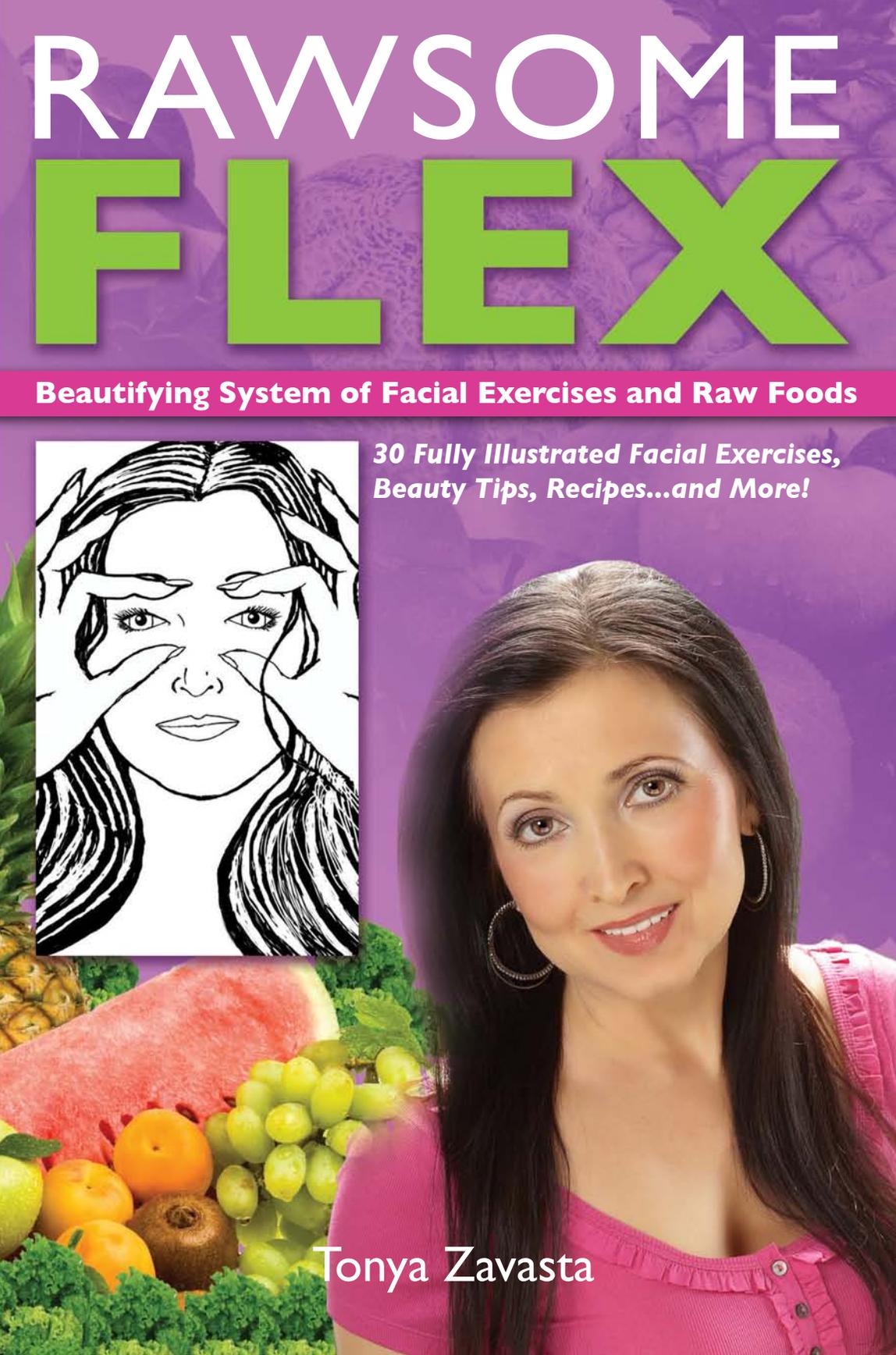


RAWSOME FLEX

Beautifying System of Facial Exercises and Raw Foods



*30 Fully Illustrated Facial Exercises,
Beauty Tips, Recipes...and More!*



Tonya Zavasta

The following is an excerpt from:

**RAWSOME FLEX:
Beautifying System of Facial
Exercises and Raw Foods**

Tonya Zavasta

For the full version of this e-book, click the following link.

