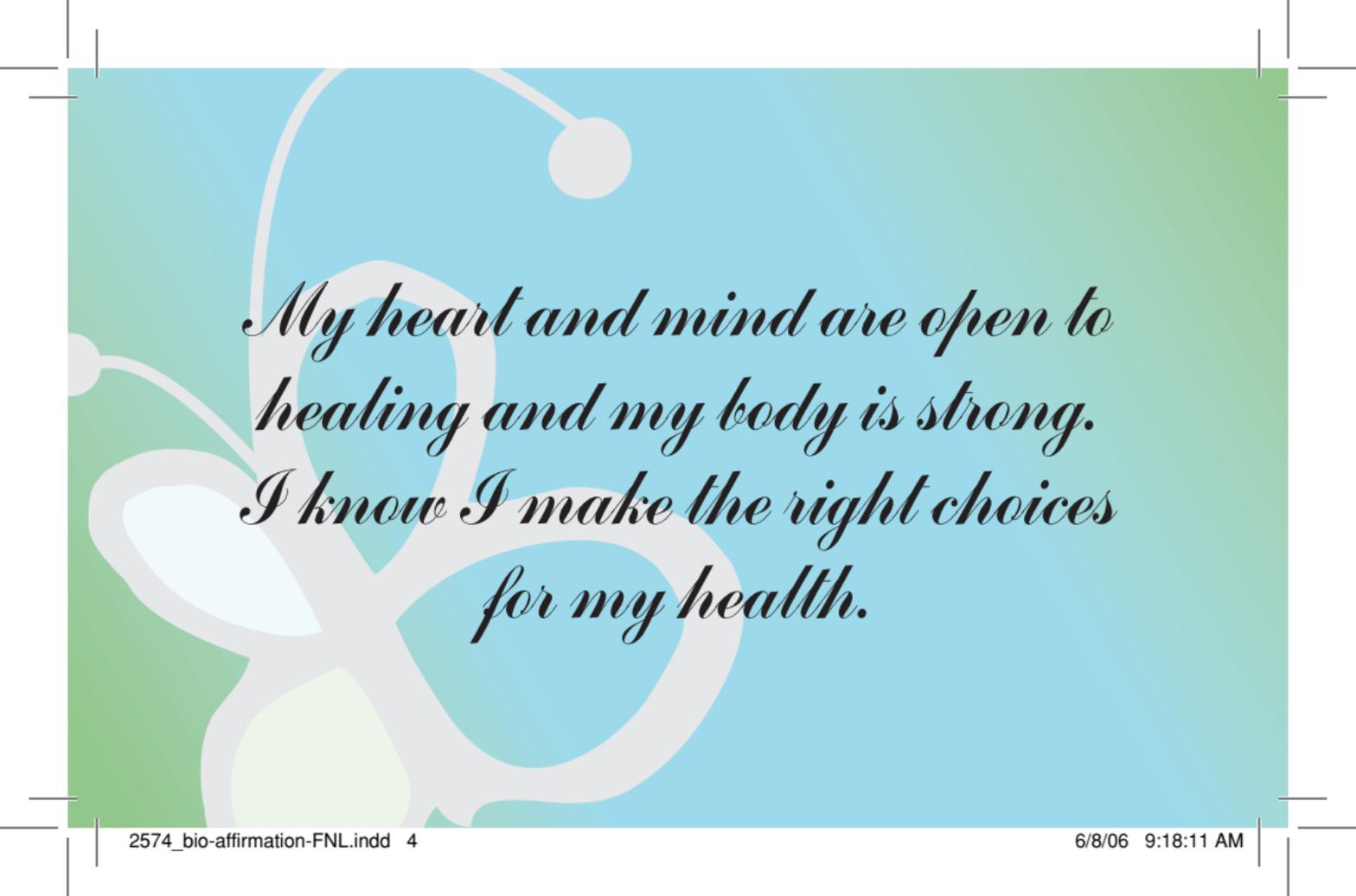




BioNaturally
Beauty from the Inside Out



*My body awakens
to the healing presence within.*



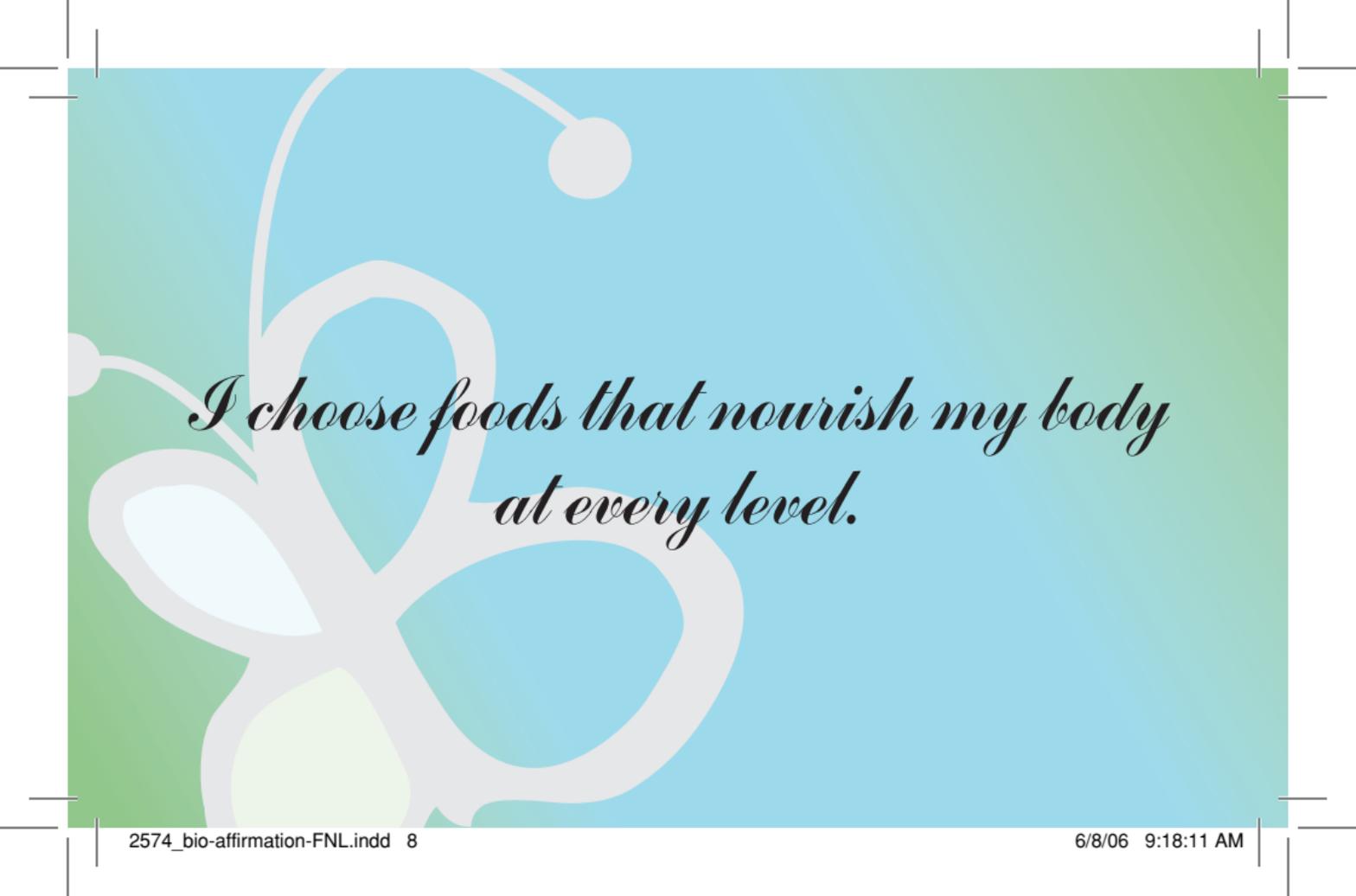
*My heart and mind are open to
healing and my body is strong.
