

RESOURCES FOR BEAUTY & SECRETS & RITUALS

Block Therapy | [Informative PDF with my affiliate link for purchasing](#)

[Castor Oil Packs](#) (for liver, kidneys, intestines, breasts)

doTerra Essential Oils and Skincare | [GoHealthyOilsWeb.com](#)

[Dry Brushing](#)

Infrared Sauna by Therasage | SAVE 10% when you enter **TAMMY10** at checkout and [order HERE](#)

[Medical Medium: Life-Changing Foods](#)

[Nitric Oxide Protocol](#)

Pur2o | SAVE 10% when you enter **TAMMY10** at checkout at [GoCleanWaterWeb.com](#)

[Sleep Quality Checklist](#)

[Sun Care & Protection for Outdoors](#)

[Tension Tamers Video](#)

[Vetiver Massage](#)

Vollara Air Purifier | [GoCleanAirWeb.com](#)

FOODS FOR BEAUTY from [Medical Medium: Life-Changing Foods](#)

Apricots – Calm the nervous system and frustration. Apricots are soothing and bring in the awareness of appreciation.

Cucumbers – Cooling, rejuvenating, hydrating cucumbers bring down emotional inflammation.

Leafy Greens – Alkalizing and detoxifying. Supports detox to move lymph, which helps toxins to avoid moving through the skin.

Melons – Alkalizing and calming for anxiety. Melons help with the digestion of life and reduce stress.

Papayas – Anti-wrinkle and a digestive aid. Papayas also lift the mood out of cranky irritability.

Pears – A cooling tonic for inflamed skin (connected to pancreas and liver). Pears are beauty in simplicity and reduce emotions of frustrations, irritation, and lack of peace.

Pomegranates – Help to unclog pores and encourages hair growth. Pomegranates help with impatience and blaming of others.

Raw Honey – Anti-inflammatory and medicinal. Wonderful to use, lightly coated on the face for a purifying mask.

Sweet Potatoes – Hair growth. Offer the lesson of knowing boundaries with what is enough.

Turmeric – Improves circulation and inflammation. Helps you acknowledge your self-worth and your value.

