to look for all that is right and beautiful about ourselves. Imagine what your life would be like if you made this simple switch...

Sometimes we women compare ourselves to airbrushed images; we don't feel worthy, we don't cherish ourselves. That's when we start reaching for things outside of ourselves to fill the void. Unfortunately, we don't feel fulfilled that way, we just become clogged up. What is your body? It's your temple. Not a trash can. Your beautiful body is a self-regulating, self-healing miraculous wonder, until it gets clogged it up. Then, your energy, your flow, your very essence becomes trapped within. Treat your body as the beautiful temple she is.

Sensual eating means eating with your senses wide open. Instead of sneaking food or eating with guilt, it's about celebrating every part of yourself and your life including eating; eating with pleasure! Releasing extra weight and emotional baggage, becoming vibrantly healthy and radiant, is all part of your new natural and loving lifestyle.

10 TIPS FOR SENSUAL EATING

- ♥ Remove all clutter from your immediate surroundings
- ♥ Create a beautiful place setting using your favorite dishes and napkins
- ♥ For a beautiful centerpiece, use fresh flowers or leaves or stones or shells; gifts from Nature are a lovely focal point for any table
- ♥ Take a moment to center yourself, and focus on your gratitude for what you are about to take into your body; gratitude at the beginning of a meal helps activate your digestion
- ♥ When you are eating, put your cutlery down in between bites
- ♥ Close your eyes while chewing
- ♥ Chew each bite 50 times or until it is liquid
- ♥ Breathe slowly and deeply while chewing each bite, meditatively
- ♥ Exhale in Mmmms and Ahhhhs
- ♥ Take your time and enjoy nurturing yourself with food

Naked Beauty

In the pages that follow, you will find stepping-stones to freedom from counting calories, excess weight, low energy and beauty blights such as bad skin, bad hair days, bad moods and bad nights of insomnia. It's like going on a treasure hunt, and the pot of gold you find at the end of the rainbow is your best you!

The next chapters are where you get to put it all into practice. Your mind has been satisfied with theory and lists of special nutrients and foods. Now, it is time to have some fun and refreshment with the Fountains of Youth coming up. They are an incredible way to get part of the nutrition you need everyday in the most convenient and easy and quickest way ever, through what I call Liquid Love.

Shakaya's Beauty Bonus



Who Wants A Willowy Waist and More Energy?

I have shared this with countless of women and it works for everyone who uses it. It's a 3-part system that is very effective at getting rid of love handles and belly bulges.

After carrying and birthing a human baby the size of a watermelon, our waistlines can seem to rebel. Late nights and overeating also shows up around our middles. And, I'm not saying genetics doesn't play a part here. However, if you want your figure back, or better than ever, you can have it, despite your genes. It's less a matter of genetics, and more a matter of what you DO.

Doing what I recommend next can make a dramatic difference in your waistline. And, get ready for off-the-charts energy, too!

3 CLEVER TRICKS TO WHITTLE YOUR WAIST

♥ EAT YOUR BIGGEST MEAL AT MID-DAY

We have been brainwashed into believing that we are supposed to eat a big, substantial breakfast to start the day. But our natural bodily rhythms dictate something else. You see, between the hours of 4:00 am and noon, our bodies are in a cycle of detoxification, so eating a heavy breakfast will only clog you up.

It makes sense not to clog our bodies in the morning. You are better off with lots of water-rich foods in the morning, like fresh fruit and greens. Smoothies or juices are the perfect morning foods. This is what I give my children every morning before school. This way, I know they are getting perfect nutrition without clogging up their systems. My husband and I start our day this way, too. Then at lunch, it is a more substantial, mini feast. Between noon and 2:00 pm is the perfect time for this heavier meal.

This goes without saying that eating late at night doesn't work.

Eating with your body's natural rhythms aids digestion for a slender waist.

♥ PRACTICE PROPER FOOD COMBINING

This is truly what makes the difference between a bloated belly and a flat one. I have been doing this for 20 years, and it really works to keep my tummy trim. I have been coaching women on their diets for many years (first as a Colon Hydro-Therapist, then as an Aesthetician, now as a Raw Foodist) and this is the first thing I make sure everyone knows.

