

TURNING BACK THE CLOCK

7

secrets
to looking
and feeling
10 years
younger

Gina Santangelo

Eating Clean By Gina™
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TABLE OF CONTENTS

HELLO FROM GINA 4

A Little Background 5

My Story 6

Learning New Ways to be Healthy 6

Good News 7

THE SEVEN SECRETS 8

Secret # 1 - Stop Stressing 8

Secret # 2 - Own Your Eating Time 11

Secret # 3 - Eat Clean 13

Secret # 4 - Move that Lymph 17

Secret # 5 - Detox Regularly 21

Secret # 6 - Rest Right 24

Secret # 7 - Love Thyself 26

IS THIS YOUR STORY? 28

SUCCESS STORIES 30

WORK WITH ME 32



HELLO FROM GINA

I know what it's like to want it all. It's exciting, inspirational... and absolutely draining!

I work with busy people who struggle to find balance in their lives. Yet, there is no doubt about it. Imbalance takes a big toll. We all need nudges to stay on track.

Through the exercise program I offer, I have helped people achieve strong bodies for many years. However, exercise is just one facet of maintaining good health – what we put into our bodies, and how we deal with life's stresses, is just as important.

Come explore more at www.ginasantangelo.com! My website provides a fresh spotlight on the concept of clean eating along with my signature whole food eating and seasonal detox programs: “Revive” and “Renew.” Indulge in delicious, nutritious, and easy recipes; catch the latest nutritional and fitness news via blogs and vlogs; and of course, get inspired about the magic of eating clean.

EVERYONE HAS A SPECIAL STORY... BUT SOMETIMES WE GET STUCK ON THE SAME PAGE. COULD THIS BE YOU?

You know you're not on the right track and you swear you're going to make a change tomorrow, next week, next year — but the deadline keeps passing. You promise yourself that you will not eat those foods after today or you will work out next week, but the foods are back and next week has passed into oblivion. You have a really busy life that has gotten so crazy you take care of everybody except yourself.

Then reality hits. HARD. We look at ourselves and BAM! Age is taking its course. You are not alone. And there are answers. But first, let me tell you where I am coming from, what I have been through, and why I know I can help you... just as I have helped myself.

A LITTLE BACKGROUND...

As the founder of Flow Pilates Centre & author of [*"Eat Clean, Live Free"*](#) - available on Amazon, I live my passion for holistic nutrition and fitness every single day. I first discovered Callanetics Exercise in 1987 — an experience so powerful it inspired my life's work. Over the next 25+ years I studied (and actively engaged in) many fitness genres — always grateful to connect with pioneers and masters in the field. As I look back, it's hard to believe I began my work at Flow as a local instructor in 1998... building the business, creating excitement for movement among my clients, celebrating results, yet always knowing we needed something more.

After the birth of my twins on New Year's Eve 2009, I was determined to bring the best nutritional practices into my home by studying at the Institute for Integrative Nutrition (IIN). I may have looked well on the outside, but following my precarious and premature delivery, I was tired, foggy, and anxious. I had digestive issues, allergies, and often felt overwhelmed.

I decided to become a health coach, explore and master healthy options, and gain the tools I needed to feel energized every day. It was there at the Institute, that I realized I was not putting the oxygen mask on myself first; I was crashing. I was running too fast, taking care of my family and my business, and then hitting the wall of exhaustion... face first.

AND A WHOLE NEW WORLD OPENED UP THROUGH MY STUDIES...

I feel blessed to have learned over 100 dietary theories — working with famous experts in nutrition and wellness such as Andrew Weil, MD, Arthur Agatston, MD, Barry Sears, PhD, Mark Hyman, MD, Geneen Roth, Deepak Chopra, Dr. John Douillard and David Wolfe. Our bodies will heal when we give them the chance. We can turn back the clock and look 10 years younger again! I now know this so well...

MY STORY

When I was 7, I was diagnosed with gastritis; five years later, I was diagnosed again, this time with irritable bowel syndrome (IBS). I felt terrible, to say the least! Throughout my twenties, in order to deal with these issues proactively, I focused on alternative health therapies and the concept of clean eating (which eradicated my prior health issues). I also embraced an active lifestyle with exercise, yoga, meditation, healthy eating, and a number of alternative health therapies (acupuncture, massage, etc.). I started Flow Pilates Centre when I was 35.

