

# Lana's Favorite Vegan Skin Hacks:

## Face Wash *Black Girl Gone Vegan! Restorative Face & Beauty Bar*

Due to the abundance of antioxidants and vitamins A and E in African black soap, there are many skin nourishing benefits. It helps to heal skin problems such as acne, eczema, and psoriasis. It fades skin discolorations, relieves dry and irritated skin, and evens skin texture and tone. When used as a shaving cream on the face or legs it alleviates razor burn. It may be used on the entire body including the hair.

## Face Mask

Coconut oil has antibacterial and antifungal properties. It is an ideal choice to help fight acne. Add to that the soothing and pH-balancing power of organic steel cut oatmeal and you have an amazing recipe for clearer skin!

## *Black Girls Gone Vegan Oatmeal & Coconut Oil Face Mask*

### Ingredients

- Coconut oil
- Organic Steel Cut Oatmeal
- Warm water

### Application

1. Scoop 3 tablespoons of oatmeal into a mixing bowl.
2. Add ¼ cup of warm water.
3. Mix until you make a paste.
4. Add 1 tablespoon of coconut oil and mix well.
5. Wash your face and neck with warm water and an oil-free cleanser to cleanse your face and open pores.

6. Apply the mixture and let it sit for 15 minutes.
7. After 15 minutes, gently massage your entire face using small circular motions for another 2 minutes. This brief massage will help remove dead skin cells that if left, can clog the pores.
8. Rinse the mask off with cool or lukewarm water.
9. Pat your skin dry with a soft, clean towel.

**Goodbye, acne. Hello, clear skin!**

**Please Note: If you experience skin irritations from any ingredient due to an allergy, wash it off immediately with cold water.**



**LANA'S SKIN BEFORE**





# reversing your life

by ELLEN ECTOR



# REVERSING YOUR LIFE

*What if the recipe for a life of longevity was given to you at the tip of your fingers and at the sight of your eyes?*

Our goal is to live a life of longevity contributed by good health. Through your reading you will find the answer is all in becoming Plant-Based.

While working in the Social Service field, I worked with children and adults with developmental disabilities. On one occasion, I vividly recall escorting one of my favorite clients to his first physical therapy appointment. Charles was amazing and always made everyone feel so good.

It was a cold snowy day and pushing him in his wheelchair was challenging. Being physically fit assisted me during the demanding weather because I had to muscle my way through a heavily iced building entrance. Although the weather was a challenge to maneuver in, I made sure Charles did not miss his first appointment because he actually looked forward to it. I loved all my clients because they found beauty in the simplest things.

Charles did not go into the community a lot, but when he did, he was dressed up wearing the biggest smile on his face that would melt your heart! Where most people dread doctor's visits, Charles's doctor appointments were like a happy social gathering spot for him. The nurses dotted on him and gave him plenty of gifts and candy each visit!

But I will never forget the scene before me when we arrived at the fifth floor of the building and the elevator doors slid open. I witnessed several African Americans patients in wheelchairs that appeared to have recently suffered strokes. I was flabbergasted! Throughout our visit, I noticed therapist after therapist assisting these patients in learning to walk again. Such a devastating sight to see because the patients were young and old, male and female. I was in total disbelief!

I sat still. I was in such a daze that I began to pray.

At that moment, I knew that it was made for me to witness this. Lack of exercise and how we fuel our bodies as African Americans were the first few thoughts that came to my mind. And although other conditions can lead to these illnesses, many are contributed to poor diet and lack of exercise.

I have many relatives that have suffered from the various diseases including strokes. I am aware that genetics may play a part in our overall health, but I believe only a small percentage plays a part.

We can reverse our way of eating if we are providing the truth about foods in schools, on television, billboard displays and multiple social media outlets. Truthful knowledge is key and this lifestyle should be spread on a bigger level.

Just think about all of the processed foods we are accustomed to eating. For example, the chicken we eat is fed chemicals by the farmers and then sold to us. Understand that the cheese, dairy, sugar, salt and the red meats will ultimately take a toll on our bodies.

