



# MEALS. MOVEMENT. MEDITATION.



## Green Smoothie

*from Meals. Movement. Meditation*

- 1 1/2 cups organic spinach
- 1 banana
- 1/4 cup frozen pineapple
- 1 tsp cinnamon
- 1 cup unsweetened almond milk

Blend together and drink every morning to improve digestion, increase energy, and for weight management.

## Summer Detox

Commit to a 24-48 hour cleanse to renew your body this summer. This cleanse will increase your metabolism, clear up unwanted blemishes, improve your mental clarity, and clean up your insides. Take notice of how you feel.

Journal. Become aware of your body, any changes, and notice your energy levels. Drink lots of water. If you should be hungry through out the day snack on a piece of fruit, nuts, or raw veggies.

Prepare your body by eliminating wheat, meat, all processed foods, coffee, alcohol, and junk food. Clean out the kitchen to make room for your new, healthy lifestyle. Enjoy!



Mona Laru  
Naked Nutrition, LLC  
PO BOX 8128  
NY, NY 10116  
[www.nakednutritionnow.com](http://www.nakednutritionnow.com)

## DETOXIFICATION

### 1. SKIN

The largest elimination organ.

### 2. LUNGS

Trap toxins in mucous lining. Either coughed up or breathed out.

### 3. LYMPH

Carries nourishment and clears waste. Requires gravity and movement (exercise) to do its jobs.

### 4. COLON

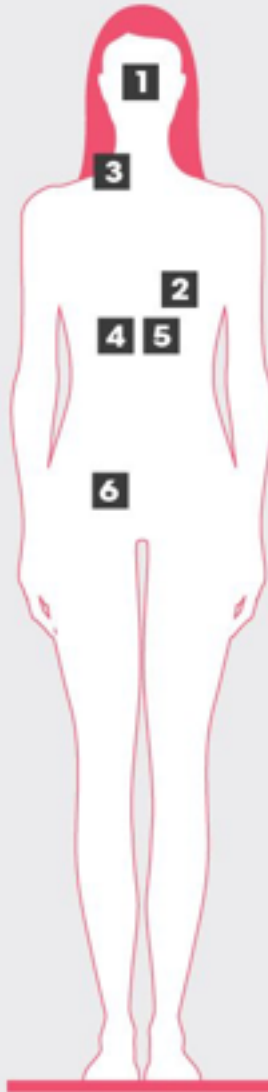
Absorbs nutrients and carries waste out of the body

### 5. LIVER

The main detox organ. It works around the clock doing over 500 different jobs.

### 6. KIDNEYS

Filter metabolic and toxic waste out of the blood. Regulate pH of the body.



NAKED NUTRITION  
*by mona*

## Movement. Meditation.



[Playlist Found Here](#)

### Movement:

A successful meditation practice starts with moving. Stand up and start with these:

- Shake it Out (above head hand shakes)
- Spinal Twist (swing arms from side to side, loosely)
- Front of Heart Arm Crosses (with straight arms, cross in front heart)
- Leg Swings (swing leg front/back, side/side)
- Sitting Forward Fold

### 3 Meditations:

#### Breath of Fire:

30 second intervals, 3 times daily .  
"Sniffing" meditation. Inhale, exhale. 1/2 inhale and begin.

#### Mantra:

Pick a mantra. "I am. I am love. I am abundant". Inhale, exhale long and deep for 5-7 minutes daily. Perform to music.

#### Counting:

Inhale 5 counts, hold 5 counts, exhale 5 counts. Perform 5-7 minutes daily.

Stop. Notice. Soak it Up.