On New Year's Eve 2009, I delivered my twins prematurely (at just under 30 weeks) because of severe preeclampsia — and suffered a post-partum hemorrhage. Given the amount of blood loss from both my delivery and hemorrhage, my doctors were convinced I would be on mandatory bed rest for weeks if not months.

However, I surprised everyone with my ability to rebound and take care of my children within days of leaving the hospital.

17 months after her birth, my daughter passed away in her sleep... The doctors attributed her passing to SUDC (sudden unexplained death in childhood). The trauma of this event on my mental and physical health was huge and incomprehensible to me; yet I had no choice but to raise my beautiful son, be there for my husband and continue to run a thriving business. There were many days I just did not want to get out of bed, but I never gave in. Still, through all that had happened, my body was screaming ENOUGH... I felt horrible, tired, fatigued... I became irritable, dealt with appetite loss, adrenal fatigue, and my stress was continually rising. Then, depression... If you know me personally, you would be surprised, because I'm naturally upbeat! But this was bad. I was slowly becoming a shrinking violet.

LEARNING NEW WAYS TO BE HEALTHY

Eating clean touched and changed every aspect of my life. Slowly, through deep personal connections, my eating clean journey, movement, exercise, and meditation, I was able to move forward... finding answers to lift me, to fill my heart... and help me remain a strong and loving mother to my son.

I know that challenges — from the smallest to the greatest — provide lessons. And that journeys are ongoing...

My journey taught me that the food on my plate was key, but so was my nourishment in other areas of life. I focused on taking care of myself and being conscious of my most important priorities.

After years of listening to my body, listening to clients and seeing their bodies change, I have come up with a proprietary detox program “Revive” and an *Eat Clean, Live Free™*, whole food signature program “Renew” that have taken years off my body!

I am overjoyed to share this knowledge — knowledge that helps me look fabulous in my early 50's (but, who's counting?!). I want to show you how to heal your body, just as I healed mine after tremendous emotional and physical trauma.

Today I feel alive and in control of my health and my own destiny. I am renewed.

GOOD NEWS

You don't have to go through everything I experienced to get the answers, because I am ready to share my secrets with you. You are about to find out how to have rocket-fuel energy all day long.

If you are feeling the crash and burn around 3:00 or 4:00 pm, then this guide is for you. This is life changing stuff! Say goodbye to low energy, sugar cravings, poor sleep, and belly bloat; say hello to glowing skin and a renewed you.

Looking and feeling younger takes some time and effort. But it is gratifying, satisfying, and fun!

Consider this your first step toward renewed thinking. Your life will transform. You will feel **HAPPIER**, more **ALIVE**, have fewer health problems, and ignite your own internal fire so you can **LOOK RADIANT AND THRIVE!**

Take control of your health... and your life! Embark on this journey with me...

The 7 Secrets I am about to share can change the way you feel. They did for me. Are you ready to turn back the clock and look 10 years younger? Say goodbye to measuring; this is just healthy eating and a healthy lifestyle!

STOP STRESSING

Truth bomb: Stress doesn't look good on anyone.



“True happiness comes not when we get rid of all of our problems, but when we change our relationship to them, when we see our problems as a potential source of awakening, opportunities to practice, and to learn.”

– Richard Carlson

Stress is the number one reason for fatigue and exhaustion; and yes, managing stress can be a job in itself. Stress is hard to quantify because it is different for everyone. It can be described as an ongoing state of internal imbalance when either the stimulating or tranquilizing chemical forces in the body dominates the other without relief.

They are neither good nor bad, but simply a physiological response. Prolonged exposure to stress, however, can lead to “burnout” and adrenal fatigue. Our bodies feel forced to create extra hormones to combat stress and energize. But these extra hormones then create free radicals — believed to be a big culprit in the premature aging process. And even worse, both the hormones and free radicals are highly acidic, altering our blood and cellular chemistry negatively.

Stress is essentially created in the mind. What stresses one person to the point of distraction won't even give another reason to pause. It's all how we look at things.

When you can, take a deep breath and tell yourself to let it go...

It's empowering to realize you are in control. Take the reins and hold them tight; you decide what rolls off your back so that nothing interferes with your goals.

It's your choice. **Choose happiness...**

Some tips for dealing with stress:

1. Get clear about what is draining your energy in life.

2. Make a list of people and situations that leave you feeling de-energized and depleted.

3. If you know a situation depletes you, set clear boundaries for dealing with it.





OWN YOUR EATING TIME

Truth bomb: Can't water this one down – dehydration causes wrinkles.

