

# How to Stay Young and Healthy this Summer

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**Here's an anti-aging secret for you: eat foods that have a higher percentage of water than your body does!**

Summer is here and we are now well into watermelon, cantaloupe, and grape season. I want to introduce you to something that blew my mind 18 years ago and healed my skin, renewed my energy, cleansed my body on the inside and leveled up my health game in a way that I could never have imagined. I hope you're psyched – because I have been ever since.

Watermelon, cantaloupe, and grapes are Medicinal! Bonus: they are also anti-aging, cleansing, beautifying, and energizing!

How?

All fruit, but especially these three, pull and purge acid wastes from the body. This aids tremendously in losing weight, clearing brain fog, hydrating your cells, energizing the body, and bringing down swelling and pain.

Here's an anti-aging secret for you – eat foods that have a higher percentage of water than your body does. The human body is around 70% water (75% at birth and 60% in old age).

Watermelon is 92% water.

Cantaloupe is 90% water.

Grapes are 80% water.

Stay Hydrated!

Stay clean on the inside – clean colon, clean blood, clean lymph. How? By eating all fruit and especially melons and grapes *on an empty stomach* (for breakfast or 4 hours after a meal).

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Let me tell you about my first experience with these three super fruits. In summer of 2003, after several months of doing research about the healing and cleansing power of fruit and vegetables, I decided to try it out. I ate watermelon, melon and grapes for breakfast and lunch and a green salad with steamed veggies for dinner. I drank lots of water, walked everyday outdoors and went to sleep by 10pm.

After six weeks, I had some amazing results. I had lost all of my post-partum weight and then some, and my energy levels were through the roof even though I was still getting up at night for my 1 year old and was caring for three little children.

But what really blew me away was that my adult cystic acne, which I had been struggling with for 10 years and had gone to several dermatologists for, was GONE. My skin was now smooth, evenly toned, and glowing. Over the years I've had strangers stop me on the street asking me how I have such good skin.



*Watermelon is 92% water!*

Now do you understand why I'm always talking about fresh fruit and vegetables?

LOL!

Fruit energizes, cleanses, and hydrates you! Take advantage of the extra strength summer fruit available right now!

Get out there and get some sun!

Exercise outdoors and connect with nature at the same time.

Appreciate your precious life and remember that life is short.

Are you excited? I am!

Listen – if the past 12+ months of Corona got you off track with your health game, dust yourself off right now and get

back on the wagon cause the melons and grapes are here to help!

Every summer we get another opportunity to cleanse, energize, hydrate, renew our vitamin D reserves, and enjoy lots of fresh air!

Thank you, Hashem, for summer blessings! I am definitely not going to let them go to waste. I hope you won't either. Get psyched!