

Chapter 1 : Raw Food Before and After Pictures | Raw Glow

Diva's Top Makeup Tips for Looking Younger. To many women, the phrase "discover your beautiful you" really means a "beautiful and younger you" because this is what they wish to present to the world.

This is my most recent picture. I am a few weeks away from turning 35, most people think I am. Then I was having a casual conversation with a friend in January of , and he mentioned that his friend had gotten better from Chronic Fatigue Syndrome from eating a raw food diet. That was all it took, that same night I looked up the diet on the internet and found the website www.rawfooddiet.com. After learning a little information about the diet I bought a raw food cookbook and started right away. I have been high raw ever since! The very first week I noticed that I had more energy. I thought that if the raw food I was eating was so full of life, the life force of the food could be transmitted to me. After feeling more energy than I had in all the 3 years I had chronic fatigue, I was hooked! At four months I was off all my asthma medications! Only after four months I no longer had asthma anymore! And it never returned. In about 6 months I lost about 15 pounds. At 8 months raw I did a supervised 9 day water fast. I also noticed that my dark brown eyes had become a little lighter and clearer. After about a year raw I noticed that my menstrual cycle had become more regular. The return of my energy was very gradual and even now my energy keeps returning to me. I also noticed a gradual lift of my depression. I definitely felt lighter from the diet, as if a heavy weight had been lifted off me. Emotionally I also felt more self confident in my body and I felt like I was becoming my true self and letting go of the mask I had been wearing for years. My dreams were more vivid and my intuition and connection to nature felt stronger. The only way to put it, is that I became more alive! And I truly enjoy every raw food meal that I eat. I love the vibrant fresh flavors of fresh ripe fruit and just picked vegetables. When I eat raw food I feel like every cell in my body is being nourished, my body sings with happiness. It is such an amazing feeling! I have learned to focus on the positive, cultivate gratitude, and love from a full heart. Raw foods gives me the energy to give and help others and be who I truly want to be on this planet. Raw foods did not cure all my problems but it gave me the one thing that I really needed and that was hope. Before raw foods I had no hope of a future or of a life. I never thought I would be able to function in society again or be in a relationship or anything, but raw foods gave me back my life! Now there is so much joy and hope in my life. I am so grateful that the information was out there for me to begin healing myself. It seems like with every year gone by I just get happier and healthier! I added a very lovable rescued Chihuahua to my family and got engaged Feb. This would have never been possible if I had not healed myself from Chronic Fatigue Syndrome through raw foods! I find that adding some cooked foods such as quinoa, millet, amaranth, buckwheat, brown rice, steamed vegetables, steamed squash, sweet potatoes, legumes, and tempeh has helped me to get more variety and nutrition into my diet. I encourage you to find what works for you in partnership with a health care professional. The best gift from my illness was learning to love myself. I learned to put myself first. I want to give people hope that things can and will get better. All you need is the sincere desire to get well and the commitment to make the necessary changes in your life. If I can be of any assistance to you on your healing journey please let me know. In love and light, Cecilia Kinzie If you want to talk to me about my story and how raw foods can help YOU, schedule a raw food phone consultation. Also, I make my living through my online raw food store, check it out, there might be some information or products that might be useful to you. My dream is that no one will have to suffer from a chronic illness like I did. Thank you for your support. I make no gurantees that you might experience something similar. There are many facets of health and healing and it is of utmost importance that you consult with a qualified health professional before making any changes to your diet or lifestyle. Statements have not been evaluated by the U. Your "after" pictures look so beautiful and full of life and love! Your site is one of the most attractive, cheerful, and thorough raw sites I have found. I am also on a raw food diet, and I absolutely love it. I admire your strength and your dedication to eating healthy and sharing it with the rest of us. I appreciate your hard work and time that you devote to educating others who are seeking a better way.

Chapter 2 : Diva's™ Top Makeup Tips for Looking Younger - Diva Transformations

Hair transformations are amazing when they involve a new hair color that makes you look younger. These hair makeovers truly bring out the youth in these women!

Chapter 3 : Look Younger MD - Medical Spa - Las Vegas, NV

Look younger in an hour with simple changes to the style and color of your hair. Check out these tress transformations, compliments of the pros at the Rita Hazan Salon in New York City, and learn.

Chapter 4 : 7 Simple Ways to Look Younger Now (Male to Female Transformation Tips)

Seriously, these age-defying beauty transformations are so incredible that you'll be canceling your next Botox appointment and heading to Sephora to stock up on makeup to make you look younger instead!

Chapter 5 : 17 Age Defying Makeup Transformations You Won't Believe

Take second Quiz & Access Over 42+ Unique Superfoods, Herbs, Spices and Dozens of Other Powerful Anti-Aging Tricks to Look Hot & 5 Years Younger In Just 5 Minutes A Day!