*Are we committing suicide with the foods we eat? Are we uninformed because of the Billions of dollars the food industry is making?*

We have been misled to believe this way of eating is normal even though it is dangerous. We also teach our kids to eat this way. Yes, we are addicted to this way of eating but this is sadly destroying our health, community and future generations. We will rise up today and STOP! Let's stop this GENERATIONAL CURSE!

The food commercials, advertisements and the fast food restaurants that are built in our communities makes it challenging to eat better. Is the "Happy Meal" really a healthy meal just because a toy is in it?

If our communities built fresh market-grocery stores and restaurants that focused on plant-based foods, juice bars, and sold no animal products at all, we would be one healthy ass community! Flourishing and living life to our best.

Just ask yourself, how many *Popeyes or McDonalds* are in Beverly Hills? And then ask yourself how many are in Inglewood?

Black women are the leading race for obesity within the United States. Let's break this barrier and conquer this together. You have our support! We definitely have been there and done that! And you will change too!

Think healthy and remember it is not always just about your hair and nails; **your body is your best accessory!**

**Fun Fact: Protein comes from plants; therefore, you do not have to eat animals for protein.** So instead of foods filled with drugs, we will consume vegetables, fruits, nuts, seeds, and legumes for our medicine.

*Thy food is thy medicine!*

*"Do the best you can, until you know better. Then, when you know better, do better!" – Maya Angelou*





treat others how you  
want to be treated

by LARC ECTOR

"Larc, did you like those wings?"

"Yes, Grandma I did."

Were they good as last time?

Yes, Grandma.

They weren't too spicy, were they?

No, Grandma.

I didn't understand why my grandma was asking so many questions about dinner this particular night. She knows it's my favorite dish of hers. She knows it's everyone's favorite dish of hers. Those super tender, crispy wings wet in my all-time favorite sauce. A sauce that I can't even describe. The perfect amount of spice but always with a...zing. I mean, these were my Granny's wings. THE Wings. The wings that I've known since I was a little baby. The slap yo' granny wings! LOL. I could eat those wings every night!

: You know those were not wings right?

: Huh?

: Well, they are wings, but they aren't wings

: Grandma what are you talking about?

Still confused I asked grandma to elaborate. Although I often did my homework and ate dinner at the same time, I knew I could not be that wrong. This made no sense because in my mind, I've only ever associated that bomb taste with my granny's classic wings.

"The wings you ate were actually cauliflower."

"Wow, really Granny?"

I knew we talked about it in the past and I knew I always heard people at school use the term vegan, but I didn't expect it this night.

It had only been about two or three days since I had ever really considered never eating meat again. As usual, my grandma picked me up from school and we were riding home on the highway. As I'm on my phone, I looked to my right and see a huge semi-truck with THOUSANDS of chickens trapped in cramped cages stacked on top of each other screaming. I couldn't believe my eyes. I felt so sorry for those little chickens. Especially for the ones whose white soft feathers seem to have been covered in blood.

It stuck in my mind that whole night. I didn't understand why they had to suffer so bad for us to eat. Couldn't there be an easier way to do this? There were so many questions I had. So many that the next morning the whole ride to school I fired off question after question about animals and animal cruelty.

My mom then explained to me that sadly, animal transport is a very common thing and that the animals are forced to travel in horrible living conditions because, simply put, "people love chicken."

This really got my attention and made me want to read up on it myself. I learned that the chickens who survive the horrific broiler rooms or shock cages are transported to slaughterhouses.

Every year, millions of chickens suffer broken wings and legs from the rough handling, and some even bleed to death. Their final ride may be hundreds of miles long, but the chickens are not given food or water and are shipped through all weather conditions.

Once at the slaughterhouse, the birds are dunked into boiling hot water to be de-feathered. They are then placed in shackles and put through an electrified water bath meant to paralyze them.

All of this was a lot to think about, but I did remember telling Granny Ellen how I could never look at chicken the same again.

I've always loved animals and my mom has allowed me to have several. There's Canon. He's so cute. He's our chocolate brown Chinese Shar-Pei who is the sweetest guy you could ever meet. And then there's Rico. He's our Pomeranian. Small but feisty. He kind of reminds me of myself. LOL

I receive so much love and compassion from Canon and Rico. I love being around them no matter what the emotion. Good or bad. They are my family and I would do anything to make sure they are protected. Some may say to me, "Larc, you can't compare dogs to chickens." And yes, I know Chickens and Dogs are not the same. But when I found out that even dog meat is considered a delicatessen in some countries, I wondered if on that day with grandma, had we been riding in a different country, instead of chickens, would we have seen other types of animals headed to slaughterhouses on a semi-truck?

