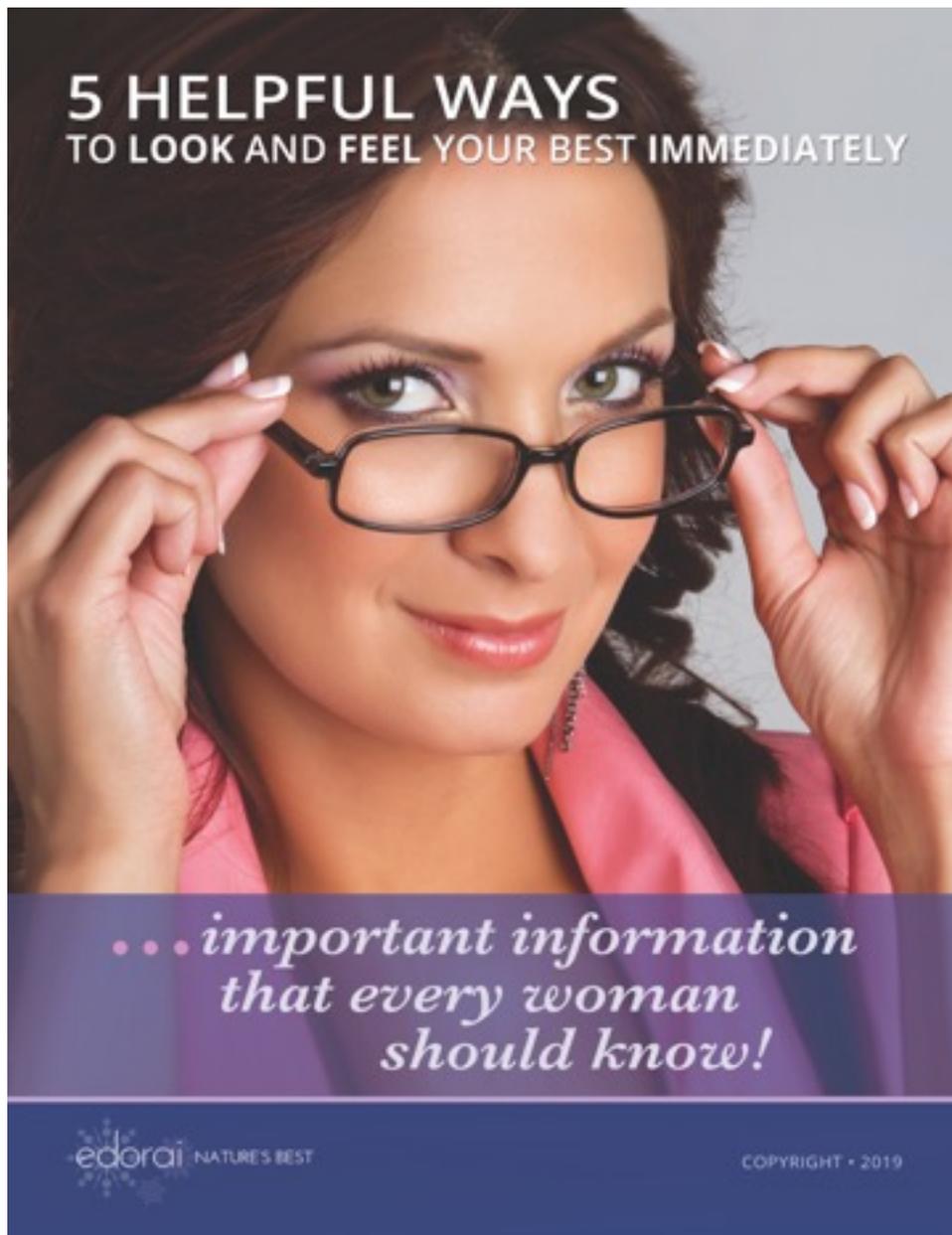




5 HELPFUL WAYS TO LOOK AND FEEL YOUR BEST IMMEDIATELY

... *important information
that every woman
should know!*



We are going to go through **5 Helpful Ways to Look and Feel Your Best Immediately.** **And yes, this is important information for every woman to know.**

This is truly about taking time for YOU and making Self-Care a priority. To be successful with this, you may need to work on changing your old habits and establishing new ones. For instance, you may be focused on helping others before thinking about yourself. If so, think about the safety features on an airplane where they talk about putting on your mask before you can help anyone else. If you want to be helpful to your friends and loved ones you need to start putting yourself first. You need to prioritize YOU.