I once had a pretty client in her late 30's who said she had to starve herself just to stay slim. She said she was constantly bloated and could never lose that last stubborn ten pounds. I had her write out her daily log of everything she ate for three days, and it was so easy to identify her problem. She loved healthy foods like salad and fruit and veggies, but her problem came about when she ate the other food groups, carbs and proteins. She mixed them together at meals, which is a mistake everyone makes. It is the only thing I changed about her diet, and without eating less or changing what she ate, she lost ten pounds within three weeks, and kept it off.

This one step will melt pounds off you without dieting or being hungry, and your energy will soar!

This is the habit I had her use:

Avoid mixing carbohydrates with protein in a single meal. Why is this so important? Because carbohydrates (such as bread, pasta, potatoes and rice) do not digest well if eaten with proteins (such as poultry, fish, meat or nuts).

For smooth digestion without bloating and gas, eat protein at lunch, and carbohydrates at dinner. Or, vice versa.

You may eat carbs with vegetables (steamed veggies or a salad), OR eat proteins with vegetables, because veggies mix well with either carbs OR protein.

Just another fabulous reason to eat your veggies!

♥ SHRINK YOUR STOMACH

This technique is truly an art that will give you incredible results.

It is simple, but not necessarily easy. It is practiced in some religions, and by Natural Hygienists. Recently, scientists are proving this to be an anti-aging strategy as well. It is called 'systematic under-eating'. They have studied long-lived cultures from around the world, and among other factors like pure water, home-grown food, a pre-dominantly plant-based diet, positive thoughts, a strong social network, and a meaningful life, under-eating is a serious contender in not only staying youthful, but also in fighting the battle of the bulge. The trick is to stop eating just before you are full. The trick to being able to do that is to eat nutrient-dense food that satisfies your nutritional requirements and satiates your appetite.

The magical elixirs in the following chapter are meals in a glass full of nutrients that will slim and shine you up in no time!



*The sexiest part of any woman's body is between her ears~
the way she thinks. Especially about herself.*

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THE BEAUTY ELIXIRS

The Fountain of Youth can literally be flowing right to you from your own kitchen



Let's talk about getting juicy. I am juiced about turning you on to the best way to stop the hands of time, calorie counting and all the madness of dieting and deprivation— Blending and Juicing. Nothing is more powerful than getting age-defying super nutrition into your thirsty little cells than drinking the juice of fruits and veggies. The beverages I teach you to make are a kind of wine you could drink all day long and feel good about later!

To any woman who wishes to have her beauty blossom, allow the ripeness, the juiciness, the fragrant aromas and textures of these beauty beverages to nourish you...just be willing and open, and watch the magic unfold. Like a gentle breeze or soft rain, the

energy of Nature's food will touch you, and there just is no denying that. Within the first week, you will notice changes and nuances that will surprise and excite you. Your skin, which may be sensitive or bumpy, will smooth out, and you will glow. Your energy will rise, and so will your moods and mindset.

Get these juices and smoothies flowing into your life. Savor and sip them sensually, engaging all your senses, instead of gulping them in a hurry without even tasting. Sense what is going on in your mouth first, then it will be easier to get in touch with what is going on in the rest of your body-temple. Pay attention to your senses, Butterfly. Make it a habit of cultivating enjoyment from simple pleasures. These drinks are a daily affirmation for you to 'drink in your pleasure.' When you feel fabulous, you uplift everyone around you.

The time it takes to make these amazing tonics can be your special 'meditation in motion' where you automatically slow down and relax. Take a deep breath. You know that when you are relaxed and enjoying yourself, you are in the flow of life instead of working against it.

With every sip, radiant beauty will start growing within you like a thousand tiny green buds.



*Though we travel the world over to find beauty, we must
carry it with us or we find it not.
Ralph Waldo Emerson*

SUMPTUOUS SMOOTHIES

My clients have told me this is the best thing I taught them to do because it is so simple and uncomplicated they didn't feel overwhelmed. You may not realize how easy and nutritious blended meals are, and it's time to change all that. Blending is also quick and fun, plus cleanup is a breeze. Best of all, blending is the razor's edge when it comes to delivering optimum nutrition in a tasty and convenient way.

NakedBeauty



This excerpt is from the book,

NakedBeauty

by Shakaya Leone

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