Treating others how you would like to be treated is something that my Mom and Grandma have always lived by. I've always been taught this. Why is this forgotten when it comes to the relationship between humans and animals?

That simple ride home from school started my journey of animal cruelty free eating.

Since a vegan diet eliminates all animal products, including meat, fish, poultry, eggs and dairy, my mom was concerned that I may not get the nutrients I needed to stay at the top of my game. And with a huge surge in veganism over the last few years, many parents are wondering the same.

But don't worry!

With a change in my eating, I was able to see major improvements in my grades, my attention span is much better, and I've learned to cook some of my favorite dishes, including my Granny's Soul Fit Wangs!

I am happy to say that I am *Black Girl Gone Vegan!*

# BLACK GIRLS gone VEGAN!® KID'S PLEDGE

Today, I will advocate for the rights of animals to live and show compassion to them by not contributing to the killing of animals just to have an unhealthy meal to eat. Looking down at my food, I will not have any guilt. Animals have the right to live just like I do. This way of thinking will also improve my health and reduce the environmental impact on Earth. I will continue today with my plant-based lifestyle to make it a successful, exciting journey.

Kids' let help make the world a kinder place.





## transitioning your baby

by LANA ECTOR





LARC BEFORE



LARC AFTER

I remember thinking, "How could it be that I was one of the nation's top trainers, but my daughter was on top of the BMI curve according to her pediatrician and the National Pediatrics Board?" I instantly became defensive and started providing excuses for her. I thought, "It's nothing more than just baby fat," or "she's going to grow out of it". Every excuse you and I can think of I was telling myself. Regardless of my "mind-made" excuses, I knew one thing; *the earlier in the child's life that you make changes in regards to nutrition and physical activity, the easier it is.* Negative words started to attach to my thoughts: guilt, failure, inconsiderate. I felt guilty and as if I had failed my daughter all before the age of 8. I blamed myself. I knew the likelihood of child obesity developing into adult obesity.

- **Getting into the Kitchen.**

I began preparing my daughter's school lunch every night. Her lunch mainly consisted of fruits and veggies. I knew she LOVED black beans, therefore, I made all of her main food dishes with black beans. Black Bean Burgers, Black Bean Soup, Black Bean with brown rice sautéed and Black Bean hummus. I knew if I could recreate her favorite thing to eat into multiple meals, I would go overboard! So find out what items your child likes most and go overboard!! Eventually, their taste palates will improve and you can add more healthy items, so no need to worry!

- **Boot Camp.**

I "boot camped" our kitchen and threw away all the boxed drinks, juices, fruit drinks and sports drinks. I knew my daughter was more of a drinker versus an eater and I was aware it was a significant problem. These particular drinks contain a significant amount of calories. It is estimated that 20 percent of children who are currently overweight are overweight due to excessive caloric intake from beverages.

- **More Water.**

I recall a trip to Target and buying my daughter the cutest water canister. It was magenta pink, plum purple with the glitzy glitter. I filled the canister with water and I cut up lemons and pineapples for fresh flavor. I could not wait for her to go to school the next day! I instructed her to

put it on her desk and sip from it throughout the day. I even offered her a reward! The reward was if she returned home with it empty I will give her \$1 and half empty 50 cents. I knew she loved making slime, so this amount of money would help her buy her supplies she would need to make slime. By the end of the week, she had enough money to buy slime! It was on from there!