I know I make the right choices
for my health.*



*As my body purifies,
so do my thoughts –
I let go of past resentments.*



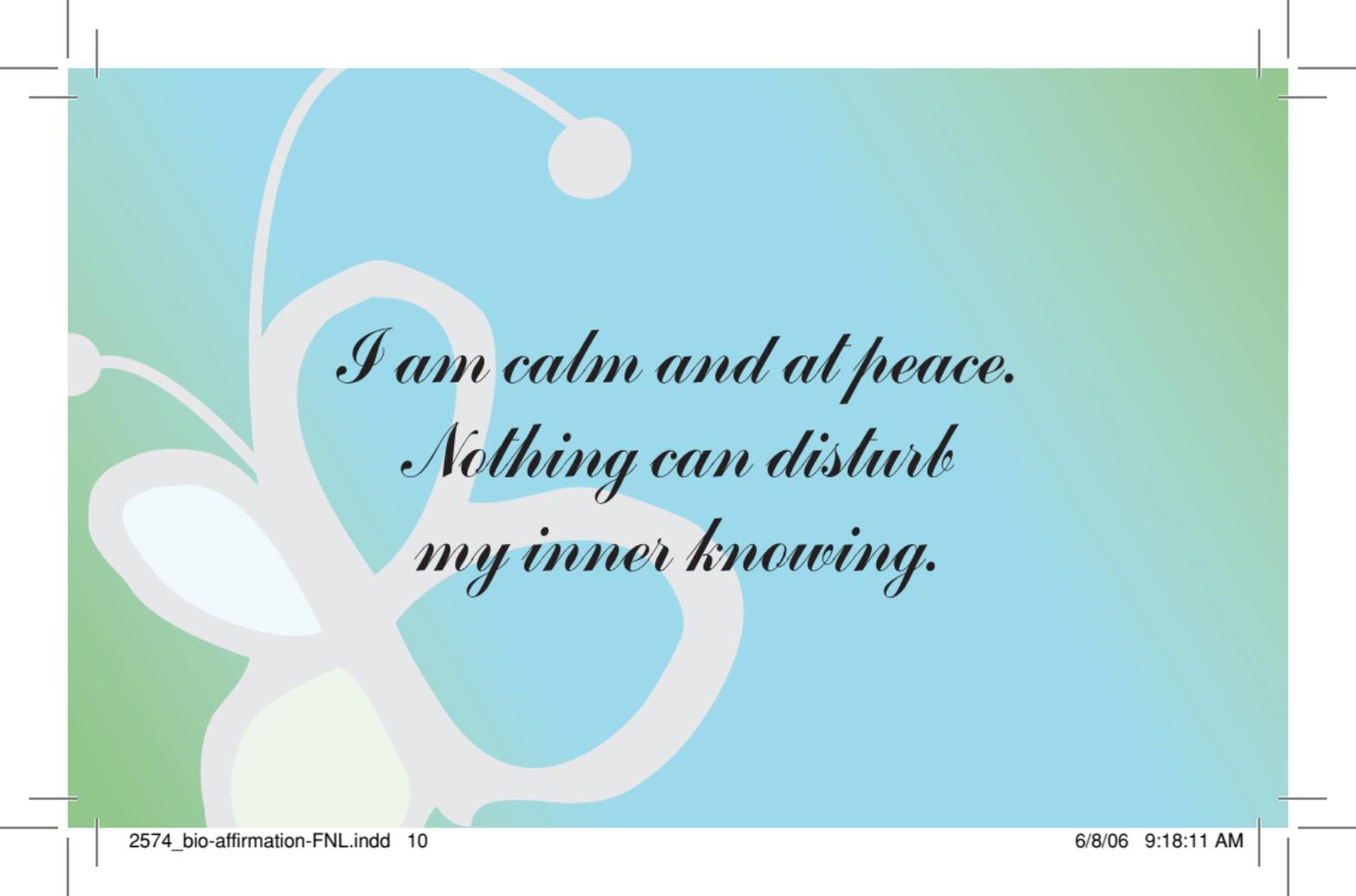
*I am an amazing being
full of energy and vitality.*