Eating at the right time of day is essential for healing the body, weight management, and mood balance. A good plan (what you are eating and when you are eating it) makes all the difference.

I know so many women who eat at the oddest times of the day. Sometimes they will go for long stretches with no food or water, dehydrate their bodies with caffeine, then eat a large dinner late at night. This deprives the body of nutrients and contributes to dehydration. Dehydration = wrinkles... It's a fact. Eating at the right times can mean the difference between dragging and bouncing!

TIMING YOUR MEALS

During stage one of my program, I recommend eating at the following times:



BREAKFAST

Before 10:00 am



SNACK

11:00 - 11:30 am



LUNCH

1:30 - 3:00 pm

* Combats the body's dip in cortisol between 3:00-4:00 pm



DINNER

6:00 - 7:00 pm

Snacks right before bedtime are not recommended. If you are really feeling unsatisfied, and wish to snack, try to keep the timing around 8:00 pm. A nutrient-dense snack, such as protein balls, or a few nuts or seeds, will do the trick.

For information on stage two, reach out and email me at ginasantangelonutrition@gmail.com. I would love to discuss all we can do.

EAT CLEAN

Truth bomb: After all, you are what you eat.



Learn Which Foods Stop Inflammation (Inflammation = The Silent Killer).

With my signature program and book, [*“Eat Clean, Live Free”*](#) (you knew I was going there!), you can control your body’s inflammation. This is huge. When the body is out of balance — due to a deficiency in vegetables, whole grains, fruits, healthy oils, etc. — the outcome is an acid environment. Once the body is acidic, it is a breeding place for toxins, inflammation, food sensitivities and disease. You can easily retain up to 8 pounds of water this way. Ugh!

Experimenting via an elimination diet is a sound way to discover food culprits that cause you to gain weight. Often, people discover that dairy products, eggs, nuts, soy, or gluten cause some discomfort or weight gain. My whole food detox lets you flush toxins safely. This means decreased inflammation, a faster metabolism, improved digestion, and disappearing bloat. Oh yeah!

Once we decrease inflammation by eliminating these foods, we add them back S-L-O-W-L-Y to learn what does and does not work for you. This critical discovery period makes my program proprietary; it is bio-individuality in action. No single food or diet works for everyone. The key? We will discover what works for YOU.

I think what surprises people the most as they embark on this adventure is that this is about something much bigger than weight loss. Don’t get me wrong — weight loss happens for those who want it; but feeling great, brighter, and younger... watching your body bounce back... well that is inspirational.

To begin: Upon awakening each morning, drink a large glass of room temperature water with lemon. This stimulates digestion and elimination.



“YOUTHIFYING” FOODS

(yes, sometimes I make up words!)

These foods in the “Say Yes To” column are the best for renewal and recharging. This means fighting off the sugar cravings and that tired feeling in the afternoon. Oh, it also means looking and feeling younger... you know, youthifying!

SAY YES TO...

Raw honey

Seasonal greens and high density vegetables

Filtered water

Lemon water at daybreak

Fresh seasonal fruits

Super foods (goji, cacao, maca, chia seeds)

Fresh legumes (canned BPA free)

Nuts and seeds

Herbal tea

Lean meats

Fish (wild only)

Fresh juices and smoothies

Cooking oils: coconut

Non-cooking oils: avocado, flax, olive

Fresh herbs

Wild fish

Celtic sea salt

Coconut water

Sea vegetables (kelp, dulse)

Sprouts

SAY NO TO...

Sugar, sugar substitutes, corn syrup
Packaged and heavily processed foods
Refined grains (white flour)
Soda, energy drinks, sports drinks
Excessive caffeine (coffee/black tea)
Heavy meats
Nicotine
Excessive wheat and gluten
Excessive alcohol
Excessive dairy
Processed meats
Store bought juices with sugar added
Refined and processed oils, trans fats
Deep fried foods (rancid oils)
MSG
Farm raised fish
Table salt
Non dairy creamers

Undiagnosed food allergies can raise cortisol and histamine levels in the body, thereby taxing the adrenals. Be a detective; make sure you are aware of your allergies and intolerances.

We can work together on this!



MOVE THAT LYMPH



Truth bomb: Let's face it... We could all use a gulp from the Fountain of Youth.

