

October 2016

newsletter

Shop 4/139 Military Road Neutral Bay NSW 2089
Tel: (02) 8065 7643 | Fax: (02) 8065 7643
la.diosa@optusnet.com.au | www.ladiosa.com.au

La Diosa

Natural Health, Beauty & Well Being Clinic



This Month @ La Diosa:

- Springtime Detox for a Summer Body That Rocks!
- This is How to Detox Each Organ to Never Feel Sick or Tired Again!
- October Special - FREE body scrub
- How the Gerson Therapy Works
- How Well Do You Feel?
- Salad time
- Woman removed by 6 Policemen off her flight for questioning what was being sprayed ON her!
- DETOX and slim dawn with Pinnacle herbal tonic
- The Power of now - free e-book

Dear La Diosa friends

Welcome to La Diosa October DETOX edition. As you can see this edition is all about detoxing, as Spring is the perfect time for cleansing all aspects of our mind, body, spirit and the environment we live in. Therefore there is something for everybody in this edition and if you want to make some changes in your life, it doesn't matter how big or small, just pick the area that you want to start improving. To get started its always important to get motivated. We hope that we will help guide you by providing you with selected reading materials, visiting our clinic for some of our detox treatments or by simply adding some of the products we know that are effective in achieving these goals.

Bright blessings

Jasminka and team



SPRINGTIME DETOX FOR A SUMMER BODY THAT ROCKS!

BY GILLIAN B

Spring is a natural time to clear away toxins so the body can reboot after a long, sluggish winter. Traditionally, in Chinese medicine and Ayurveda, spring is a time for renewal and rebirth. Tiffany Cruikshank, celebrity yoga teacher, says: "The body is coming out of hibernation mode and ready to shed some layers, literally." Spring is when the body goes through a deeper internal cleansing than its able to in the day to day process. "In Chinese medicine, spring is the season of the wood element, which is connected to the liver", says Cruikshank.

Here are some other ways you can help your body cleanse this spring:

1. Raw foods

Because our bodies are naturally in sync with the seasons, foods that support the liver are plentiful at this time. These include spinach, lettuce, snap peas, asparagus, celery, and berries, along with cruciferous vegetables such as cabbage, broccoli, and cauliflower, and bitter greens such as kale, dandelion greens, and chard.

To enhance your detox, supplement those with lemon water, spirulina, chlorella, garlic, and green tea. Cilantro and parsley are especially wonderful for detoxing heavy metals from the body.

Because our bodies are naturally in sync with the seasons, foods that support the liver are plentiful at this time. These include spinach, lettuce, snap peas, asparagus, celery, and berries, along with cruciferous vegetables such as cabbage, broccoli, and cauliflower, and bitter greens such as kale, dandelion greens, and chard.

To enhance your detox, supplement those with lemon water, spirulina, chlorella, garlic, and green tea. Cilantro and parsley are especially wonderful for detoxing heavy metals from the body.

2. Juice Cleanses

These are a wonderful way to reset the body and give the digestive system the well-deserved break that it needs to heal and let go of toxins.

If you want to learn more about juicing, read the book *The Reboot with Joe Juice Diet* by Joe Cross from the documentary *Fat, Sick and Nearly Dead*.

3. Colonics or Enemas

While you may not realize it, you likely have years of toxic residue stuck in the cracks of the walls of your colon. Colon hydrotherapy and enemas are a wonderful way to get things moving. You can think about it like pulling the plug on a bathtub full of dirty water.

If you are looking to get your own home enema kit, I recommend this one!

4. Skin Detoxing

The skin is the body's largest eliminative organ and there are a few things that we can do to encourage the outward flow of toxins.