We will touch on all the topics below and then I will send you more detailed information via email. Please be sure to white list our email so you won't miss any important info.

You'll need to begin with a basis or foundation for your self-care. An Overview of the Ways to help you begin looking and feeling your best are to:

1. Practice good nutrition and exercise habits
2. Make a good nights sleep a priority
3. Do something nice just for you every day
4. Choose safe beauty and self-care products
5. Ease the inflammation in your body with CBD

Let's begin with #5 **Ease the Inflammation in Your Body with CBD**

The definition of Cutting Edge is - the latest or most advanced stage in the development of something. The latest and greatest thing to hit not only the healthcare market but the cosmetic and self-care market is CBD.

Because it's so often misunderstood, let's get into the most Important things you need to know about CBD. Because at Edorai, we do create some Lifestyle Products with CBD in them.

What it is ..

Hemp, marijuana, and cannabis are different names for the same thing — all fall under the plant species called Cannabis Sativa L.

Hemp and marijuana are simply different varieties of this plant. Both of them contain CBD, but the CBD from Hemp is non-psychoactive, meaning it doesn't make you 'high.' THC is what gets you high and it's important to note that far less THC exists in the hemp plant (it's less than 0.3%, which is negligible).

Cannabidiol, or CBD for short, is one of at least 113 active cannabinoids (chemical compounds that act on corresponding receptors in the brain) identified in the cannabis plant, and accounts for up to 40% of the plant's extract. It has become a very exciting molecule because of all the positive health effects it provides.

CBD is anti-inflammatory. This is very important because most disease states result from some sort of inflammation in the body — Diabetes, Cardiovascular Disease, Arthritis, Obesity, Periodontal Disease, etc. to name just a few. These all stem from inflammation that can begin years before they are diagnosed.

Your endocannabinoid system (ECS), an intricate system of neurons and receptors that regulate major biological functions, needs fuel to manage its critical regulatory activities, and CBD helps fuel this system.

Is it Legal?

Some people are skeptical about CBD only because it is related to Cannabis. But with that said, It is legal as long as it is **CBD derived from Hemp**.

Because hemp has no psychoactive effects, there is no problem with the law.

How does it work?

CBD oil interacts with the CB2 receptors in the body, and helps with neurological issues, pain, skin issues, and more.

This unique ability of Cannabidiol to interfere with local pain receptors allows it to address topical and internal inflammation.

For example Our 'O, So Nice!' Soothing Cream — delightful relief for aches and pains provides direct, localized and targeted pain relief.



You can read more about the legality of CBD — United States 2018 Farm Bill.

Health Benefits of CBD

CBD may benefit a person's health in a variety of ways.

- Natural pain relief
- Combats anxiety and stress
- Decreases inflammation
- Reduces oxidative stress
- Helps with heart health
- Improves your mood
- Promotes better sleep
- Helps with Diabetes
- Effective for the treatment of a variety of skin conditions

Much research is being done on CBD and potential health benefits.

It is important to note that CBD-contains more anti-oxidants than most fruits and vegetables

#4

Choose Safe Beauty and Self-Care Products

There are so many self-care and beauty products on the market! Whether they're for taking care of your hair, skin and body, those various aches and pains, or that makeup that helps you feel beautiful.

Research shows us that using external products containing chemicals is counterproductive when you're trying to live a healthy lifestyle. This is because chemicals pass through the skin and can cause damage—potentially serious damage.

While many of us pay close attention to what we put IN our bodies, most of us are still using products that contain chemicals ON our bodies! No matter how expensive the product, the chemicals in them do pass through our skin. Just think about all the medications and drugs that are delivered through the skin—nicotine patches, fertility drugs, and pain relievers, to name but a few.



This is extremely disconcerting because the Environmental Working Group (an American activist group that specializes in research and advocacy in the areas of agricultural subsidies, toxic chemicals, drinking water pollutants and corporate accountability) has discovered that many beauty and self care products contain cancer causing ingredients, pesticides, toxins and other harmful ingredients.

Therefore it is important to become aware of the ingredients in the products you are using on your skin. Many products claim that they have 'all-natural' ingredients. But what exactly does 'natural' mean when it comes to self-care and beauty products? And, what ingredients should you be looking for?

Begin by looking for products that have essential oils, botanicals and cutting-edge ingredients making up the bulk of the product.

Look for beauty and self-care products (and foods) that come straight from nature & —

- provide health benefits
- aren't potentially harmful



You also want to be sure the product is —

- cruelty free (no testing on animals)
- eco-friendly
- formulated with the majority of the ingredients being all natural and organic
- negligible or free of harmful chemicals, irritants and preservatives (that are harmful).