*I choose foods that nourish my body
at every level.*



*My family and friends are supportive
of my new, healthy lifestyle.*



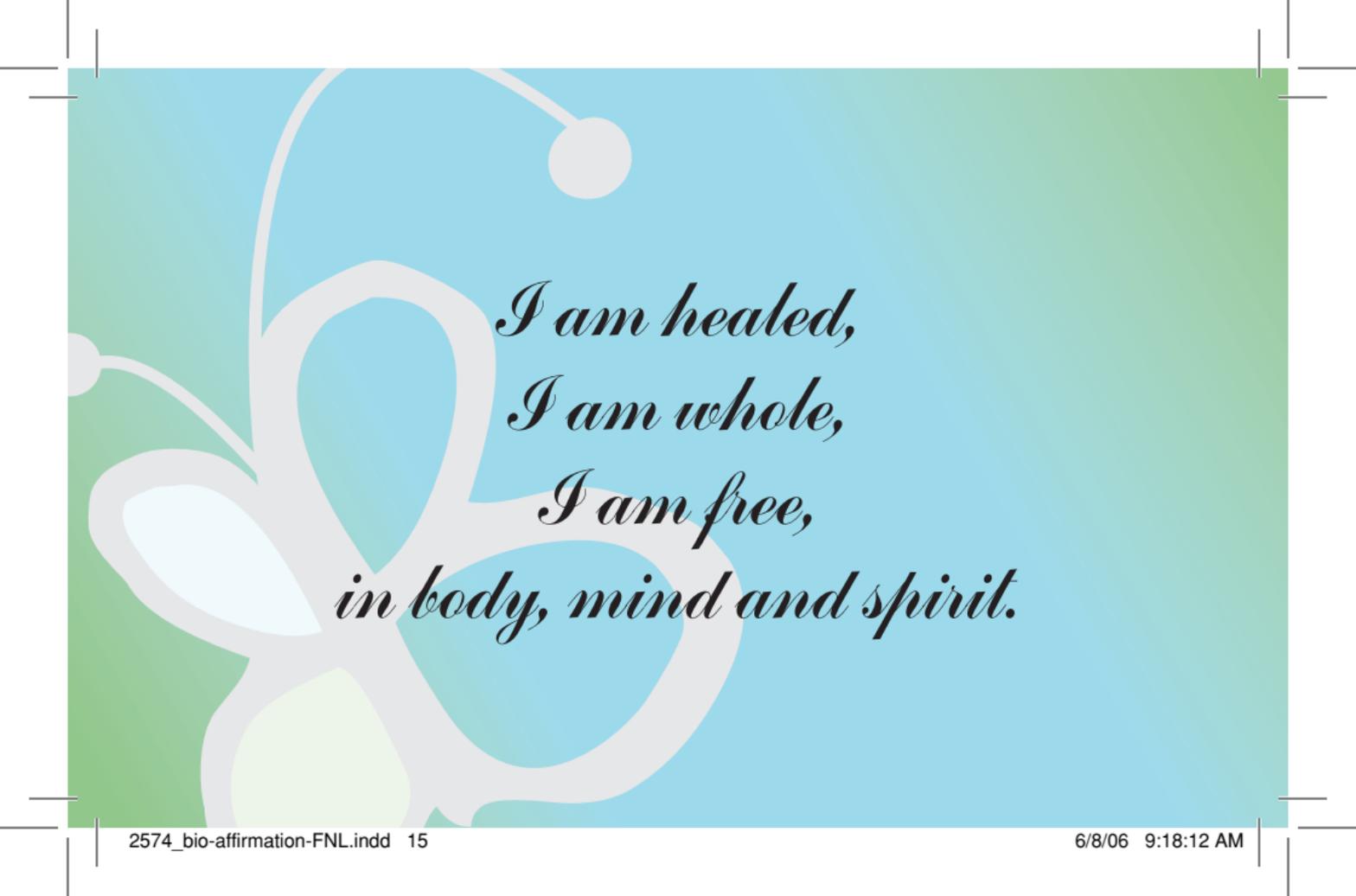
*I am calm and at peace.
Nothing can disturb
my inner knowing.*