- Epsom Salt and Hydrogen Peroxide Baths: These are a wonderful way to detoxify the body and relax at the end of a day. The heat opens up the pores and the water pulls toxins out via osmosis. Try adding either a few cups of Epsom salts, a bottle of hydrogen peroxide or both to add to the detoxifying effect.
- Dry Brushing: This is one of my favorite ways to detox daily! Dry brush your skin before taking a shower to exfoliate the skin, stimulate the lymphatic system and guide toxins out.
- Saunas: These have been used for such a long time in many traditions! Everyone knows how important it is to "sweat it out" for our well being. Look for either infrared or ozone saunas at local health clinics and gyms!

5. Exercise

Our bodies were made to move! Regular exercise gets the heart pumping and encourages the flow of toxins out of the body. Plus, it will help you work up a good sweat to release toxins, and it keeps your body healthy and strong!

6. Liver-Loving Herbs

Milk thistle, dandelion root and artichoke are all wonderful little helpers for your liver!

7. De-clutter

Do a little spring cleaning! Clearing out your living and working spaces energetically lightens your load. Go through your closets and donate anything you don't need. It feels SO good!

For more on this, I highly recommend reading *The Life-Changing Magic of Tidying Up* by Marie Kondo!

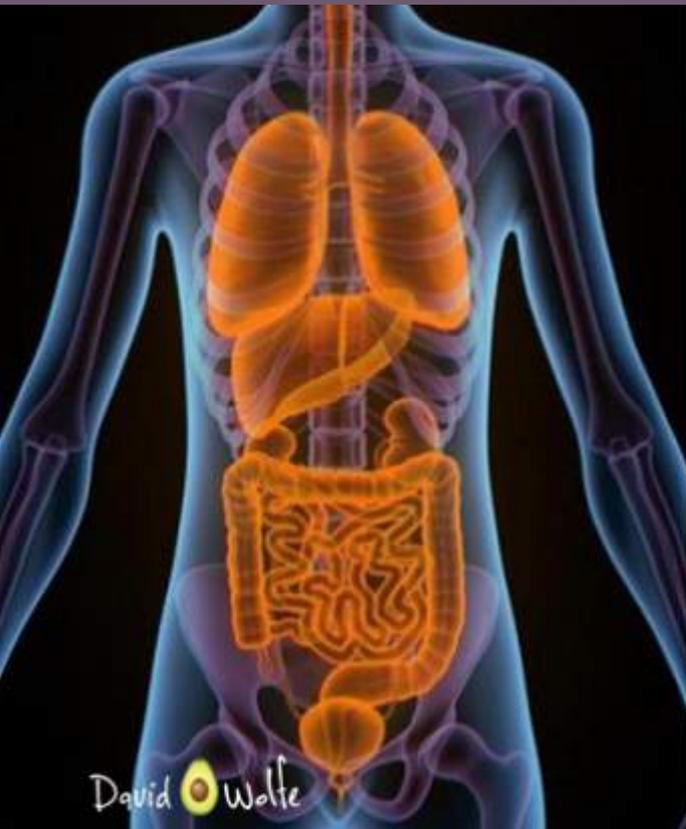
8. De-stress

What are you holding onto that is no longer serving you? Consider making some big life changes. Assess your friendships and relationships and purge what is weighing you down.

Also, keep in mind that the body needs to be in a relaxed state in order to start the detoxification process, so let go of things you've been holding on to!



La Diosa
Natural Health, Beauty & Well Being Clinic



THIS IS HOW TO DETOX EACH ORGAN TO NEVER FEEL SICK OR TIRED AGAIN!

BY DAVID WOLFE

In a perfect world, our bodies would always work like they are supposed to. They would filter out minor toxins to keep us healthy and full of energy. This is, however, not a perfect world.

Toxins from our food, home, and water have been shown to cause disease, and our bodies are not made to remove all of these toxins as quickly as we would like.

Signs you need a detox include: depression, insomnia, lethargy, indigestion, stress, body odor, weight gain, skin problems, a white or yellow tongue, and mental fog.

Here is how you can perform detoxes for multiple organs!

Liver and Gallbladder

The liver is a very important organ. It helps with digestion, stores energy, helps blood to clot, and breaks down medicines and alcohol so that the body can safely process them. It also makes bile that is stored in the gallbladder. This bile is used to help the gut digest fats. (source) It is easy to see that if something is wrong with one or both of these organs, the body will not function as it should.