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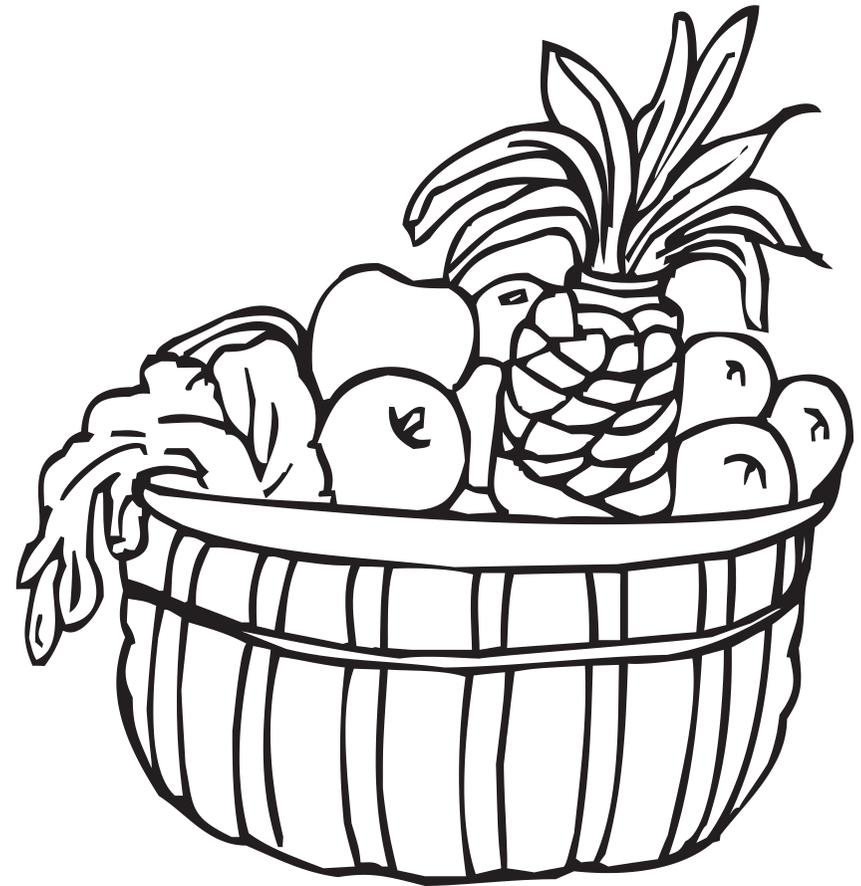
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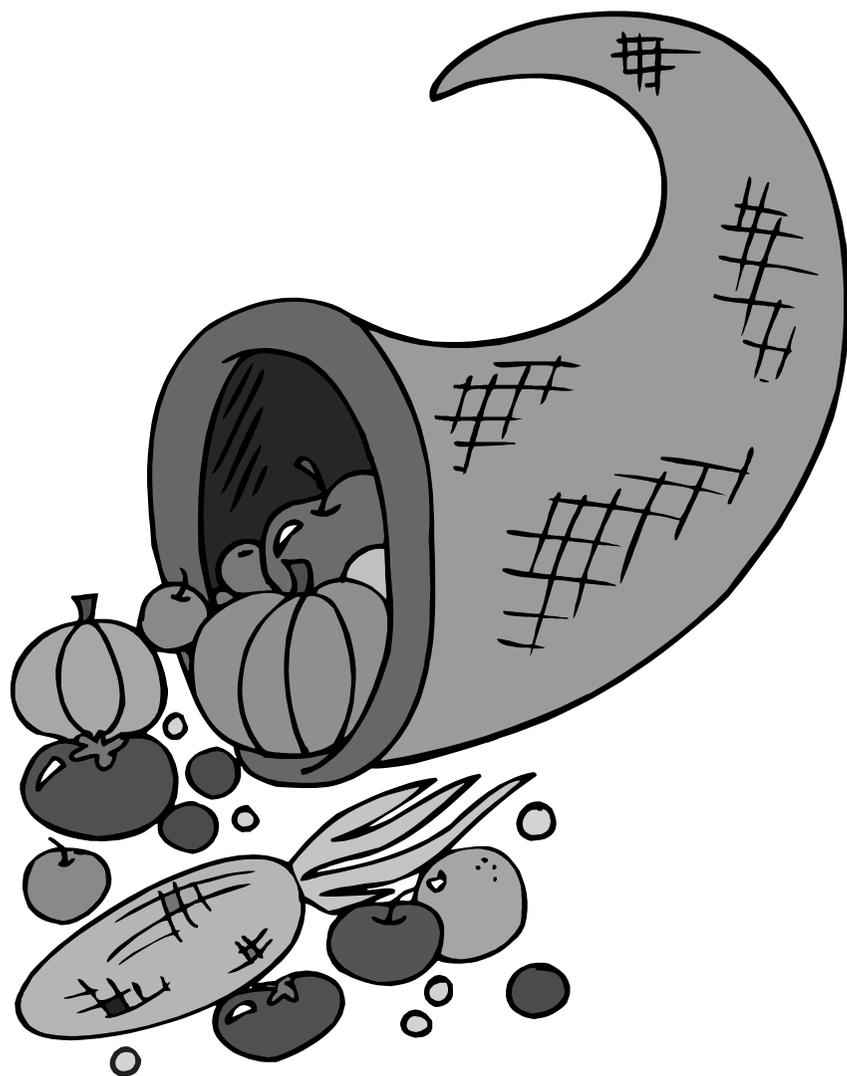
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I recommend that you **do not print** this e-book. There are many pictures here and you'll spend a lot on ink cartridges. No need to print—I designed it as an e-book. Read it on your monitor screen. Use it faithfully for 21 days. Then, I promise you, you'll know it by heart and won't need a printed copy.