*I awaken today
with a newfound sense of
wholeness, health and vitality.*



*Today is a new day –
I feel refreshed and relaxed
and grateful for my miraculous body.*



*I am healed,
I am whole,
I am free,
in body, mind and spirit.*



*I easily choose healthy foods.
My craving for junk food disappears
as my body is fully nourished
at a cellular level.*



*I forgive myself
for the unhealthy choices
I have made in the past.*



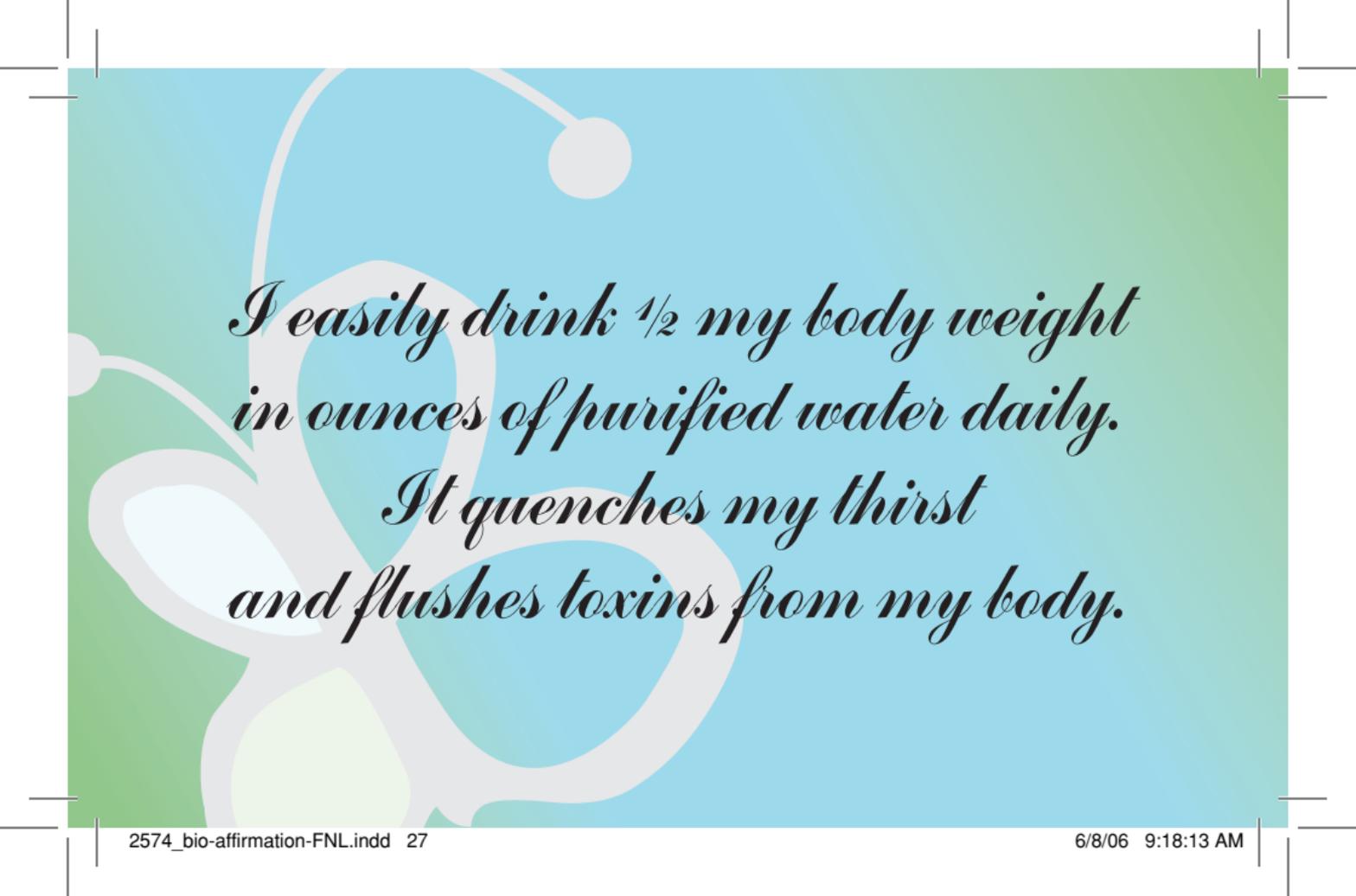
*My light shines from within –
every cell of my being
glows with health.*