There are plenty of available liver and gallbladder flushes or detoxes available for use. However, for those who are new to the detox game, adding the fruits and vegetables listed below to your diet is a good start.

How to Detox!

For the liver, you can eat garlic, grapefruit, beets, carrots, green tea, leafy green vegetables, avocados, apples, quinoa, buckwheat, cruciferous vegetables, lemons, limes, walnuts, cabbage, and turmeric.

For the gallbladder, consume real apple juice, citrus fruits, unrefined olive oil, lemon juice, and lots of water.

Pancreas

The pancreas is an important part of the digestive system. It produces enzymes and hormones that the small intestine uses to further break down food. It also produces and secretes insulin into the bloodstream to help the body regulate its blood sugar levels. (source) This organ needs to be in top working order at all times.

How to Detox!

For the pancreas, it is important to start the day with lemon, kiwi, papaya, or pineapple juice. Also, increase the amount of vitamin B rich leafy green vegetables in your diet. Hot baths and showers are important as well, along with reducing stress.

Kidneys

The kidneys are located just below the rib cage, and they work together to remove toxins and waste from the blood. They turn these toxins and waste into urine, and that is how toxins leave the body. Healthy kidneys are key for a healthy body. (source)

How to Detox!

To detox the kidneys, fruit is necessary. Consume all sorts of fruit and naturally made fruit juices (including berries). You can also add ginger, turmeric, parsley, kale, and pumpkin seeds to your diet to increase kidney health.

Intestines

The intestines move the food we eat through our bodies. Healthy intestines take the needed nutrients from the foods we eat and move along what we don't need, until it leaves the body. The small intestine is where 90% of all food and water absorption happens. The large intestine absorbs water and pushes everything else out of the body.

How to Detox!

To detox the intestines, it is important to perform a colon cleanse. Foods that will help with the process include kefir, spinach, kale, Brussels sprouts, broccoli, garlic, apple cider vinegar, flax or chia seeds, green tea, fruit, lemon, and avocados. Water is also essential!

These foods will help the body get back into working order in no time at all.



La Diosa
Natural Health, Beauty & Well Being Clinic



OCTOBER SPECIAL

During the month of October, with every
1 hour massage, you will received a
FREE body scrub (on request)

We use only
**100% natural
organic scrubs**
and they smell
delicious!



HOW DOES MASSAGE HELP YOUR BODY DETOX?

If you haven't been taking the best care of yourself, or just want to improve your health a detoxifying massage can help set things right again.

How does massage help the body detox, exactly?

The rhythmic strokes and pressure applied to muscles, tissues and organs during massage therapy help stimulate the circulatory system. It works sort of like a sponge: When pressure is applied to the tissue and fat, toxins are literally "squeezed" out from in between the muscle fibres and cells. They're released into the circulatory system for easier elimination.

The lymph system is key

Your lymphatic fluid system works with your cardiovascular circulatory system to flush out toxins and carry immune cells throughout the body to help defend against infections. If your lymph fluid circulation gets sluggish, toxins can accumulate and immune cells may not get carried to the areas of the body where they're needed.

Since the lymph system doesn't have a big central pump like the heart to keep things moving, it has to rely on gravity, exercise, breathing ... and massage. So if you haven't been as good as you should about your exercise, diet and "me time" routine (it happens to the best of us!), that can affect how you feel, causing aches, pains and swelling (lymph oedema). It can also cause deterioration in organs and glands like the thymus that are vital players in your immune system.

It's easy to see why detoxification is important to avoiding illness and chronic health conditions. So if you're not feeling your best or haven't been as good about your diet and exercise routine lately, try a massage to get back on track. Remember to drink a glass or two of pure water after massage to help the body flush out toxins more rapidly.