- **Getting your child active is key.**

In comparison to artistic and athletic, my daughter is extremely artistic. As a mother, I had to build her confidence into being more athletic. Therefore, if I wanted her to be active, I had to be right by her side to make her feel comfortable so we can be active together. We participated in various 5K runs and walks on the weekend. She became so engaged and competitive that she earned medals and was proud to decorate her walls in her room within weeks. Talk about a confidence booster! I also made it mandatory for her to come to the gym with me to assist in training a mother and daughter duo who had just signed up for personal training at Gymnastics Fitness Gym. My client's daughter was 12 years old and Larc, my daughter, gravitated to her. Larc immediately took on the role as the 12 year old's personal trainer. In addition, my daughter was able to pick an activity that she wanted to participate in outside of the gym, so she chose tumbling. Larc's week consisted of personal training, tumbling and cheering. I am sure most of you can relate to our daughters, nieces and/or little cousins always wanting to be on their cell phones or tablets. For me, anytime that I could get her away from her iPhone and into some sweating, was definitely a win! These are a few examples of why it is imperative to select an activity you both can do together, as a team. The activities may be new for both, an activity that she can do with another child her age, and/or something that she loves to engage her time with wisely. This will foster an easy transition into an active lifestyle.

**Little Known Fact:** Children who do not exercise much are more likely to gain weight, because they do not burn as many calories. Too much time spent in sedentary activities, such as watching television or playing video games, also contributes to the weight gain problem.

- **We are a TEAM.**

I never put my daughter on a scale to weigh her or tell her "You have to lose weight". Larc was not forced to get on a scale, because I knew as a personal trainer while addressing the treatment of childhood obesity, you must first assess the readiness of the child and the family to make changes. For example, if the child suffers from depression, which has to be addressed prior to working on the child's weight concerns, this journey can be more difficult. If a depressed child attempts weight-loss and is unsuccessful, this could possibly cause deeper stages of depression and/or lower their self-esteem. It's best to say, "We will BOTH eat differently and try new items as a team." As a parent, you are the leader of the team and what you do they will follow! So avoid things like eating late at night or night time snacking to prevent these habits from being picked up by your child.

- **Transitioning to vegan**

My daughter fell in love with the idea that our new eating regime will not include any "dead animals". Children understand that we practice The Golden Rule by treating others as we would want to be treated—including animals.

Larc has a diverse, enjoyable, healthy diet. For example, she eats the vegan versions of the animal foods many of us are familiar with—vegan chicken nuggets, vegan grilled cheese, vegan mac and cheese and vegan ice cream to name a few. Mostly, she eats whole grains, legumes, vegetables, fruits, nuts and seeds, just like me. She is not and does not feel deprived. Lately, when we are around non vegans eating, she can even detect a certain smell that in her words smells like "boo-boo". This is a scent that most long-term vegans pick up after not eating meat. Yes, it's true, meat smells like "boo-boo" as Larc continuously says.

• *Your Kids Will EAT What You EAT!*

Let the children THINK they have control. When we were first began our vegan journey, we ditched the 2% milk and conducted a “milk tasting” much similar to a wine tasting. I filled up 4 wine glasses with different types of milk. Almond Milk Vanilla flavor, Silk, MALK and Ripple. She took her time as she sipped each, churning the glass and decided on MALK. Although all the milks were healthier than 2% and Vitamin D milk, MALK was the healthiest. I highly recommend this brand to you and your family.

Cut the Cheese. If you find that it is hard transitioning your child to a more plant based lifestyle, begin with making your child dairy free. Constipation is frequently seen in young children who consume a lot of dairy products while eating a low-fiber, processed diet. You or your child's bowel movement should not look like hard rock pebbles. For starters, dairy products have a protein called “casein” which- when digested studies suggest act like an opiate drug. Interestingly, cheese has more casein than any other dairy product which may account for its highly addictive profile.

For a very simple cottage cheese or ricotta substitute, you can blend or mash Firm Silken Tofu with a dash of lemon juice.

**Statistics**

- Only eight percent of elementary schools and less than seven percent of middle schools and high schools have daily physical education requirements in the U.S.
- Only fifty percent of children, 12 to 21 years of age, regularly participate in rigorous physical activity.
- Twenty-five percent of children, 12 to 21 years of age, report no physical activity.
- The average child spends two hours a day watching television and 30+ hours a week on cell phones.
- White and Asian American children had significantly lower rates of obesity than kids of other racial and ethnic groups, including African American and Hispanic children.

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**MAKE  
TIME FOR  
YOU!**

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#SNATCHITBACK

WWW.GYMNETICSFITNESS.COM

# transitioning your man

by LANA ECTOR



## Transitioning Your Other Baby...Your Man!

If you take a piece of ripe fruit and allow it to sit next to a piece of rotten fruit, what will happen?