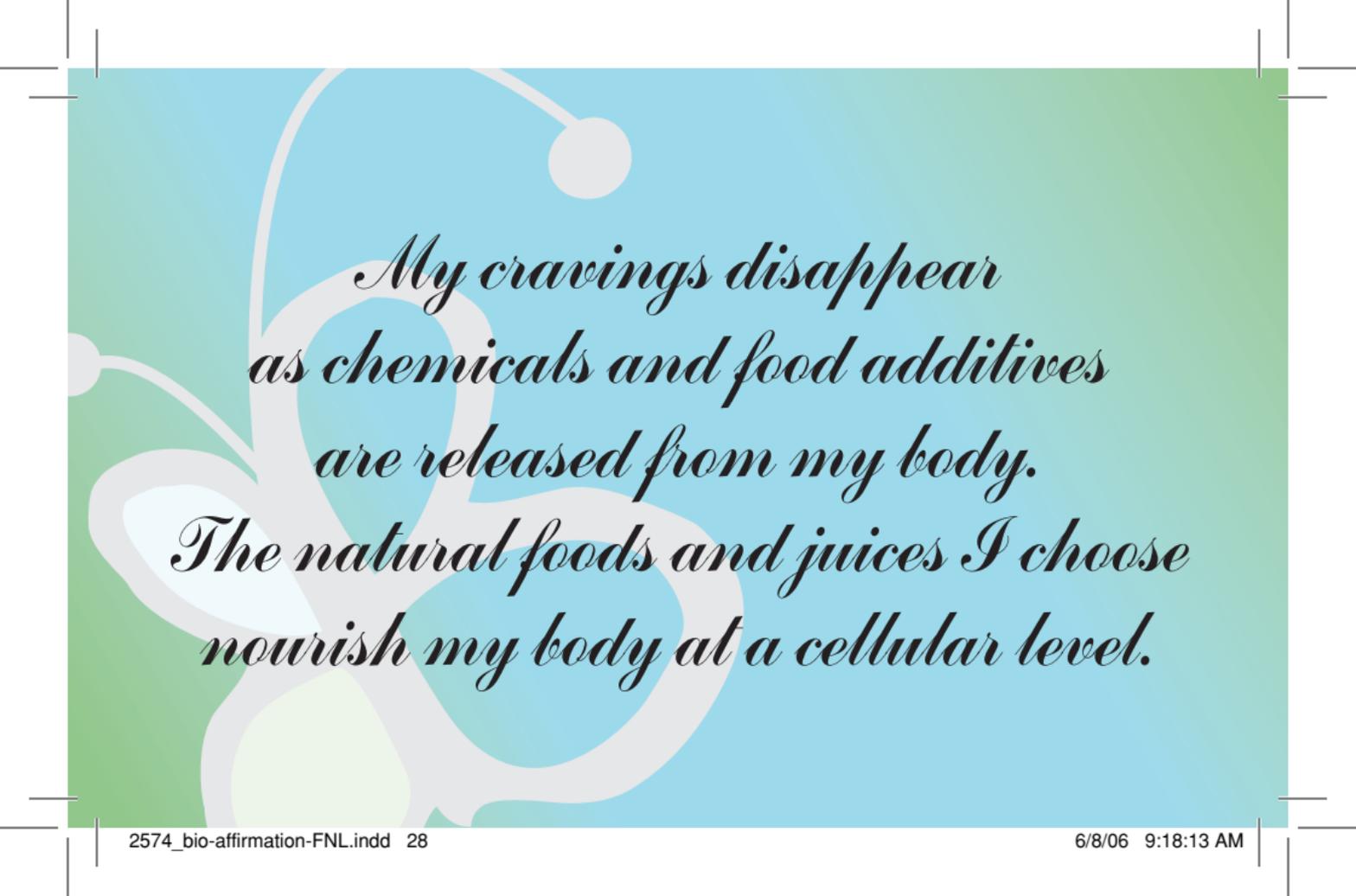
*I thank my body
for all the miraculous functions
it performs every day.*