La Diosa
Natural Health, Beauty & Well Being Clinic

THE GERSON THERAPY

POSTED BY [THE GERSON INSTITUTE](#)



The Gerson® Therapy is a natural treatment that activates the body's extraordinary ability to heal itself through an organic, plant-based diet, raw juices, coffee enemas and natural supplements.

With its whole-body approach to healing, the Gerson Therapy naturally reactivates your body's magnificent ability to heal itself – with no damaging side effects. This a powerful, natural treatment boosts the body's own immune system to heal cancer, arthritis, heart disease, allergies, and many other degenerative diseases. Dr. Max Gerson developed the Gerson Therapy in the 1930s, initially as a treatment for his own debilitating migraines, and eventually as a treatment for degenerative diseases such as skin tuberculosis, diabetes and, most famously, cancer.

The Gerson Therapy's all-encompassing nature sets it apart from most other treatment methods. The Gerson Therapy effectively treats a wide range of different ailments because it restores the body's incredible ability to heal itself. Rather than treating only the symptoms of a particular disease, the Gerson Therapy treats the causes of most degenerative diseases: toxicity and nutritional deficiency.

An abundance of nutrients from copious amounts of fresh, organic juices are consumed every day, providing your body with a super-dose of enzymes, minerals and nutrients. These substances then break down diseased tissue in the body, while coffee enemas aid in eliminating toxins from the liver.

Throughout our lives our bodies are being filled with a variety of carcinogens and toxic pollutants. These toxins reach us through the air we breathe, the food we eat, the medicines we take and the water we drink. The Gerson Therapy's intensive detoxification regimen eliminates these toxins from the body, so that true healing can begin.

HOW THE GERSON THERAPY WORKS

The Gerson Therapy regenerates the body to health, supporting each important metabolic requirement by flooding the body with nutrients from about 15- 20 pounds of organically-grown fruits and vegetables daily. Most is used to make fresh raw juice, up to one glass every hour, up to 13 times per day. Raw and cooked solid foods are generously consumed. Oxygenation is usually more than doubled, as oxygen deficiency in the blood contributes to many degenerative diseases. The metabolism is also stimulated through the addition of thyroid, potassium and other supplements, and by avoiding heavy animal fats, excess protein, sodium and other toxins.

Degenerative diseases render the body increasingly unable to excrete waste materials adequately, commonly resulting in liver and kidney failure. The Gerson Therapy uses intensive detoxification to eliminate wastes, regenerate the liver, reactivate the immune system and restore the body's essential defenses – enzyme, mineral and hormone systems. With generous, high-quality nutrition, increased oxygen availability, detoxification, and improved metabolism, the cells – and the body – can regenerate, become healthy and prevent future illness.

JUICING



Fresh-pressed juice from raw foods provides the easiest and most effective way of providing high-quality nutrition. By juicing, patients can take in the nutrients and enzymes from nearly 15 pounds of produce every day, in a manner that is easy to digest and absorb.

Every day, a typical patient on the Gerson Therapy for cancer consumes up to thirteen glasses of fresh, raw carrot-apple and green leaf juices. These juices are prepared hourly from fresh, raw, organic fruits and vegetables, using a two-step juicer or a masticating juicer used with a separate hydraulic press

THE GERSON DIET

The Gerson diet is plant-based and entirely organic. The diet is naturally high in vitamins, minerals, enzymes, micro-nutrients, and extremely low in sodium, fats, and proteins. The following is a typical daily diet for a Gerson patient on the full therapy regimen:

- Thirteen glasses of fresh, raw carrot-apple and green-leaf juices prepared hourly from fresh, organic fruits and vegetables.
- Three full plant-based meals, freshly prepared from organically grown fruits, vegetables and whole grains. A typical meal will include salad, cooked vegetables, baked potatoes, Hippocrates soup and juice.
- Fresh fruit and vegetables available at all hours for snacking, in addition to the regular diet.