Please note — On any label, the ingredient that is most concentrated is listed first with the rest of the ingredients listed in descending order of concentration. This is very important for you to know because if you see all the chemicals listed first, well ... chances are pretty good that product doesn't have a lot of natural ingredients in it.

- I don't necessarily like purchasing beauty and self-care products that don't have any preservatives because their shelf-life is so short. I had a bad experience where I purchased a product from Sephora that didn't have any preservatives, and it smelled rancid when I got home and opened it.

So, as you can see, we are walking a fine line here. The key, I believe, is to be sure —

- that the preservatives are not listed as the first ingredients (remember, those are the most concentrated) A good idea therefore is to take a more pragmatic approach and focus on products that have natural, safe ingredients first and have little, at a relatively small concentration, or no chemicals at the end of the ingredient list.
- the preservatives are not known to be harmful

The key is to limit the amount of toxins your body is exposed to.

As with anything else, you need to be your own health advocate. I always suggest this, and here's a perfect example of why. I have been going to an esthetician who gives outstanding facials and knows a lot about skin care. The issue is that she sells a line of what she calls 'natural' products. When I read the labels, I was astonished at the list of chemicals and non-natural ingredients in them. Had I just purchased the products and not done my due diligence, I would have felt very mis-led and been disappointed.

Educate yourself and do your research before you buy, and don't hesitate to look up an ingredient that you are not familiar with. **We are also here to help answer your questions to make the process easier for you.** I'll be sending you some emails with information on some chemicals to be especially aware of!

#3

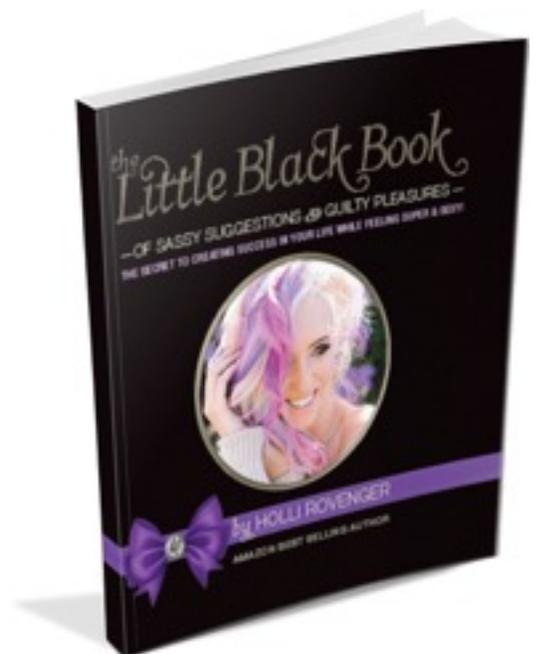
Do Something Nice Just for You Every Day

We feel this is so important that I wrote a book about it. [The Little Black Book of Sassy Suggestions and Guilty Pleasures](#)

BE NICE TO YOU—Using 'The Little Black Book' as your guide! Something as simple as giving yourself time to soak in a bath will make you feel better.

Take care of yourself—there's nothing sexier. Spoil yourself! Taking 20 or 30 minutes a day to indulge in one of these Sassy Suggestions or Guilty Pleasures is incredibly good for your mind, body and soul.

When you give yourself permission to be nice to yourself, these actions will soon become easy-peasy habits! Then, they become a natural part of 'YOU'! Turn into that contented and blissful super woman you always knew you were ... be beautiful, be bold and unleash your fabulous self.



#2

Make a Good Nights Sleep a Priority (7-8 hours is the guideline)

There is nothing worse than watching the hours go by as you toss and turn in your bed. It happens to all of us, at one time or another, and is extremely frustrating not only because we are exhausted the next day, but we miss out on all the benefits of a peaceful nights sleep. There are quite a few things you can do to give yourself the best chance for a very restful nights sleep that will allow you to wake up feeling refreshed.