If you're anything like me you're going to want to fly through this introduction and try the exercises right away. That's why my introduction will be short. I placed the most important information *after* the exercises. I understand—what you want to do now is to try the exercises and see if they're worth your time. Mind you, that's like checking your stocks and bonds the very next day after you've bought them. Ain't nothin' happenin' overnight—you have to give them time before judging their performance.

The first three weeks of exercise are crucial to your success. After exercising daily (with maybe a couple of days off) for 21 days, most people will see dramatic results. At that time you *will* want to continue. You *will* find the time and place to do them. Once you see you are being rewarded for your efforts, you'll look forward to your daily regimen. Go ahead and read through all the exercises and try them out.

However, delayed gratification is the name of the game during those first few weeks. You must develop a daily habit. When an action becomes a habit, the probability of continued repetition rises tenfold. But once your habit's there, it's a free ride—your exercising will take very little mental exertion. It saves energy and at the same time relieves you of the burden of decision-making. Do something one way, make a specific choice, and it becomes so much easier to repeat over and over again.

Researchers say it takes about three weeks to develop a new habit. I see my task as helping and encouraging you day by day during these 21 days. Do not read the entire 21 day program (the section of the e-book which starts after the exercise descriptions) in one sitting. Instead, read it one day at a time, over the course of the 21 days. I'm not trying to hide anything from you. Believe me, I want you to succeed as much as you want to look better. Information is useless if you don't act upon it. That is why I introduce something inspirational every day to support you when you need that

extra push or encouragement. Each day, I include something intriguing, something to motivate you, something to make you want to work on your face. Do not jeopardize my efforts and your potential progress.

Remember...we hear only what we are ready to hear. If you read the whole e-book in one sitting, you're going to be overwhelmed, and you'll likely lose the inspirational element. This e-book is specifically designed to give information to you at intervals, when you're ready to absorb it. The book's structure is not intended to insult your intelligence, but to respect how your brain works. I suspect that only one in a hundred will do as I ask by not reading ahead. This one person will get the most from my e-book.



WARNING

During the first several days new facial lines may appear. Don't panic! These exercises are carefully designed to eliminate wrinkles—not to create new ones. But, if several minutes of facial expressions give you a few new lines, that's simply an indicator of how desperately you need the exercises.

We should not blame the exercises if our skin lacks the elasticity to snap back. Young faces always have this snap-back quality. Pinch a tiny piece of flesh for several seconds, and its youthfulness will be shown by how quickly it returns to a plump, smooth appearance. A baby's skin doesn't even recognize a crease—it doesn't even last long enough to be called "temporary." The older your skin, the longer that tiny pinch will remain. Try pinching your forearm if you don't want to pinch your face—you'll get the idea either way. That pinch won't leave a permanent mark, I promise.

Do understand that lines etched on our faces are indications of poor muscle tone and greatly aged skin. Every exercise is designed never to create a line on a normally

structured face. By "normal" I mean that there are no hanging folds of skin or loose underlying muscles. Exercise itself does not cause problems. Flaccid, unsupported muscles are to blame. Of course, even a young face gets expression lines. But smiles and frowns take decades to become a permanent part of our faces. A few days of exercise is *definitely* not going to give you permanent lines. As you keep doing the exercises, the facial muscles will become more and more toned, and those lines will no longer be an issue.

