

# Bonita Botanicals

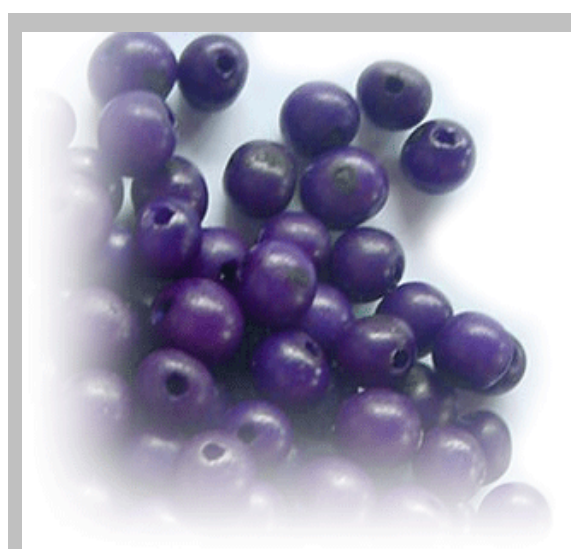
*Beauty and Wellness from the Inside and Out*

NEWSLETTER 7, Vol 1

BONITA BOTANICALS BEAUTY & WELLNESS

JUNE, 2009

## Is Acai Berry the Greatest Elixir of Life?



The Acai Berry has been around for centuries; fighting, eliminating and continuously curing a wide range of ailments but not until recently has the news become so far-reaching and everyone now embraces the benefits of this juice.

The Acai Berry is small and only found overseas in the Amazon rainforest with highly potent antioxidants and the power to boost our immune system and halt our internal time clock. It's become one of the "superfoods" that supply the most quality packed potent nutritional elements that our bodies need to improve health and remain vibrant.

There are numerous scientific research reports that substantiate the benefits of Acai Berry; it's known to eradicate free radicals, reduce stress, decrease cholesterol, flush toxins from the body and helps to burn more calories for weight loss.

Of all the many benefits of Acai Berry, the one we seek the most is the anti-aging benefits. The potent antioxidants work to scavenge the free radicals to help stop the decay of our skin cells and premature aging.

***"... 10 to 30 Times Better Than Vitamin C"***

The Acai Berry is not only a good source of antioxidants but this little berry is full of amino acids and essential fatty oils. The amino acid content is near perfect and helps with skin regeneration and decreases inflammation.

### ***Bonita Botanicals Acai Berry Elixir of Life...***

Our news introduction to the Bonita Botanicals skin line is the Acai Berry Elixir of Life; a nutritional once-a-day drink that nourishes your body, boosts your energy and provides balance to your immune system. The elixir provides you with 1 small ounce of prevention a day to help stop premature aging.

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#### ***Looking for More Skin and Wellness Tips?***

***Visit our Blogs and learn how women are Combating Pre-mature aging, Remaining Fit and Feeling Good!***

***Bonita.blogspot.com***

***BeBonita.blogspot.com***

## Staying Healthy During the Summer

Here we go heading into the Summer season with all the activities, vacations, get-togethers and summer parties that go along with it all. Of course, however, along with the joyful aspects come increased levels of stress, over-indulgence in food and drink and often more excuses not to take care of ourselves. Our little summer give-it-all-you-got usually presents disruptions to our normal routines but there are some strategies to getting well and staying healthy.

First, let's consider those of us who are not as well as we would like to be; especially at this time of year with the recent skyrocketing of stressful circumstances in our country. More and more people are experiencing persistent chronic fatigue, often manifested as disrupted sleep, unexplained muscle and joint pain and the inability to carry out our usual activities of everyday life. For many of these folks, persistent stress has produced adrenal and thyroid gland issues, nutritional disorders and an environment for chronic infections. But there is effective therapy that doesn't cost much...Exercise to start with!

Exercise helps circulate the blood throughout the body and will instantly bring about a sense of relief. Exercise relaxes you, relieves stress and tension and even motivates you to do more. Ask any individual who regularly exercises and they'll tell you that they love it.

Limiting sugar and alcohol intake can also help you remain well and feel better. Sugary products give you that instant high and then hours later you feel yourself lagging and tired. Supplementing your diet with 2000 units of Vitamin D and the potent "superfoods" like Acai Berry, CO Q10 and Antioxidants will provide a boost to your immune system.

The key to a healthy summer is to surround yourself with healthy things that your body appreciates.

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## Looking Younger Instantly

OK, Summer is here and you want that healthy gorgeous complexion right? Well, to start with you know you must Treat Your Body Good; stop smoking, avoid fatty foods, of course exercise and get more rest. Oh yeah, pamper your body, it's the only one you have!

### Cleanse

Washing your face removes the dirt, makeup and grime but the real trick here is to remove the deep down impurities without stripping the outer skin and removing too much natural oils. That's what you get with the commercial cleansers on the market today – lots of detergents and unnecessary ingredients that really damage the top layer. So choose a product that helps your skin to remain soft and youthful looking.

### Exfoliate

This is the next step to obtaining that youthful look – removing those dead skin cells and helping to regenerate new cells. Your cells accumulate on the surface and just

remain there making your skin look tired and dull. You need a product that gently removes those cells, preferably a beaded product that works as a mini-scrub, followed by a toner that delivers nutrients back to your skin for hydration.

### Moisturize

Many commercial cleansers will advertise that the moisturizer and exfoliate is in the cleanser like a 1-2-3 step product but you actually get less of the moisturizer because you wash it off. Your money goes right down the drain with those unnecessary ingredients. You need a moisturizer that locks in the moisture, protects the collagen, delivers nutrients and plumps those cells up to give your skin that youthful vibrancy. Also, your moisturizer should have a sun protectant – SPF 30 or above. As you age your skin is not able to replenish lost collagen over and over again and this is the main reason wrinkles occur. Products with antioxidants and sun protection will help preserve the collagen and nourish your delicate facial skin.

## Take an Emotional Detox this Summer

All of us need to be liberated, energized and motivated to keep going. We're full of toxic emotions that take a heavy toll on your bodies. An Emotional Detox is a way to let go and the best effective way to increase your health. When you learn to release all that pent up emotions you feel less fatigued and can think clearer. You'll also notice many of those aches and pains you were experiencing drift away silently.

Take a breathing break and just deep breathe, inhaling through your nose and exhaling through your mouth. Lie on the floor and stretch it out. Pull your knees into your chest and squeeze. Point those toes and stretch those fingers.

And finally, gather some lotion and oils and massage your feet, your knees, your elbows and other pressure points. This will relieve some of the tension you feel and enhance your body's way to release and let go for a while.

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## This Months Spotlight

### [Acai Berry Antioxidant Elixir of Life](#)

Need an instant boost of energy? A strong immune system will depend upon your body be able to defend itself. Cell function will decline with age but the Acai Berry Elixir of Life is a potent supply that will support cell function and boost your immune system to peak performance.

Not to mention what Acai Berry does to age-proof your skin. This little berry is so potent it's better than Vitamin C.

- Combats free radicals and protects the skin
- Fights inflammation
- Helps to fight fat and speed up metabolism

The Acai Berry Antioxidant Elixir of Life is now available at <http://www.bonitabotanicals.com>