Scientifically, the mold, contaminants and energy from the rotten fruit will spread to the ripe fruit causing it to rot.

I equate this to humans as well. Which is why it is so important to transition as many people in your household to this improved life-altering lifestyle. Especially, those stubborn meat-eating spouses or your significant other. We are all knowledgeable of how easy bad habits can rub off onto others while good habits take time, effort and a little manipulation. This type of manipulation is received well due to it having the capability to save a loved one's life.

So here we are now that you have decided to go vegan. Although you may have made the decision to transition, your partner may not quite be ready to make the decision to transition, just yet.

We all know how it goes. You and your man start loving on each other and a couple buffets and babies later you BOTH need waist trainers. Oh no Boo!

Like myself, many women are held accountable for preparing and cooking the meals within our households. It's our duty "*they say*" \*side-eye\*. Once my daughter and I finally decided to transition permanently to a vegan lifestyle, the first person I thought about was my boyfriend. I knew it was going to be a J-O-B to even get him to consider it, let alone, transition completely.

*A study by the United States Census Bureau suggests that health is a far more powerful determinant of an individual's happiness than his or her income, marital status, age or any other factor.*

If you are not healthy most likely you are not happy. However, if you are happy, imagine how much happier you could be if you nourished your body with only the best nutrients. Think about how effective you will be able to perform on your job or how productive and relaxed you would feel at home.

My boyfriend's routine meals were lamb chops, rib tips, beef tips, fried wings- you name it, he ate it. Although he ate such foods, he was not over weight; however, he was not in the best shape either. As our relationship progressed, I shared with him how I wanted him to improve his diet. I was cognitive of the food choices he made each day that were unhealthy and practically poisoning his body. As his significant other, I often felt guilty at times questioning whether or not I was helping him bring about disease to his body. Especially considering my profession and my extreme knowledge of health and fitness.

When he arrived home from work, his dinner was always a to-go order of an animal fat-filled meal and then he would go straight to sleep. He literally had no time for me! Allow me to be transparent--Our sex life was struggling! The struggle was not because we were not sexually active, but due to his lack of maintaining his erection. I knew I had to help transition him if we were going to continue our relationship. I mean, here we are as a young couple dealing with erectile dysfunction. While doing research, I also learned that erectile dysfunction was an early sign of heart problems. Of course, the option of medicine and pills is available to assist with his problem, but this frightened me, and I wanted to find out the cause of it instead of masking the issue!

I was confident that I had enough game to transition him into a vegan lifestyle. I created an in-home challenge. A challenge we could accomplish together.

### THE BGGV COUPLE CHALLENGE

#### Rule # 1: No Outside Eating!

I agreed to cook all the meals throughout the week to include breakfast and prepare his lunch for work. I had to wake up 30 minutes earlier with this agreement; however, it meant he would return home more energized for family time. Yes, the foods we consume affect our energy level. Therefore, I would simply pack him healthy lunches which aided in increasing his metabolism. He LOVED the Jerk Chicken Wrap!

We also decided to work in our budget an affordable chef that would reward him. He knew that he could have the meal of his choice every Friday, only if he followed the rules during the week. On this day he could have whatever. This was always our favorite day because we would sit over a bomb meal and talk about our week.

Ladies, if cooking is your specialty, playing Miss Chef on Friday nights could be nice :)

However, it wasn't that easy. It was a daunting task to get him to eat more veggies and fruits because he always complained that he did not like the "texture". He mentioned how he didn't like strawberries or bananas because his mom didn't like them. And as a child they never had them at home. This is when I realized he was taught not to like these foods. I could not understand why. I grew up with an active mom who always offered us an array of foods to eat as children. Even if she didn't eat these foods herself.

*Side bar: Parents this why it is imperative to not create picky eaters. You should add vegetables to dinner meals and hand your child a piece of fruit to eat on their ride to school. Do not give them a choice! Offering a choice will hinder their future.*

I began to focus on what I knew he loved to eat and how I could create a vegan option instead. For example, I knew he really loved ice cream, so I created a thick smoothie by adding ice! *Simply Strawberry Banana* was his favorite. Yes, re-read that.

