



Find Your Inner Goddess

Bonus Favorite Finds

By Jennifer Ettinger

Beauty Boosting Foods – Favorite Finds

CRAVING BUSTERS

Instead of a Chocolate Raspberry Dessert
10 grams of protein, 7 grams of Fiber

Essentials Bar, It Works

Instead of a Chocolate “Kiss”

Xoçai™ Chocolates

(For the cost of \$3 - \$5 per day of eating, you can eat chocolate guilt-free for health benefits!)

***Contact FYS for a sample or more information.**

SHAKEOLOGY®

The healthiest meal of the day. It is like going to the salad bar five times in ONE glass!

Every day, I start with this shake! For the same price per serving of your sugared (sugar ages you - yuck) coffee drink, you CAN have the ultimate healthy “beauty boosting” food! Over 70 ingredients from around the world such as fiber, protein, phyto-nutrients, digestive enzymes and probiotics can be found in a Shakeology® drink. This is a great at meal replacement or healthy snack alternative.

How Shakeology® Improves Your Health: After a 90-day research study, the group participants noticed improvements in their health including: improved digestion, reduced cravings, increased energy and stamina, improved mental clarity, weight loss, reduced risk for disease, healthier skin, hair, and nails, and lower cholesterol (by an average of 30%). To top it off, Shakeology® has a low Glycemic Index of only 24, lower than that of a banana. In my experience this means no more crashing in my day.

It is available in a chocolate or green berry flavor. Contact us for a free sample**

www.fityourstylecoach.com

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

Shakeology® is a registered trademark of Beachbody®, LLC.

Beauty Boosting Foods – Favorite Finds Cont.

XOÇAI™ (SHO-SIGH)

Chocolate Healthy chocolate products are manufactured using a patented cold press technology which keeps the antioxidants and nutrients intact. Combined with the acai berry and blueberry, they contain no refined sugar, caffeine, fillers, waxes, or preservatives. The products are potent in Free Radical-Fighting Antioxidants, which are essential to help reduce inflammation, chronic illness, and diseases in the body. It is recommended that you consume three pieces per day, as one piece will last in your system for four to five hours. It is important that the antioxidants stay in your system all day to give you continued protection.

Dozens of studies have concluded that cocoa and dark chocolate based foods can decrease risk of cardiovascular disease, improve insulin sensitivity and other diabetic symptoms, relieve inflammation, fight depression, increase energy, improve breathing and even decrease your appetite.

Dr. Richard Cutler of the National Institute of Health states, "The amount of antioxidants you maintain in your body is directly proportional to how long and how healthy you will live." *Imagine getting much of those antioxidants eating Healthy Chocolate!*

The more colorful your diet, the more antioxidants you get. The compounds aid in reducing cellular damage and prevent the hardening of the arteries, which can cause heart disease, memory loss, and strokes. Each hue of the food rainbow represents a different class of nutrient, each providing a unique benefit.

They are in the final stages of certification with Health Canada for our Natural Health Product number and we have been approved to list these cardiovascular statements on our packaging!

- Loaded With Antioxidants That Fight Free Radicals*
- Helps Provide Natural Energy
- Helps Promote Cardiovascular Health*
- Improves Sleep*
- Supports Healthy Response to Inflammation*
- Increases Your Sense of Well-Being*
- May Help You Lose Weight*
- Unique Cold Processed Formulation*
- All-Natural or "Clean Product"*
- Diabetic Friendly*

www.fityourstylechocolate.com

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The Skinny On Cellulite – Favorite Finds

BODY SLIMMING APPLICATORS

The Slimming Applicators or “wraps” are botanically-based detox applications used to deliver maximum tightening, toning and firming results when applied to the skin. See dramatic results in only 45 minutes!

I call this product a body confidence product. As a certified personal trainer, I cannot spot reduce a client BUT with this product, I CAN!

The result will last up to 6 months and is a progressive treatment.

DAILY SLIMMING LOTION

Use this every day on the area(s) of concern. It is an intensive treatment gel that hydrates and firms. The defining gel helps minimize the slackening of the skin, appearance of cellulite and varicose veins. It is the companion to the applicators.

Client Testimonials:

“I was VERY SKEPTICAL of the product at first, thinking it must be “just water loss” – not the case!”

“After opening my mind to LEARN the “how’s and why’s,” and having my husband of 15 years tell me my thighs looked BETTER, on his own, not knowing I was testing a new product... I was HOOKED, so much that I became a distributor for the company!”

“Well...I think the herbal/detox wrap is great, and I have seen amazing results! My pants are loose on me...it has given me a boost, I am eating healthier, exercising more and feel better about my waistline! Especially after having 3 kids! I will continue to use the wrap.”

Ana

“I was extremely surprised that this product did what it said it could do. The first time I used it, I lost two inches from my waist and one inch from my lower abdomen. It was a great feeling and definitely gave me a boost of confidence in my weight loss and body toning efforts.”

Karen

“I was down two inches on both the left and right thighs at the top and on the lower thighs the right was down one inch and the left was down one and a quarter inches. Looking forward to seeing what happens in the future.”

Leslie

www.fityourstylewrap.com

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It Works Marketing (2011). Ultimate Body Applicator. Retrieved on January 4, 2012, from <https://fityourstyle.myitworks.com/Shop/Product/111>.

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MXI Corp™ (2010). Xoçai™ Healthy Chocolate. Retrieved on December 30, 2010, from <http://www.fityourstylechocolate.com>.

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