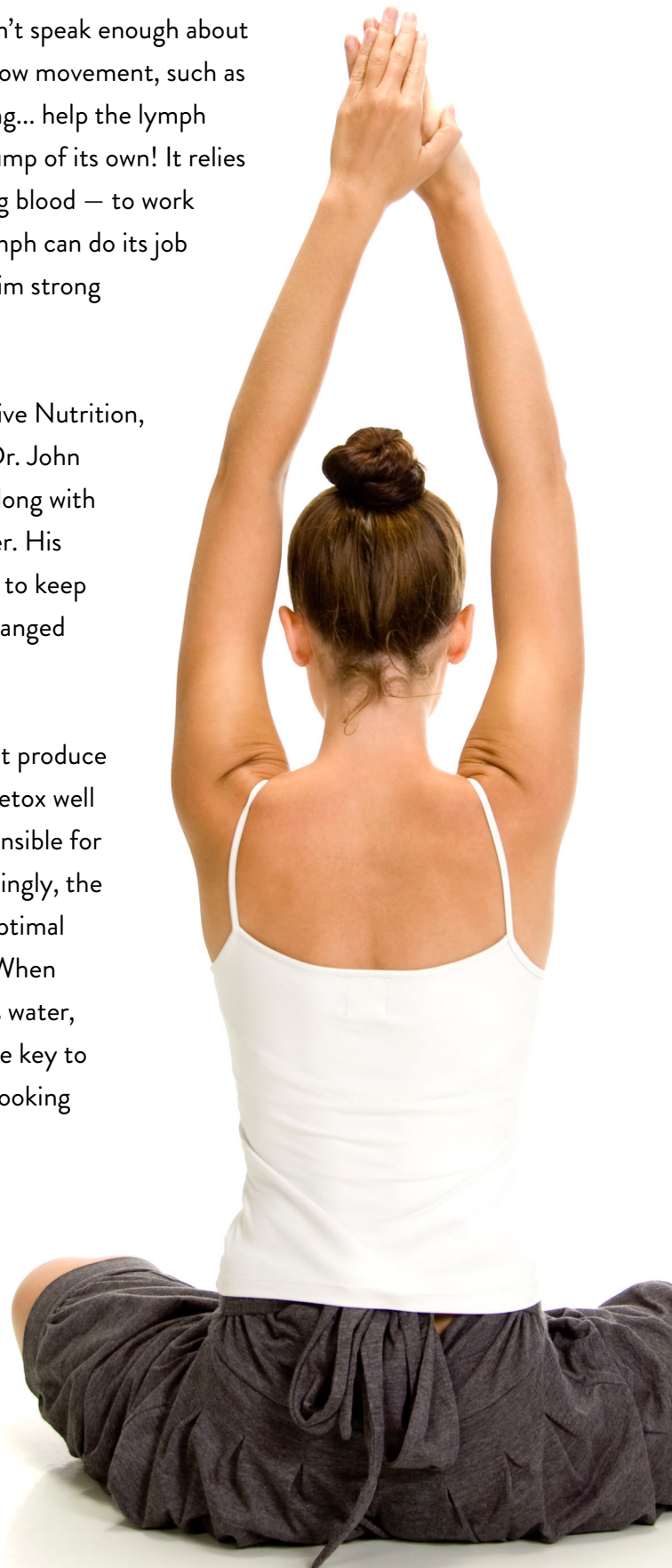
Discover (& Grab!) The Fountain of Youth

The Fountain of Youth is not actually a fountain. It's a drain — a drain that allows the body to eliminate toxins and flow. The drain is called the Lymphatic System.

I'm amazed that the exercise community doesn't speak enough about the importance of the lymphatic system and how movement, such as yoga, Pilates, walking, stretching, and swimming... help the lymph pump properly. After all, this system has no pump of its own! It relies wholly on us — moving our bodies and pumping blood — to work efficiently. It is then and only then that our lymph can do its job of moving the toxins out, so our bodies can claim strong immune systems!

During my studies at the Institute for Integrative Nutrition, I was honored to work under the guidance of Dr. John Douillard, owner of LifeSpa and co-director (along with Deepak Chopra) of an Ayurvedic cancer center. His teachings on the lymphatic system — and how to keep the body clear and efficiently burning fat — changed everything for me.