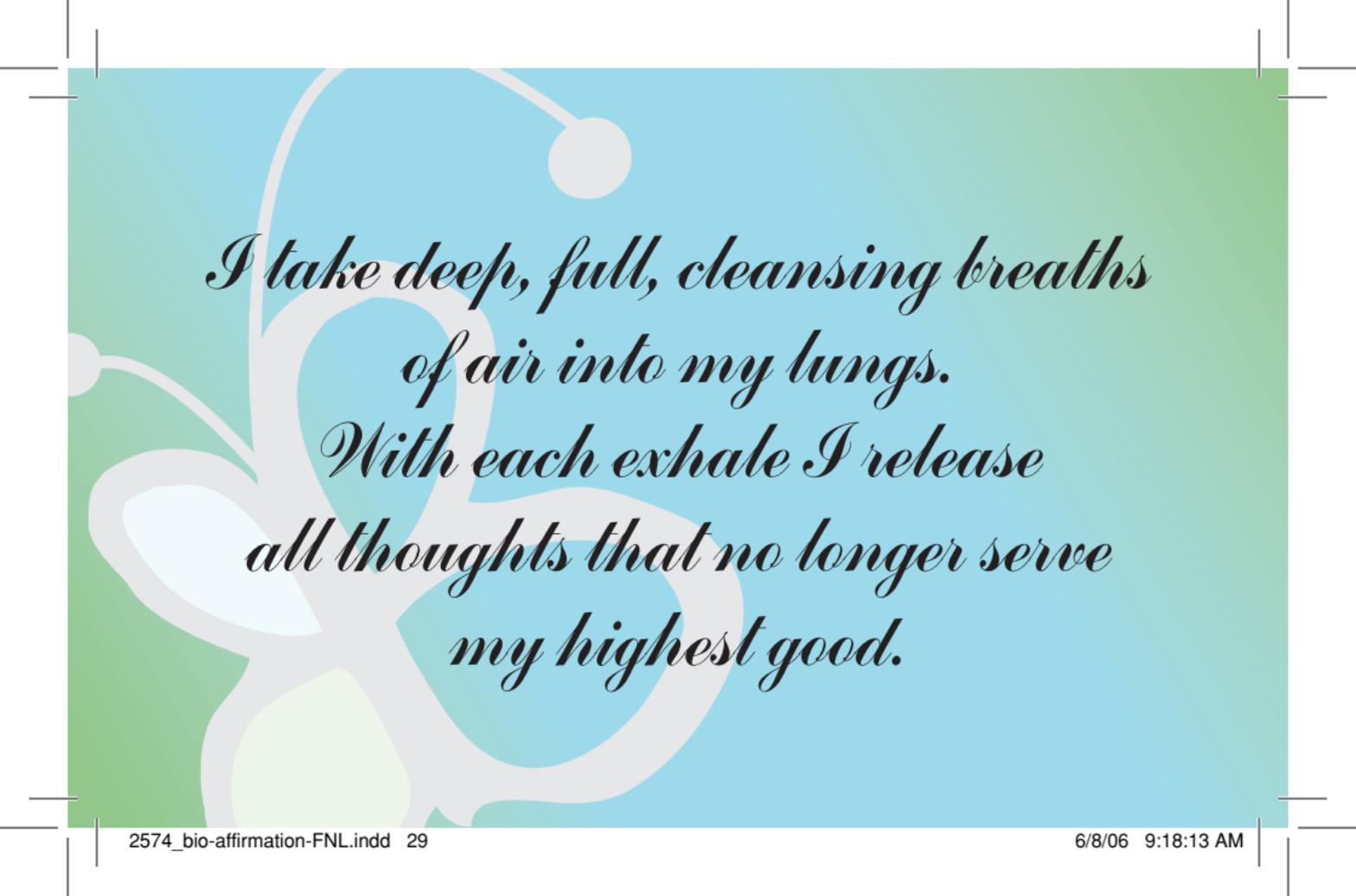
*My inner beauty radiates –
my skin is clear and translucent.*



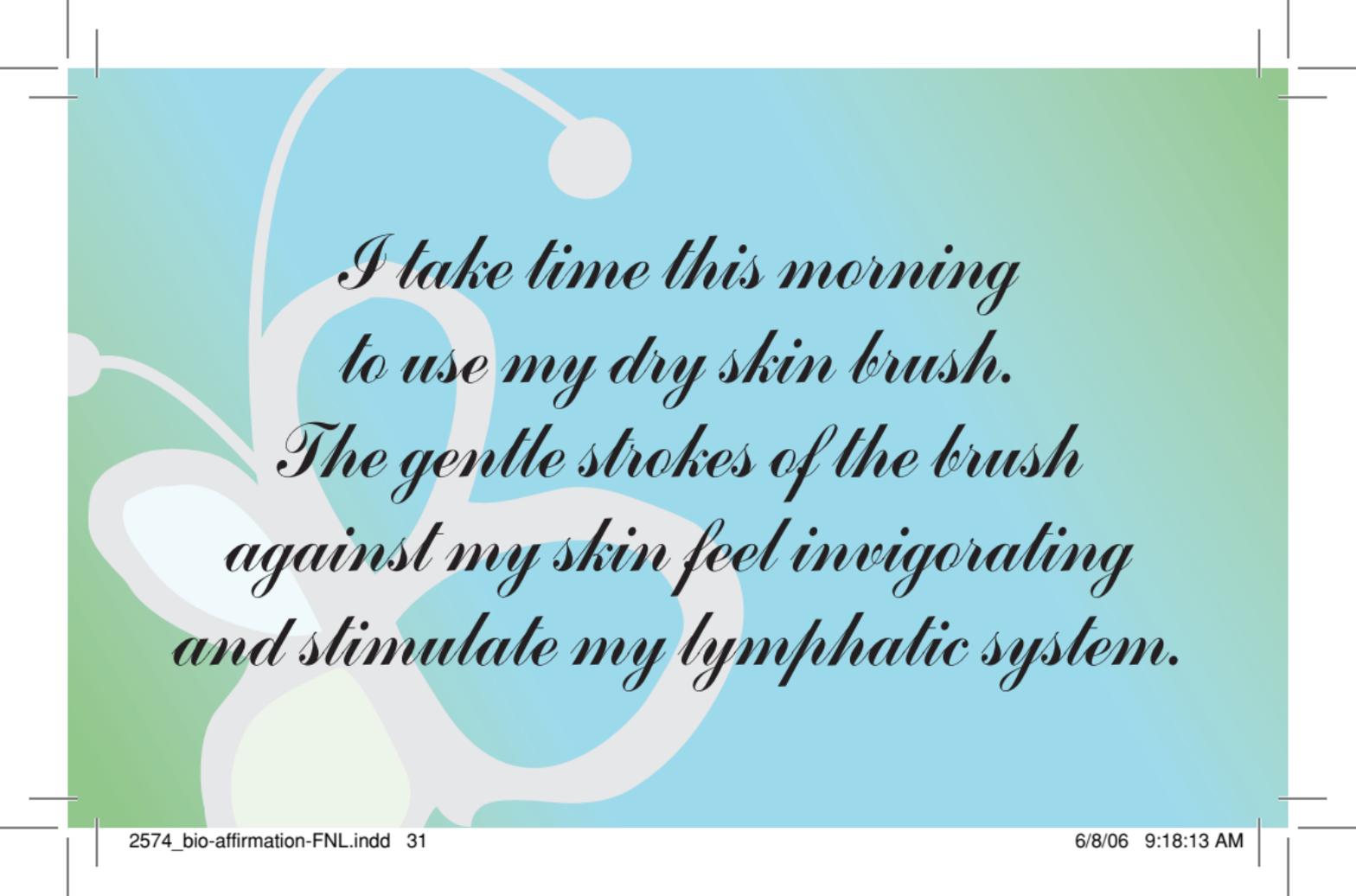
*I easily drink $\frac{1}{2}$ my body weight
in ounces of purified water daily.
It quenches my thirst
and flushes toxins from my body.*