However, I knew he would complain if it was not "sweet enough". He loves honey and had never tasted organic agave. I explained to him that since weight loss and weight maintenance was his goal, agave was the healthier choice because it's lower in calories and carbs than honey. Agave also contains less sugar per serving. By the end of each week, I kept taking more and more agave away and moving closer and closer to the original recipe. He did not notice one bit. To my surprise, he also wanted to try juices. This was a big step coming from someone who just two weeks prior came home with purchased over the counter pills to "increase" his veggie intake.

I also encountered a problem when it came to his greenery. He did not like salads much, but once I begin to make the salads into wraps or sandwiches and tossed with our BGGV Vinaigrette dressings, he loved the taste! In addition, I added a side of sweet potato fries lightly "steam fried" in cooking spray and water-- he did not miss a beat! Just by creating an alternative to foods he loved reversed his way of thinking about, what he liked to call, "rabbit" food.

I was honestly shocked he stuck with our in-home challenge for more than 24 hours.

#### **Rule # 2: "Have you ever stopped to think that happy hour is actually making you less happy?"**

My boyfriend would casually drink with his friends at least 3-4 times during the week. Therefore, I created a second challenge. The second challenge was to ditch ALL "sugary drinks". If you drink alcoholic beverages frequently like he did, you might be interested to know how your body may change if you eliminate beer, wine, and liquor for a while. In just a short amount of time we witnessed a drastic change! I noticed his metabolism increased, his appetite decreased and his eyes were clearer. His "beer belly" stomach was not bulging as much or slightly hanging over his pants. We stayed completely away from alcohol for 3 months.

#### **Rule # 3: RED means STOP!**

Red is dangerous. Stay away from red meat completely! My boyfriend was definitely a red meat lover. He ate red meat frequently. Red meat includes beef, veal, pork, lamb, mutton, horse and goat. Processed meat is meat preserved by smoking, curing, salting, or adding chemical preservatives. Examples of processed meat include bacon, ham, sausage and hot dogs.

Prostate cancer is one of the most common cancers in African American men. According to ZeroCancer.org, African American men are at an increased risk for developing prostate cancer over white men and other men of color. One in six African American men will develop prostate cancer in his lifetime. Overall, African American men are 1.7 times more likely to be diagnosed with—and 2.3 times more likely to die from—prostate cancer than white men. African American men are also more likely than white men to be diagnosed with advanced disease. Red meat is linked directly to prostate cancer.

*So, Ladies, here is a question for you: when you cook for your significant other are you lengthening their life span or reducing their life span?*

We know pills, pumps, and surgeries work for erectile dysfunction, but what about food? Let me be the one to confirm that our sex life improved immensely and rather quickly.

Adding more watermelon also known as "Earth's Viagra" was my first step after being informed that watermelon is one of the richest natural sources of L-citrulline,-an amino acid that can help make male erections harder. Once it is in the body, it converts to L-arginine, stimulating the production of nitric oxide, which increases blood flow to the penis, strengthening erections. Once I let him in on this little secret about "Earth's Viagra" he could not stop indulging in this mouthwatering fruit that he had only tried once before as a child prior to me introducing it to him.

All love is beautiful. But there is something about Black love that is unexplainable. I cherish the times I see older black healthy couples out and about enjoying life. That's a dream of mines! To grow old, healthily and gracefully with my King!

Stressful jobs and lack of exercise often lead to our Black men being overweight or obese. We must let our black men know how important it is for them to be here to see themselves in generations to come. Trying out anything new or different from what you are used to can make you a little apprehensive; however, with a good accountability partner, anything is possible. Do not give up!!







Model shown wearing Gymnetics Fitness Double Body Curve.  
Purchase at [www.GymneticsFitness.com](http://www.GymneticsFitness.com)

# BLACK GIRLS gone **VEGAN!**<sup>®</sup>

## 30 DAY EATING SYSTEM

# 30- DAY #BGGV MEAL PLAN

## 30- Day #BGGV Eating System

Even if you follow a clean vegan or vegetarian diet, your body will still go through a detox on our *BGGV Rainbow Vetox*. It is important to understand what you might experience. If you are eating meat or dairy, the detox may be a little more intense and may last a few days longer.