You have reached a crucial moment of decision: Will one extra temporary line stop you from exercising? Or will you concentrate on building the muscle tone that allows you to rejuvenate your skin so it will eventually be able to rebound from the occasional exercise crease?

Now is the time to start an exercise regimen that will help you regain muscle support. These strengthened muscles will firm up your skin. Wrinkles, old creases as well as new, will gradually disappear.

Keep in mind that exercises are just as good for your face as they are for the rest of your body. Nonetheless, every past or present facial exercise expert will remind you: There *is* a period of adjustment. Your face is going through major reorganizing. Once dormant muscles are now developing. Underlying structure is changing. Your skin is not yet elastic enough and therefore is holding creases. As your face develops more elasticity through exercise, it will not maintain these creases. As you continue the exercises, you'll notice that the lines will smooth out.

Those of you on raw foods regimens know that everything real and beneficial for your health has a transition period. And, just like raw foods, facial exercises are not popular because they require patience, persistence, and some adjustment.



NOTE

If you have any health problems or concerns, I recommend that you discuss these exercises with your health care professional, osteopath, or chiropractor before starting them. Remember, the exercises are there to help and should not cause any pain. If you do experience pain, please stop doing the exercises and refer to your health care practitioner.



ATTENTION

To know that you are doing the exercises correctly, you must work your muscles to exhaustion, until you feel they are burning.