SUPPLEMENTS

All medications used in connection with the Gerson Therapy are classed as biologicals, materials of organic origin that are supplied in therapeutic amounts. The supplements used on the Gerson Therapy include:

- Potassium compound
 - Lugol's solution
 - Vitamin B-12
 - Thyroid hormone
 - Pancreatic Enzymes
- ...and more

DETOXIFICATION

Coffee enemas are the primary method of detoxification of the tissues and blood on the Gerson Therapy. Cancer patients on the Gerson Therapy may take up to 5 coffee enemas per day. Charlotte Gerson explains the necessity of coffee enemas in [Healing the Gerson Way](#):

“The moment a patient is put on the full therapy, the combined effect of the food, the juices and the medication causes the immune system to attack and kill tumor tissue, besides working to flush out accumulated toxins from the body tissues. This great clearing-out procedure carries the risk of overburdening and poisoning the liver—the all-important organ of detoxification, which, in a cancer patient, is bound to be already damaged and debilitated.”

Coffee enemas accomplish this essential task, assisting the liver in eliminating toxic residues from the body for good. The Gerson Therapy also utilizes castor oil to stimulate bile flow and enhance the liver's ability to filter blood.

FREE DR GARSON BOOKLET

How Well Do You Feel?

Elaine Hollingsworth

Eat Living Foods

Vegetables are the foundation of a great diet. Studies prove how important they are to every facet of health, including cancer prevention. A 15-month study of 2000 subjects found that those with the highest vegetable and fruit intake had a 70% reduced risk of heart attack and other cardiac problems.

Raw is preferable.

Bear in mind that we were not evolved to eat cooked food; our primitive forebears lived on a diet of mostly raw food for millions of years. There are many different salad combinations. A wide variety should be eaten – dark green lettuces (not head lettuce), cucumbers, tomatoes, carrots, beet root (beets), capsicums of all colours, red onions and any other vegetables that take your fancy. Chop, shred or dice them in various combinations. Rocket, coriander (cilantro), parsley and any number of green herbs in pots make great additions, and provide calcium your body can assimilate, other valuable minerals and great flavour.

Exercise

By Markus Rothkranz

Sensible and regular exercise will do wonders for your health. It is particularly beneficial for improving the cardiovascular system, stimulating the lymphatic system to eliminate toxic waste from the body, and promoting healthy bones through the stimulation of blood flow.

You don't have to go to a gym; there are numerous activities that will keep your body in tip-top condition. Take a daily walk. If it's raining, don a raincoat and boots, or use a rebounder indoors if you have one. If not, walk smartly in place in a well-aired room, while breathing deeply. If you want to use weights, please take it easy – baby steps only, the first day. No matter what the "gym cowboys" say, don't do more than two or three repetitions on the weights, working up in increments of two each time, provided you go regularly. And keep the weight low until your muscles are used to the workout. Ignore anyone urging you to overdo.

Sunshine

Sunshine has long been recognised as essential for the bountiful growth of plants, yet few people realise humans need it as well, particularly for the synthesis of vital vitamin D. Despite this, governments all over the Western world have been warning us to shun the sun, when they should have been warning us to shun the junk food and oils that have caused our epidemic of skin cancers.

Sunlight is important; researchers in the US found that prostate cancer mortality declined with increasing sunlight intensity. It is known that vitamin D₃ (cholecalciferol) inhibits the growth of tumours, and that UV light is needed for synthesis of D₃ in the body. This means exposure without sunscreen, at least three times each week. If you live in an area with little intense sunlight, be sure to supplement with vitamin D₃.

Water

Few of us drink sufficient water. Eight glasses per day is the minimum, and will go a long way toward curing illnesses that physicians prefer to suppress with dangerous drugs. Not coffee, not tea, not juices and, emphatically, not soft drinks. If you wait until you feel thirsty, your cells have already suffered from dehydration.

Without sufficient water, your body has no way to eliminate toxins and waste, or the histamines that cause allergies. Hydration will improve your skin, plumping it out. Dehydration creates an imbalance of minerals, and disrupts hormone balance.