The lymph system = the drains of the body that produce our largest circulatory system. Our ability to detox well starts in the lymphatic system, since it is responsible for removing waste from every single cell. Interestingly, the lymph starts in the digestive system, making optimal detoxification the result of optimal digestion. When your body drains toxins properly, waste, excess water, and fewer toxins build in the fat cells. This is the key to keeping the skin (our largest organ) and body looking and feeling young.



Do You Experience Any Of These Lymphatic Congestion Symptoms?

Swelling Fingers (tight rings)

Morning Soreness/Stiffness

Fatigue

Bloating

Itchy, Dry Skin

Water Retention

Cyclical Breast Swelling/Soreness

Brain Fog

Cold Hands/Feet

Newsflash — this is just the short list! Almost every health concern can be linked to poor waste removal in the lymphatic system.

It is critical to keep the lymphatic system moving. One of the most common causes of lymph congestion is dehydration. Water alone can adequately rehydrate the body. The best lymph moving and rehydration therapy is to sip hot water every 10-15 minutes throughout the day, for 2 weeks. Keep a thermos of hot water nearby to make it easy. Do this rehydration therapy at least 4 times a year – usually when detoxing or cleansing the body.

The lymphatic system is unique because it has more than one function. Not only is it designed for detoxification, but the immune system's B and T cells are most active in the lymph nodes. If the lymph is boggy and sluggish our immune response may be compromised.

KEEP IT MOVING

Tips to keep the lymph moving

1

Daily hydration is key for a clean and clear body. During and after quarterly re-hydration therapy, make sure you drink 1/2 your ideal body weight in ounces daily. For example, if you weigh 140 pounds, drink 70 ounces of water (almost 9 glasses) each day.

2

Movement is essential too. The body heals itself eight times faster with exercise. Exercise floods the body with oxygen, allowing us to rid toxins via the lymphatic system. In order to get your lymph moving, you must move, move, move! Exercise allows the lymph to pump and help clear out stagnant tissue waste.

For an extra pump, jump! A mini tramp can fit right under your bed and just 5 minutes of jumping (aka rebounding) each morning is amazing for charging your lymphatic system (without stress on your joints).

3

Proper breathing is another key element of body cleansing. The rib cage is a dynamic series of levels with elastic recoil that massages the heart and lungs as we breathe. With deep, efficient nasal breathing during exercise (in through the nose, out through the mouth), the rib cage acts as a lymphatic pump designed to move toxic waste out of the heart and lungs and pull toxic lymph from the Gut Associated Lymphatic Tissue (GALT).

Proper breathing pulls lymphatic waste from various parts of the body, including: Digestive system — belly fat and bloating. Feet — arthritis. Legs — cellulite. Reproductive organs — hormonal problems.

5 DETOX REGULARLY



**Truth bomb: Toxicity is
really bad for your health.**

Exposure to toxins manifests differently in different people based on our specific genetics and immune systems. There are, however, common symptoms that point to an excessive toxic burden:

NEUROLOGICAL ISSUES

FATIGUE

DEPRESSION

AGE SPOTS

WRINKLES

COGNITIVE ISSUES

CELLULITE

WEIGHT GAIN

SLEEPLESSNESS

HEADACHES

Regular detoxing = the removal of unnecessary toxins from fat cells, diminished fat, and body cleared of tremendous stress. Stay on course with my seasonal detox! You will not feel deprived; actually, you will feel (and look!) fantastic and reap some bonuses like:



Truth bomb: Just ask the mirror — nobody can do beauty sleep for you.

Shoot for 7 - 8 hours of sleep each night.
Research shows that lack of sleep increases
cravings and cortisol (stress hormone) levels.

High cortisol levels add bloat, excess weight, and
make us edgy.

Get to sleep by 10:00 pm (in bed, lights out,
computer and phone off). I know, I know. For
some of you night owls, this sounds impossible...
not going to happen. It's just a suggestion, but
why not give it a try? The benefits may change
your tune!

Cortisol is released at about 11:00 pm, and brings
along a second wind that can keep you up for
hours.

And remember, an established sleep routine along
with healthy eating and exercise will stabilize
blood sugar and help you sleep through the night
like a baby. Zzzzzzzzzz...

Some tips for resting right:

**Do your best to wake up
between 6:00 and 8:00 am.**

**Make sure that exercise is part
of your routine!**

**Put magnesium oil on your feet
before bed with a few drops of
lavender. Ahhhhhhhh...**

**Enjoy a cup of chamomile tea
with one tablespoon of raw
honey for a relaxing treat.**





LOVE THYSELF

Truth bomb: Seriously, if you don't... who will?