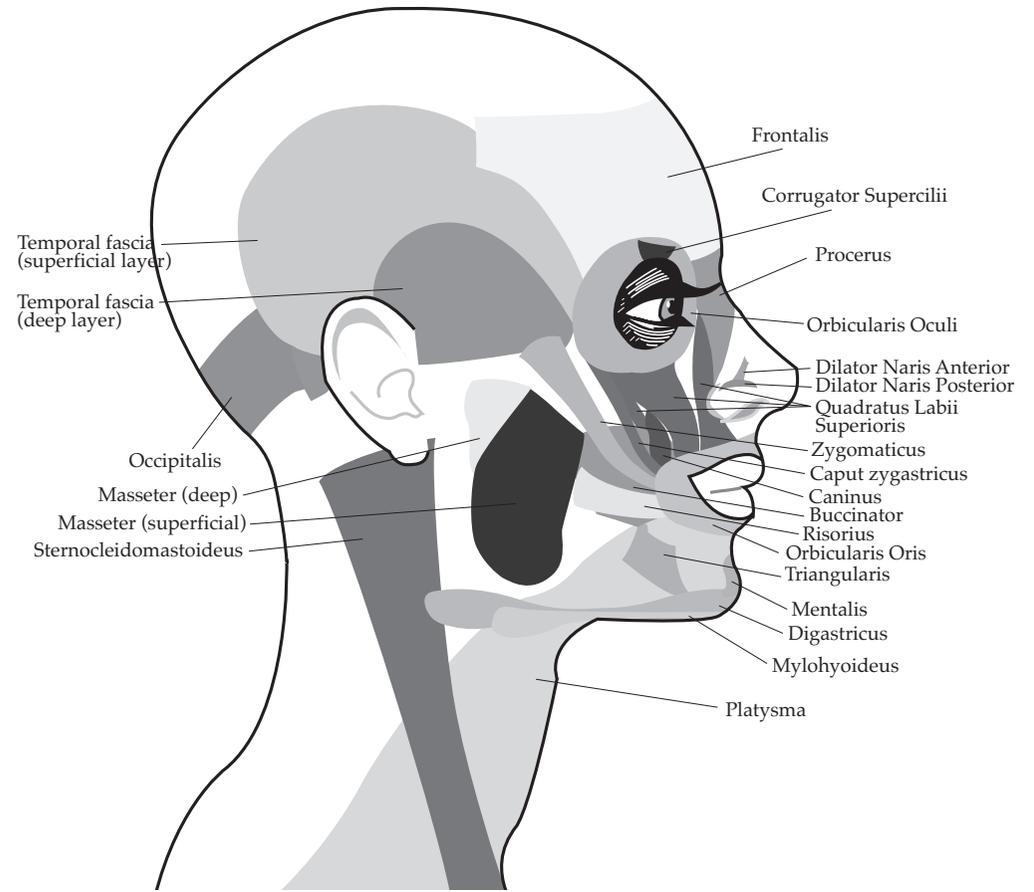
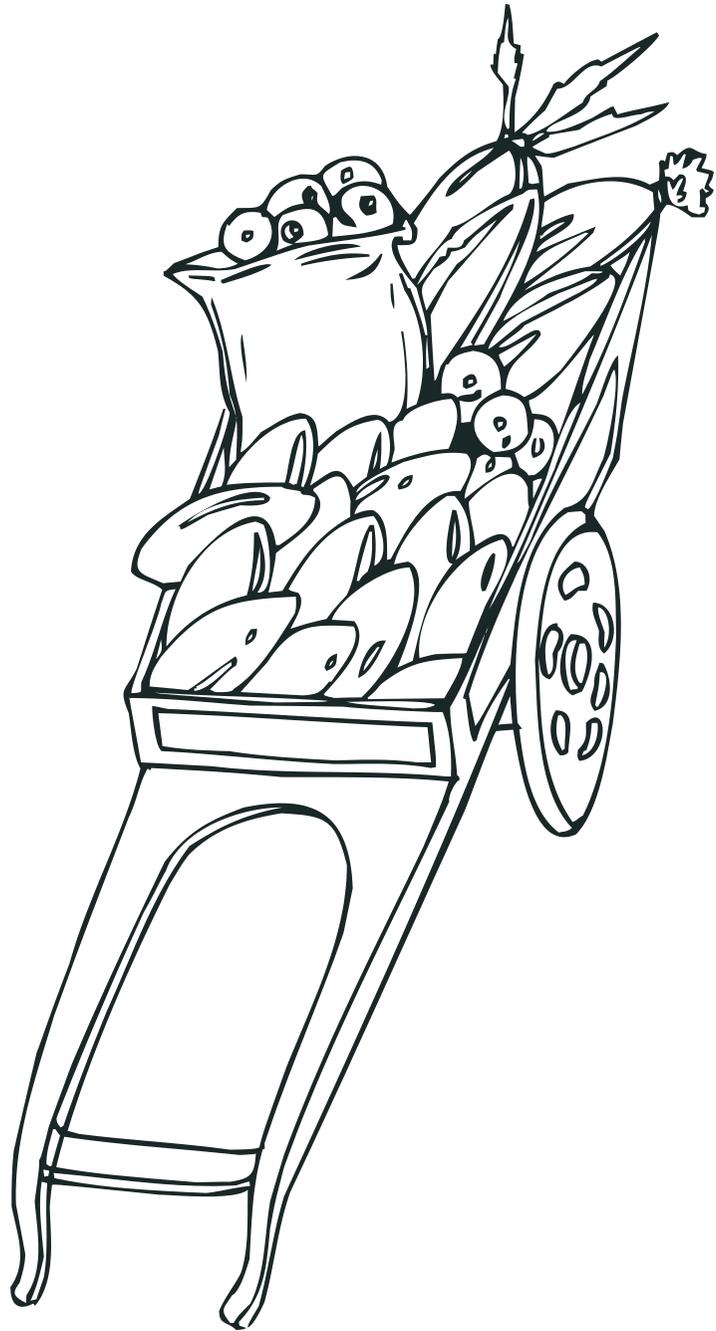
When instructed to 'Hold for a count of 6,' you may count as fast or slow as you like. Just be consistent.

Always start your facial exercises by washing your hands and face.

Always finish your facial exercises by applying a good moisturizer.

Take your "Before" pictures now!





Facial Muscles Diagram





Exercise 1

Warm up

Remember the last time you skinned a chicken breast or trimmed meat (hopefully this was a long time ago before you switched to raw vegan foods)? You saw fascia. Fascia is the thin, whitish colored band or sheath of connective tissue between the skin and the muscle of the meat. Fascia looks thin, but it is very fibrous and strong. Your body also has fascia. Fascia forms directly under the skin and serves as a strong layer of connective tissue between the skin and the muscles underneath it. It is very important to keep the fascia from becoming glued to the skin or muscles it covers. This exercise will greatly increase circulation in your face and get it ready for these exercises.

1. Sit straight.
2. Place the palms of your hands on both sides of your face, fingers up.
3. Press them tightly to the sides of your face.
4. Move your hands up and down in a small range of motion several times and then stop.
5. Repeat 5 times.