Rest, Sleep and De-stress

It is impossible to overemphasise the importance of rest and, especially, sound sleep, on your journey to health. It is best to go to bed no later than 10pm, and to share your bed with a good book, rather than with a stressful partner. Difficult people are toxic to your health and if you have someone like this in your life, do your utmost to change how you interact with them. Meditation can be a great help.

SALAD TIME

Spicy Thai Cabbage



*Red cabbage
raw cashews
scallions
raisins
cilantro
sea salt*

*raw nut butter
apple cider vinegar
hot chili oil
sesame oil*

Spicy Thai Cabbage



*Avocado
papaya
mango
red onion
olive oil
apple cider vinegar
cilantro
sea salt
pepper*

Kale Salad



*Kale(1 or more kinds)
Whatever you like- things like radishes,
sprouts, cucumber, avocado, red pepper, onion
finely chopped garlic & hot pepper
sea salt*

*AWESOME DRESSING-
1/3 fresh squeezed orange juice
1/3 NamaShoyu (raw unpasteurized soy sauce)
1/3 olive oil
Mix and let soak for 1 hour in fridge to soften
Kale*

Woman removed by 6 Policemen off her flight for questioning what was being sprayed ON her!

By Erin Elizabeth

Posted by Petra Haluska
136,534 Views



Petra Haluska was landing in Perth, Australia when they began spraying her plane down with dangerous pesticides. She said she decided to become a bit of an activist and ask why they were spraying her down.

Why can't they do this after the passengers deboard? Well, industry insiders tell us that they are literally spraying the PEOPLE in case they have any bugs on their person.

It's despicable. Check out the video below and then see other examples of planes being sprayed down with insecticides and other poisons by flight attendants, below. You'll see in one they are forced to stop their camera. NO one should have to be subjected to this on any flight while in flight.

If the videos on this story weren't included, I PROMISE you, even I would have a hard time believing this was true. And perhaps the next time you aren't feeling well after having flown you won't automatically assume you caught a "bug" but rather, you might wonder if the cabin crew had exposed you to an insecticide, pesticides or other toxic chemicals. On purpose.

Check out the video below. It will blow your mind. Especially when she tells him to stop recording!

If you didn't previously know about this, it should make you angry. Angry enough to ask an airline why they are doing it WITHOUT your knowledge or permission. And maybe even angry enough to make your voice heard with your wallet. Because when we buy an airplane ticket, we are telling them this is ok, even if we aren't aware of it. When you purchase your tickets, the info stating that spraying will occur on a flight is stated in the fine print.



From the article:

“This process is being referred to as “disinsection,” a word that seems to have been made up by the TSA or airline industry. Disinsection, or the spraying of an insecticide or pesticides on planes, is now permitted under international law. The Department of Transportation says that the supposed intent is to protect public health, crops and agriculture, and the environment.”

HUH? First of all how and second
- WHAT THE ACTUAL HELL?

More from the article:

“The International Civil Aviation Organization and World Health Organization (WHO) admit that aircraft cabins are being sprayed with what they are calling a “fast-acting insecticide” with passengers on board, right before takeoff. Some airlines are instead treating aircraft interiors with a “residual-insecticide aerosol” right before passengers get on board.”

The chemicals are also being applied to the aircraft's internal surfaces as well which means that if they aren't spraying, you and I are still breathing this stuff in. Or ingesting it.

Since the spraying began, passengers have reported flu-like symptoms, sinus issues, rash/hives, headaches, and swollen joints- and that's just some of what's been reported; far more serious issues like acute respiratory problems and anaphylactic shock have also occurred. But don't worry, the WHO says there is no evidence that spraying insecticide in enclosed spaces, onto people, is dangerous.

The most common pesticides used on airplanes are the synthetic pyrethroids permethrin and d-phenothrin (they kill insects by attacking their nervous systems) and studies have linked permethrin with Parkinson's disease. But remember, the World Health Organization says it's just fine.

Next time you fly, make sure to ask about whether or not you might be sprayed with a toxic chemical. And if you can, take another plane.