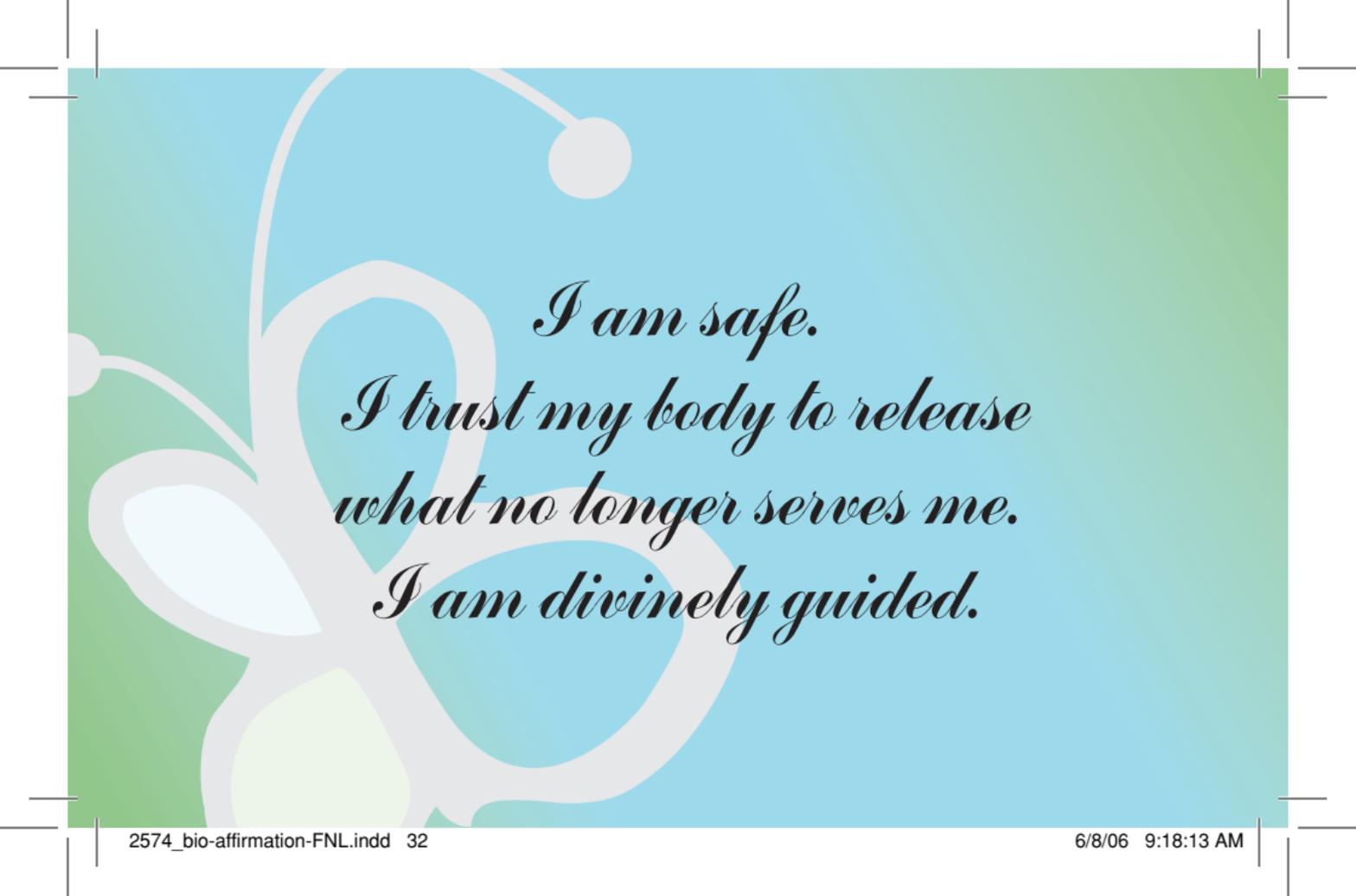
*My cravings disappear
as chemicals and food additives
are released from my body.
The natural foods and juices I choose
nourish my body at a cellular level.*