- **Cut Out Beverages That Contain Caffeine in the Afternoon.**



- **Avoid Late Night Caffeine As Well.**
- **Choose Foods That Will Help Make You Feel Sleepy, Not Get Ready For a Marathon.** You may have heard the old wife's tale about having a glass of warm milk before bedtime, and it turns out to be true. You also do not want to have a full stomach before getting into bed and trying to fall asleep. Besides making you feel a little uncomfortable, it will put your digestive system into overdrive.
- **Have Your Wine Earlier in the Evening.**

- **If you Like a Nice Hot Bath, it Will be Better for You to Enjoy it Earlier in the Evening.**



- **Avoid Watching or Reading Anything that Will Get Your Heart Pumping or Your Mind Going into Overdrive.**
- **Don't Work on Your Next Days Agenda.**
- **Put Your Puzzle Books, Cell Phone and Video Games Away Earlier in the Evening.**
- **Avoid High Sugar Foods Within a Few Hours of Bedtime.** I made the mistake of having 2 homemade cookies an hour before I went to sleep (or tried to) and even though I was beyond exhausted, I tossed and turned for an hour and a half. You do not want the jolt of energy from sugar right before bedtime. If you want something sweet at night, graham crackers are a great choice!

- **Stretching Will Help Begin to Relax You.** Doing body stretches or some yoga poses will help you begin to relax.



Doing some relaxation breathing while stretching will also help reduce all the tension that may have built up in your body during the day.

- **Make Sure Your Bedroom is Prepared for Sleep Time.** Prepare your bedroom for sleep and start dimming the lights an hour or two before bedtime.
- **Avoid Looking at the Clock.** Avoid looking at the clock if you toss a little bit ~ it's only going to add to your frustration and then will have your mind playing tricks on you as to how little sleep you will be getting. Been there, done that, and it's not fun.

There are also some great products that can help you have a better sleep. I'll make sure to send you some tips in an email.

#1

Practice Good Nutrition and Exercise Habits

For those of you who may not know this about me, I am a Dietitian by trade. That's one of the reasons I'm so fascinated with all areas of health and wellness. Nutrition is still such a "baby" science that new studies can possibly change previous recommendations. Sometimes, it all appears a bit confusing. This is one of the reasons I always recommend balance and moderation. For the most part, this way you will be meeting most of your health guidelines. Eating Healthier and Exercising can improve your happiness, as well as the way you look, feel, and act.



Because I could fill a book with information, let's just start with some simple guidelines on eating healthier. We are not going to focus on weight control here, just healthier eating.

- **Fresh is best** — Focusing on eating mostly whole, plant-based foods. Try making vegetables the largest part of your meal with protein, whole grains, and healthy fats rounding it out.
- **Increase the Fiber in your diet** — Remember the old adage 'an apple a day keeps the doctor away,' and add more fruit, and foods with fiber to your daily diet
- **Cut back on processed foods and white flour** — choose only whole grain foods
- **Cut back on foods and beverages with a lot of sugar** — there are many names for sugar. A good tip is that if the label has an ingredient with an -ose at the end, it contains sugar, and you should avoid it.

- **Become more conscious of what you do eat**

Drink at least 8 glasses of Water a Day. I love to add fresh fruit and vegetables to my water for flavor. Keeping track of how many glasses you drink can be fun. I'll give you some ideas over time.

Exercise – 4 times per week minimally. Try to include a mix of aerobic, strength training, and flexibility and balance exercises. Each type provides different health benefits.

BONUS TIP

Smile and laugh. Laugh a lot!

“I love people who make me laugh. I honestly think it’s the thing I like most, to laugh. It cures a multitude of ills.” Audrey Hepburn



I hope you enjoyed these 5 tips that can help you look and feel your best immediately. Stay tuned for more detailed information in your emails. In the meantime, be sure to check out our Edorai products.



Most Women Want to Look Better and Feel Better so we create Nature's Best, Cutting Edge products that help them become the best version of themselves!

Have You Tried Our Products Yet?

Our products are cruelty-free and free of parabens, phthalates, silicone, propylene, glycol, mineral oil and sunscreens. We have chosen to be environmentally conscious as well, so we use no extra packaging.

For a full list of ingredients, please choose a product and go to the "ingredients" tab. Note - We are not a CBD store. Some of our Lifestyle Products have CBD in them.

We could have chosen to be 100% botanical but we wanted the shelf life to be longer than that.

All our products are produced in an FDA approved facility; using ingredients that are as natural as possible while still maintaining their integrity. Because our products are aimed at women, we pay special attention to ingredients that are beneficial to a woman's body.

Our ingredient philosophy is Safe and Simple.

At Edorai one of our great commitments to our customers is complete transparency. If it goes into the product, it goes on the label insert. No exceptions!

The ingredients that we've chosen to use in each and every product are there for a reason. Every ingredient is there to aid in increasing the effectiveness of the product or to protect and preserve the integrity of the ingredients.

Once you try our Edorai line of products, our hope is that you will love them as much as we do. Each new product is approved and released only after it's been rigorously tested (fun!) and we believe every woman who uses them will adore them too.