DETOX and slim dawn with Pinnacle herbal tonic

\$43.00

Powerful Liver & Intestinal Herbal Detox

- Intense Liver Cleanse to eliminate toxins, bacteria
- Penetrating Intestinal Cleanse to flush and remove waste
- Deep Gallbladder Cleanse to remove sediment deposits
- Reduce Fluid Retention
- Relieve Constipation and Treat Digestive Disorders
- Renew your Body's Natural State of Health & Wellness

available @



La Diosa
Natural Health, Beauty & Well Being Clinic

LIVER – CLEANSE OUT ACCUMULATED TOXINS AND WASTE

The liver is one of the most important organs in the human body responsible for eliminating toxins, aiding digestion and helping regulate metabolism. The herbs in CleanseU are world-renowned for their diuretic properties. They are used for cleansing and protecting the liver, kidney and intestines whilst removing harmful wastes deposited in the body through diet, drugs, infections and the environment.

Alfalfa, the “Father of All Foods” and Rose Hip, the “Best Plant Source of Vitamin C” are exceptional immune system boosters preventing infections from bacteria, viruses and toxins.

Burdock Root, Dandelion Root, Fennel Seed and Wormwood are extremely bitter herbs that detoxifies and flush out the liver, kidney and intestines.

Field Horsetail is one of the most powerful plant diuretic in the world. It contains phytochemicals that purifies the kidney and bladder. It is anti-inflammatory with a high silica content to repair bones and body tissues.

Cayenne is a potent diuretic with anti-microbial, anti-rheumatic, anti-inflammatory and antifungal properties that stimulate blood circulation and improve cardiovascular, bone, skin and brain function.

Fenugreek is a natural expectorant and laxative with anti-inflammatory, antioxidant and restorative properties highly effective in cleansing and improving the Respiratory, Circulatory and Integumentary Systems.

INTESTINAL CLEANSE OUT OF WASTE AND INTESTINAL PARASITES

Every system, organ and cell of the human body eliminates waste material which accumulates over time from the foods we eat, the air we breathe, the water we drink and the lifestyles we lead. Most of this toxic waste is deposited into the colon which becomes toxic if it is not regularly eliminated.

In addition to excess toxins, the human intestines is the perfect place for intestinal worms and parasites to live and flourish because they can feed on the nutrients and waste found in the Digestive System for months or years before they are detected.

The CleanseU herbs have been used for centuries by Western and Eastern traditional and complementary medical practitioners in the cleansing of the intestines.

Burdock and Wormwood are anthelmintic, antifungal, antidiabetic, antibacterial, antiviral and antimicrobial. They contain complex compounds such as volatile oils and acids highly effective in the expulsion of parasitic worms and other internal parasites from the digestive system. They are strong anti-parasitic plants.

Cloves and Meadowsweet have antimicrobial properties that aid in killing parasites and bacteria in the digestive tract. Its essential oils, acids and tannin relax and protect the lining of the intestines; calm an upset stomach; and aid in digestion.

Senna contains anthraquinone derivatives which interact with bacteria in the digestive track, resulting in propulsive intestinal contractions to eliminate toxic wastes. It has laxative effects that relax intestinal muscles which relieves constipation.

available @



La Diosa
Natural Health, Beauty & Well Being Clinic

USEFUL LINKS

Health and well being

- <http://www.healthnutnews.com/>
- <http://www.mercola.com/>
- <https://www.davidwolfe.com>
- <http://www.doctorsaredangerous.com/>

Spiritual/conspiracy/seeking truth

- <http://www.jayweidner.com/>
- <https://jordanmaxwellshow.com>
- <http://www.scottmandelker.com/>
- <http://divinecosmos.com/>

TV/Movies (health/yoga/spiritual/longevity/wisdom)