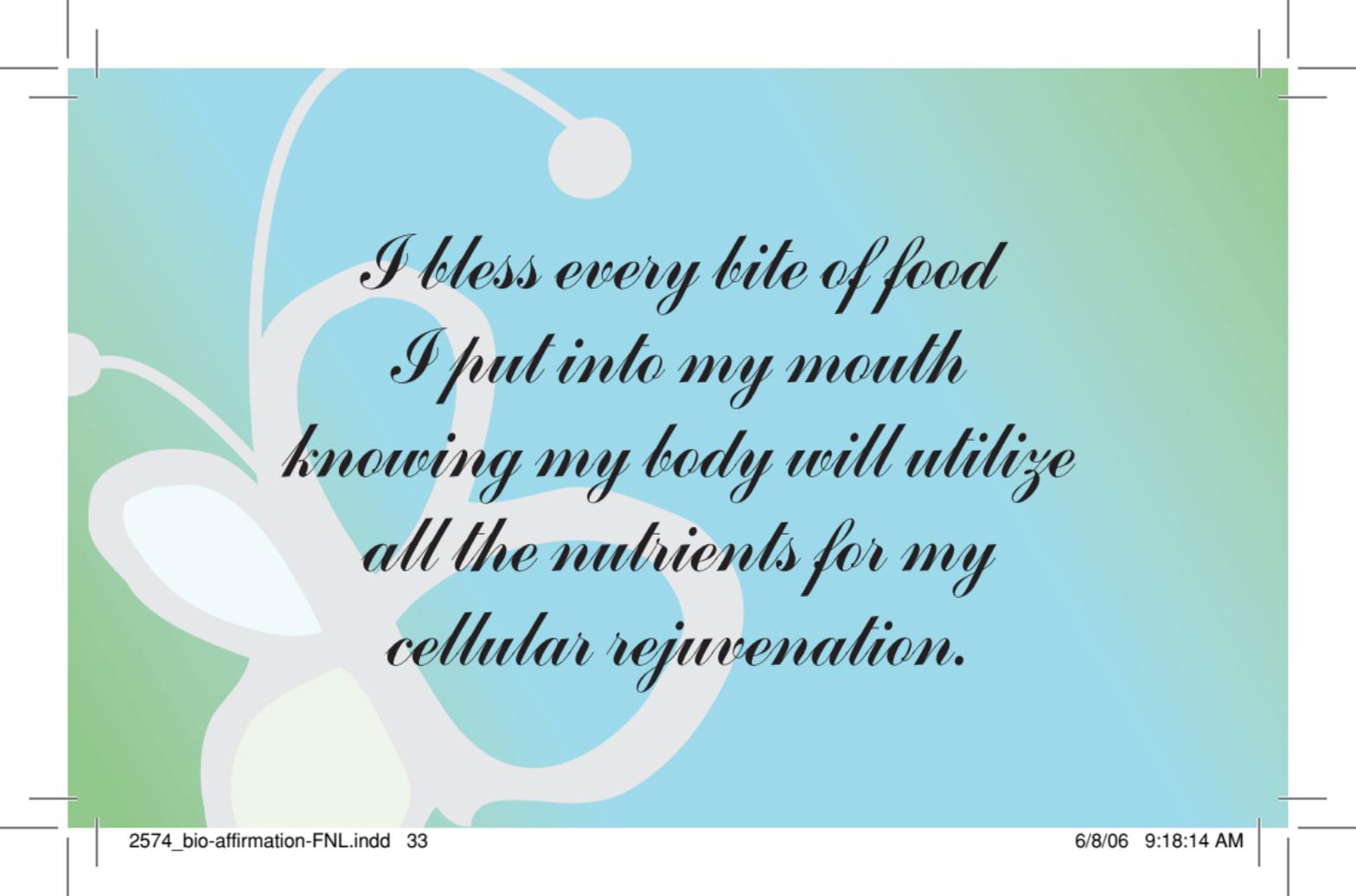
*I take deep, full, cleansing breaths
of air into my lungs.
With each exhale I release
all thoughts that no longer serve
my highest good.*



*I take time this morning
to use my dry skin brush.
The gentle strokes of the brush
against my skin feel invigorating
and stimulate my lymphatic system.*



*I am safe.
I trust my body to release
what no longer serves me.
I am divinely guided.*



*I bless every bite of food
I put into my mouth
knowing my body will utilize
all the nutrients for my
cellular rejuvenation.*

A stylized, abstract floral graphic in shades of light blue, green, and white, positioned on the left side of the page. The graphic consists of several overlapping, rounded shapes that resemble petals or leaves, with a central stem-like structure. The background is a gradient from light blue on the left to light green on the right.

*I take time to eat calmly
and chew every bite completely.*



*My taste buds awaken
to the natural flavors and textures
of living foods.*

*I have no need for condiments
or artificial flavorings.*