Do something for yourself at least once a day. A lot of us are so busy taking care of work, our loved ones, or other life commitments that we forget we need love too. Breathe deeply for a few minutes each morning and each evening to clear your mind. This will reset the sympathetic nervous system and tell your body that the fire is out — it can stop the production of adrenaline and cortisol.

Smiling and laughing tell your body that life is not an emergency; so smile and laugh often. And stretch. Stretching is stellar “me time” that results in deep muscle and nerve relaxation and ultimately a wonderful message to the brain. You can even add aroma therapy essential oils such as the ones to the right.

Why not treat yourself to some high quality, unscented, and paraben-free lotion from the health food store? Add a few drops of your favorite essential oil. Gently massage into your feet before bedtime. It’s heavenly, hydrating, and so soothing.

Bergamot
Relaxing



Geranium
Balancing



Mandarin
Calming



Ylang Ylang
Sedative



Lavender
Anti-anxiety



Jasmine
Anti-depressant



IS THIS YOUR STORY?

IMAGINE...

You wake-up between 6:00 and 8:00 am, relaxed. Stress? That's a thing of the past. After all, you've put all your triggers into perspective. Life feels balanced and even when it throws you a curve ball, you have tools. Ah, but now that you are up, you reach for your wake up beverage: the lemon elixir.

UPON WAKING, DRINK A LEMON ELIXIR:

Take 2 cups of room temperature water, and add juice from ½ a lemon, a pinch of cayenne (optional), and 1 teaspoon of raw honey. Breakfast is a wholesome meal.

Time management, now second nature (go you!) lets you celebrate food for all that it is: a big part of nourishing your body and optimal health. Perhaps you are off to work; or perhaps you are off on some errands, but come mid morning you reap the benefits of your snack (11:00 or 11:30 am). Then it's time for a brisk walk (lymph support) — or if you are in a corporate environment perhaps you wait until lunchtime for that walk. Who knows? Maybe you already grabbed a post breakfast workout...

Throughout the day, you are hydrating well. Lunch, your largest meal, follows. It sustains you... You are happy... full of new ideas... fulfilled. That crash and burn is no longer an issue. Your sugar levels are balanced. You feel fabulous! And you look pretty amazing too (just sayin').



AT MIDDAY, DRINK A CRANBERRY ELIXIR (follows lunch):

Add 2 tablespoons of cranberry concentrate (I like Knudsen's brand) to 6 ounces of room temperature water (or seltzer, if desired). Your goal is to stay on course with eating whole clean foods because you just succeeded in a natural food detox with Gina Santangelo; her signature program has refueled you to the max! You're invigorated...

Dinnertime is right around the corner but, you're not yet hungry. You are feeling the body's ability to burn excess fat. What is a ritual vs. what is necessary for your unique body has fallen into place. You are no longer controlled by old habits. You can 'hear' your body's true signals. There is a deep mind/body bond, and it's empowering.

Nowadays, dinner is a prepared, healthy meal.

You reflect on all the success you have achieved throughout the day. The kids might be running around, there might be chaos on the news, but you are calm and anchored. You plan your evening, knowing you'll be in bed before 10:00 pm — after ending your day with some “me time” that includes a hot bath or shower, followed by stretching and a calming tea.

BEFORE BED, ENJOY A CHLOROPHYLL DRINK TO ALKALIZE:

Add 1 tablespoon of chlorophyll to 12 ounces of water with the juice of one lemon.

It's 10:00 pm. Lights out... You sleep through the night like you did years ago...

Good night, to fabulous you.



SUCCESS STORIES

“Before I started the detox program, I felt lethargic, grumpy, and bloated. I was constipated and, no matter what I did, I just couldn't get past my weight plateau. Once I did the detox program, however, my life totally changed. Now, I'm getting into great shape and eliminate regularly, because I discovered which foods were sabotaging my health and weight loss. I am so grateful for this program. Thank you.”

— Shannon Lagasse, Asheville, NC

“My first experience with an all food detox was a wonderful surprise! I was bloated, had brain fog, and had lost my usual zest for life. 3 days into the detox, I had dropped 2 lbs, I could think clearer, my bloat was gone, and my elimination became regular. I effortlessly lost a total of 4 lbs in 7 days, eliminated sugar cravings, have more energy than when I was younger, all because I learned what foods nourish my body. My gratitude for this program leaves me speechless! Thank you, thank you, thank you!”