A detox can take many forms. The first thing you will notice is that you may be spending a bit of extra time in the bathroom for the first three to four days. You may want to plan your journey when you have the luxury to do that!

### *Mind over MEAT!*

Having control over your actions and desires during the next 30 days is very important. Remember why you started and envision how good you will feel when you are FINISHED!

You may notice that your stool is loose and may sometimes feel warm as you pass it. You may also experience cramping in the lower intestines. These are both great signs that you are expelling toxins.

Other detox symptoms that may arise during the BGGV Rainbow Vetox, but should not last more than a few days include:

- Headaches
- Joint or muscle aches
- Irritability
- Fatigue and/or lethargy

*(This is your body getting rid of unwanted toxins, or your body's reaction to missing an item such as sugar, caffeine or nicotine. Keep going!)*

Most of the time, detox symptoms are uncomfortable and unpleasant, but can be tolerated as the toxins that have been stored in your tissues are released. Your body is ridding itself of waste and sometimes it takes our energy. Stay steady and consistent in this journey and it will pay off. Although detoxing is sometimes unpleasant, you will feel fabulous afterwards!

Remember, you know your own body best, so if you should experience any symptoms that seem extreme or that worry you, please contact your physician immediately.

We also recommend our *BGGV Vetox*! It's our own custom Peach flavored vegan teatox created to assist you with your flush. This holistic tea is made with only the best natural ingredients including herbs, to speed up your metabolism, cleanse the liver and cleanse your colon.

You should have (1) 8-12 oz cup of our tea on: Day 7, Day 10, Day 15, Day 19 Day 25, and Day 28.

This tea will be implemented throughout the meal plan, so it is imperative to add it to your grocery list.

Be sure to visit our website at [www.blackgirlsgonevegan.com](http://www.blackgirlsgonevegan.com) to purchase yours!

Just like other diet plans or lifestyle changes, you must be PREPARED to be SUCCESSFUL. We will help you plan ahead by meal prepping so that you will have healthy snacks or "energy" as we will call it throughout your day. This is instrumental to the BGGV Eating system as it will allow you access to nutrients so that you are not hungry and unconsciously resort to other processed foods that are not allowed while on our program.

No meat, dairy, wheat, eggs, processed sugar or alcohol/wine.

Remember, WE are Resetting, Recharging and Restoring our bodies!

## BEING CREATIVE IS THE KEY!

Drink a lot of water (1 gallon per day). It might be challenging to drink a gallon of water per day at first, because your body will feel very full of the excess water. This is something that you will gradually get used to. However, the human body adapts quickly and before it's over, you will be craving water. So, take your time and let nature run its course. This is definitely a good habit to pick up to see noticeable difference in skin complexion, chapped or dry skin, clearer thinking and just feeling better overall. However, this is not something you want to do for 30 days and quit. This is something that you want to make a lifelong habit. You should not try and drink all at one time, but rather start early in the morning and sip throughout the day.

If you have a hard time or difficulty drinking water plain, try out the BGGV infused water recipe to help you reach your daily gallon goal:

#### BGGV Infused Water

1 gallon of water distilled, alkaline or boiled tap water.

- 1 whole lemon Cut and Squeezed.
- 6 sprigs of mint.
- 1/2 cup of cut up pineapple.

For motivation, feel free to style your gallon how you desire!

#### Quick tips to keep us focused during the next 30 days

Recite BGGV 11 Daily

- *Take it one day at time!*
- *Educate Yourself!*
- *Avoid all Processed and Fast Foods!*
- *Plan what you are going to eat for the entire day!*
- *Keep it simple. Do not overthink. You will be just fine!*
- *Get plenty of rest!*

Keeping a fitness journal is an essential tool for your *Black Girls Gone Vegan* journey. This journal is one of the best ways to keep track of your eating habits, improve daily and keep up with our active lifestyles.

**Remember: Health is not only about what you are eating but about what you are thinking as well!**

## THE BGGV RAINBOW VETOX.

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treat your body  
just as good  
as you treat  
your hair and nails!

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#SNATCHITBACK

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