- <http://www.gaia.com/>



La Diosa
Natural Health, Beauty & Well Being Clinic

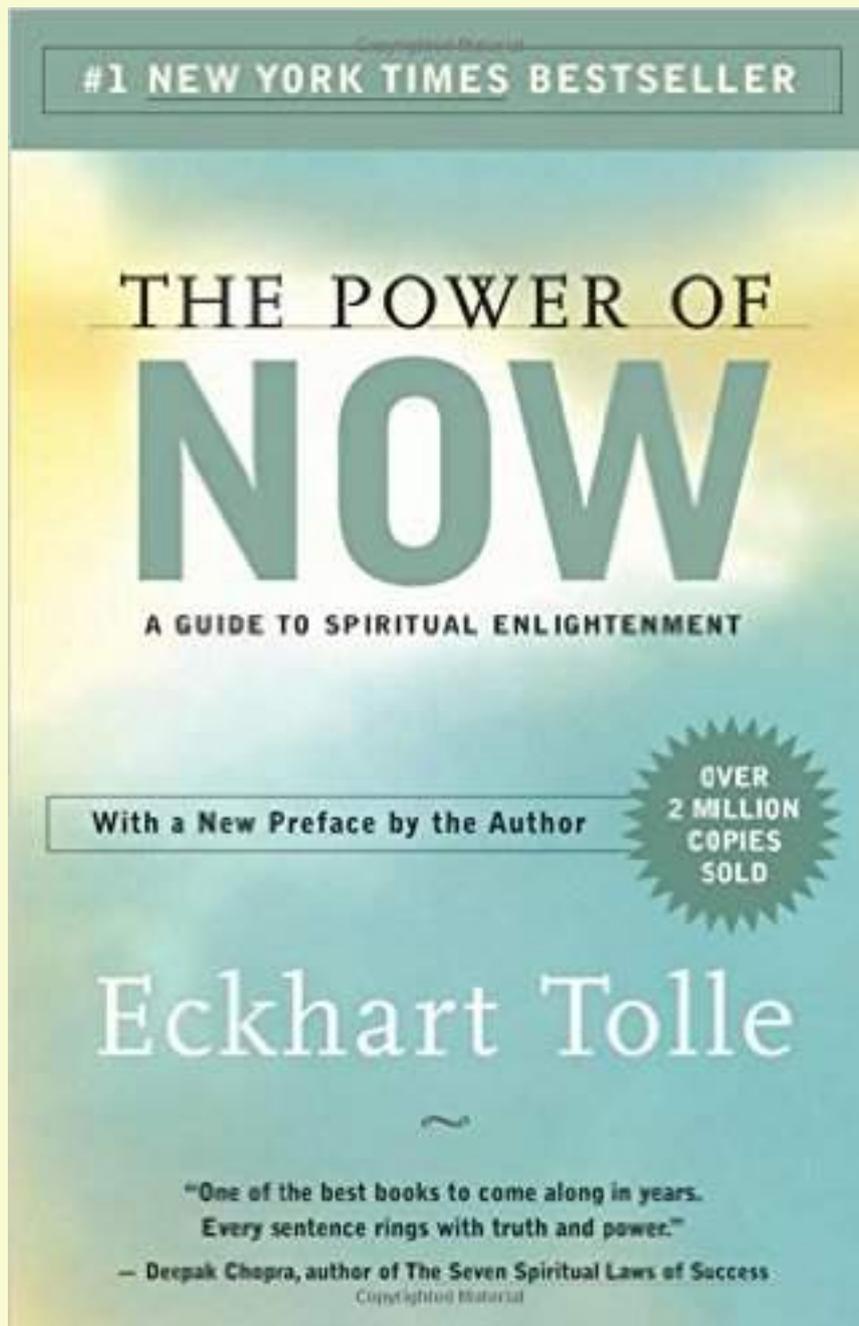
FREE GIFT FOR



La Diosa

Natural Health, Beauty & Well Being Clinic

readers: FREE EBOOK



[click here](#)



La Diosa

Natural Health, Beauty & Well Being Clinic

HAPPINESS IS



**...harvesting vegetables
from your own back yard.**