— Peggy Ennenga, Kalispell, MT

“I came to Gina for her “EATING CLEAN” program having just lost 20 lbs with a goal of losing 60! Gina structured a weekly nutritional program that taught me how to make healthy choices for the first time in my life. I lost a total of 63 lbs by listening to Gina and incorporating daily Pilates classes at Flow Pilates Centre. I am just turning 59 this month and I feel 40! Not only have I never felt better, looked better or been more healthy in my life... but Gina has given me the tools to maintain it! Gina's nutrition program as well as her Flow Pilates have changed my life! THANK YOU GINA!”

— Karen Beardsley Peters, Tenafly, NJ

“Thank you for including me in the *Ditch The Sugar Cleanse*. Prior to the cleanse, when I thought of sugar I thought the obvious, cakes, cookies, juices; all things I rarely ate or so I thought. Thank you for educating me, opening my eyes to how poorly I was eating and helping me to make better choices. I was able to go the distance because of your endless support, your knowledge and dedication. You provided all the tools and were so thorough that it was impossible to fail. After this challenge I feel better. I no longer have high and low points during the day, I no longer have cravings and I'm not raiding the pantry at night. I'm eating for nutrition now, not just to put something in my mouth because I need a sugar rush. This has become more than a challenge, it's become a way of life. Thank you for sharing your gift and for changing my life.”

— Gloria Bourdoin, Wayne, NJ

“Giving up sugar for 10 days wasn’t as difficult as I thought. With Gina’s strong guidance, daily positive affirmations and delicious recipes, it was quite easy. Thank you Gina!”

— Susan Pisman Kotlyarsky, Tenafly, NJ

“Gina is a kind hearted, warm, loving woman who really cares about us, our health, our nutrition. She is very knowledgeable. Very happy to consider her a friend.”

— Shelley Perelmuth Sperling, Closter, NJ

“Feeling great after my 10 day sugar cleanse. I dropped a few pounds but more importantly I’m back in control of my eating. Cravings are gone and making great choices. I work with a group of women who are always bringing junk food to work and I have been able to avoid the temptation and not feel deprived. Thank you Gina!! Look forward to more great recipes and encouraging words from you!”

— Stacie O’Rourke Koutras, Staten Island, NY

“I didn’t think I could do it but with Gina’s support, I was able to remove the nasty sugar from my life and lose a few pounds. It’s not always the cake or cookies, but the hidden sugars in everyday food that Gina put on the map for us to avoid while giving us palpable substitutes and fun recipes. Even better than losing weight, is the improved sleep quality that was achieved under this plan. That in itself was worth everything to me. Thank you Gina, for all your great work and for making this fun as well.”

— Barbara Jacobowitz, Fort Lee, NJ

“I eat fairly clean, however, I cannot believe how much my life and health have changed in just the first few days of this program. I feel like a new woman! I have so much energy and I sleep like a baby at night!”

— Debra Monte, Staten Island, NY

For more success stories, check out my website at www.ginasantangelo.com.



WORK WITH ME

Has this booklet connected the dots for you? Did you discover something new but are not sure how to make these changes? Check out my book on Amazon, [“Eat Clean, Live Free”](#), there you will find tons of information on clean eating and creating a healthy lifestyle. Go to www.ginasantangelo.com/turnbacktheclock and register for my monthly newsletter. Also, register for one of my upcoming events or contact me about us working together privately. You will be directed to my site and there you can sign up and we will get started.

I’m here to guide you to health and wellness via inspiration and practical lifestyle changes. I know firsthand how bodies heal themselves when given the chance. With pride – but never ego – I coach my clients to incorporate nutrient-rich foods, anti-inflammatory foods, and super foods into their diets to create energy, glowing skin, and bodies they feel wonderful in.

Getting to know my clients, their hearts, their callings, and ultimately guiding each one toward better health – for themselves and their families – makes me undeniably happy. Ever grateful to the timeless wisdom of Ayurveda, I work with bio-individuality, with nature, the seasons, and the person within to promote balance, joy, and health.

I look forward to working with you!

Gina Santangelo
Gina Santangelo

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I would be so grateful.**

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This information is for educational and informative purposes only and is not intended as medical advice. The purpose of this program is to help healthy people reach their cosmetic fitness goals by educating them in proper nutrition and exercise guidelines.