Awaken your own inner beauty

The spark in your eyes

The passion for life

The passion for a new day

The passion for this moment

This Holy moment

Asking your heart what is real and present for you right now

Asking how your heart is doing

The right frame of mind builds positivity

Positivity shows in your face

Smiling often creates warmth and beauty to others

This exchange then has the reflection of back beauty to you

So you become witnessed and seen as beauty

Compliment others often

Open up to Receive compliments
Hugging and touching bring warmth, tenderness and relaxation

A relaxed face shows peace and beauty

Be the kind of person that changes the rooms vibe to joy

Master the quality of Love you bring to All that you do

Real beauty is in the heart

**Foods to Support and Enhance your Natural Beauty**

Raw Foods bring a vitality to the whole system.. they clear the space for your Radiance to spring forth!!! Everyone is unique! We each contain our own natural Beauty!!!

**Questions to ask yourself before making foods choices**

Will I gain nutrients and vitality by eating this food?

Does this food have life force?

Will this food beautify me from the inside out?

**Raw Foods Promote Life Force**

Raw foods keep their natural enzymes more than cooked foods making them easier to digest. Enzyme rich plant foods naturally give vital energy. Given the vital energy in greater doses allows your body to crave less food and feel satiated quicker. Hence the need for less calories. A diet in lower calories with higher enzymes and nutrients allow the assimilation process to be quicker leaving ample space for your body and cells to give nourishment and healing and vitality to your body temple. Too much cooked dense foods equals a lot of fermentation, digestion and processing time that takes away the cells opportunities for rest and nourishment. Poor digestion shows up in the skin. The skin is the biggest elimination agent ..if your digestion is off so will your complexion.
A good way to know what is not working for you and your diet is to list foods that weigh you down and dull your vitality...

Some examples

Cheese, Fried Foods, Bread, Sweets, Pastries, Fast Food, Sodas, Meats, Potatoes, Beans, Cooked Foods...

Too many calories can set you up for slow digestion, upset stomach, gas, and weight gain, mood swings, puffy face, and irritability....

Foods that can feel really good in the system...

Fruit, Green Drinks, Vegetables, Salads, Hemp protein and oil, Spring Water, Ginger, Cacao, Eating less, foods with a lot of water in them.

Fats that can really benefit the skin and body... Avocado, Olive oil, Nuts, Coconut Meat

Saunas, Hot Springs, Sweat Lodges, Lymph Massages, Colonics, Juice Detoxes support elimination and a healthy Glow

Natural Skin care with Coconut Oil, Sesame Oil, Essential Oils, Rose Oil

Masks- Spirulina w/ Water

Aloe Vera Gel from the plant

Sliced Cucumbers all over the face

Avocado mashed, fresh Squeezed Orange Juice and hemp oil mixed together to make a mask
Tea Tonic

1 teabag Horsetail - great source of silica
1 teabag Nettle - great for digestion... so many benefits
1 teaspoon Raw Honey

Seep with Spring water brew tea and serve hot or cold

Detox Bath

2 tablespoons Sesame Oil – Queen of Oils - Removes toxins, promotes elasticity
¾ cup Epsom Salt - magnesium relaxes muscles and joints, eliminates toxins
Few drops Essential Oil some good ones for detox (Geranium, Grapefruit, Orange, Rosemary, Lemon)

De-bloat Juice

1 cup Watermelon
3 sprigs Mint
1 Lime
1 Cucumber w the skin on
1 teaspoon Raw Honey

Place ingredients in a juicer... you can also blend for a more pulpy consistency

Watermelon is great for water content, sugar for energy, and de bloating the tummy.

Cucumber is another great water filled remedy.

The mint leaf also helps detoxify
**Tomato Ginger Soup**

Tomatoes 4 large
Red Bell Pepper ½
Celery 2
Avocado ½
Cilantro handful
Basil 10 leaves
Garlic 2 cloves
Ginger 1 inch knob
Lime juice 1
Sea Salt 1 teaspoon
Spring Water as needed

Blend in blender till creamy.

Add Dulse Flakes, diced avocado, diced tomato and parsley as toppings
**Coconut Cashew Yoghurt**

Coconut water 2 young Thai
Coconut Meat 4 young Thai
Hemp Seeds 1/3 cup
Raw Cashews (soaked overnight and drained) 1/3 cup
Unfiltered Organic Maple Syrup 3 Tablespoons
Fresh Vanilla Bean (soft inside seeds) 1 whole
Coconut Oil (cold pressed) 2 Tablespoons
Lemon Juice 2 lemons

Combine water from one of the coconuts with all of the coconut meat. Blend. Blend on low gradually raising to high. Add in remaining ingredients. Add fruit to top it off.

Recipe From David Wolfe’s Book “Eating for Beauty”

---

**Papaya Pudding**

Large Papaya 3 cups
Dried Apricots (soaked overnight and drained) 1/3 cup
Cashew Yoghurt (the recipe above) 1 cup
Chocolate mint leaves (diced) 2 tablespoons
Coconut oil (cold pressed) 2 tablespoons

Blend in blender just enough to achieve smoothness Add coconut oil last Can be eaten as a pudding, or in a pie filling, or as a smoothie Add a little fruit on top to garnish

Recipe from David Wolfe’s book “Eating for Beauty”
Raw Beauty In Action

Ava Malazian- Holistic Health Coach and Chef
Email ava@malazian.com

Website
http://ava-malazian.healthcoach.integrativenutrition.com/
Facebook
Twitter
@inspiredpoetess

Ava is a certified health counselor and a graduate of the Institute of Integrative Nutrition. Ava has also completed the Raw Certification Course from the Body Mind Institute. She works as a professional chef and teaches in home and group cooking classes. Ava focuses on healthy natural foods with a flavorful gourmet touch. Ava loves natural whole foods, raw foods and blended super foods as her favorite choices for bringing the best wellbeing to both the body and the spirit.

She has a health consulting practice called Raw Beauty in Action

Look for the upcoming cooking series called "Get into the Skin Glow” and “Grooving with Superfoods” at Whole Foods Market 3rd and Fairfax and Earthy Juices!!
http://www.earthlyjuicecart.com/about/
http://www.wholefoodsmarket.com/events?store=6538&date=2013-07#node-271246

More classes to be scheduled soon
*Ava is available for private in home cooking classes*

Ava will show us all how to get into the glow from the inside out!!!
As a woman in her forties she is regularly asked how to tips and lessons for looking so radiant and young!!!

The benefits of a healthy diet complement and enhance your body's natural healing and wellbeing. For those of you on Facebook ‘like’ the Raw Beauty in Action information page for updated recipes and skin glow tips and more at; https://www.facebook.com/pages/Raw-Beauty-in-Action/200363216701138?ref=hl