

IBH AUSTRALIA IN CONJUNCTION WITH
KYLIE PAX AUSTRALIA'S EMOTIONAL EATING COACH



● *drink yourself*
Slim

ACTIVATE YOUR INNER SLIM GIRL
AND GET HEALTHY FOR LIFE





Inner Beauty Health Australia

DRINK YOURSELF SLIM

in conjunction with

Kylie Pax

Australia's Emotional Eating Coach

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orange crush juice

- 1 lemon, skin removed or just add the juice after
- 1 orange
- 1 zucchini, small
- 2 carrots
- 2 cucumbers
- 1 tsp IBH Botanical Elixir Energy Boost

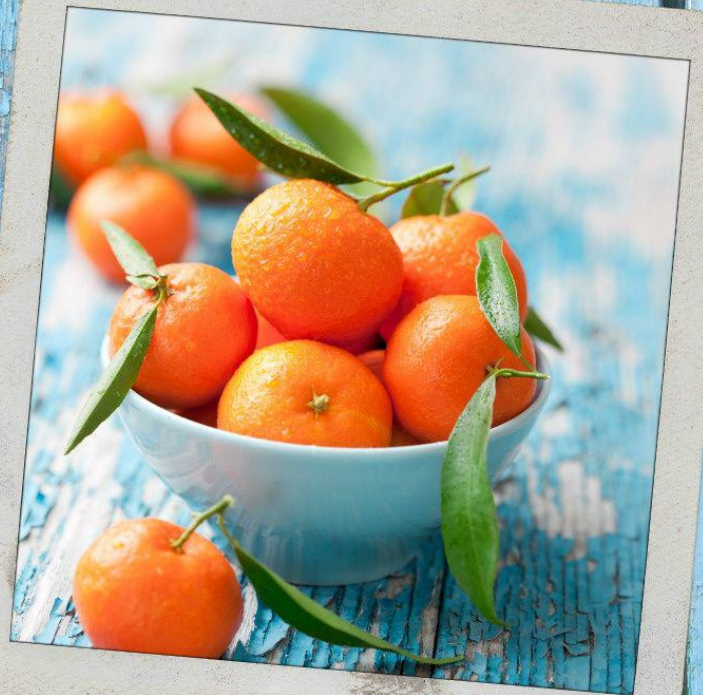


Packed with Vitamin K and calcium, this juice will fuel your cells for hours to come.

Zucchini's are choc full of calcium and contain the essential vitamins and minerals for uber sexy digestive health.

Cucumber juice reduces inflammation, cools the body during hot weather and even helps reduce morning eye puffiness.

Seriously, what more could a girl ask for?



orange crush
juice

berry tropical summer fizz

6 strawberries, greens removed
1 cup watermelon, chopped
2 cups coconut water
Splash of lemon or lime juice, optional
2 tsp IBH Botanical Elixir Energy Boost



Blend all ingredients in a blender and add ice to serve.

Coconut water provides loads of nutritional lovin'. It contains selenium, zinc, potassium, iodine and a host of antioxidants as well as ascorbic acid and B Vitamins.

It can also regulate blood pressure, balance pH levels and even slow down ageing (yes please!).

So next time you feel the need to sweeten up your regular water, add a splash of coconut water and let your body reap the benefits!



just beet it juice

2 apples
½ beetroot, skin removed
2 carrots
1 orange
1 cucumber
1 small thumb turmeric
1 tsp IBH Botanical Elixir Energy Boost



Ah, the little known wonders of beets!

Beets are the bomb for cleansing the blood (makes sense when you think about their colour, right?) and can help lower blood pressure. They also help detoxify the liver and rev up your metabolism.

Turmeric ramps up the anticancer, anti-inflammatory and antioxidant value of your juice, plus it helps your body digest fats. Sqweeeee!!



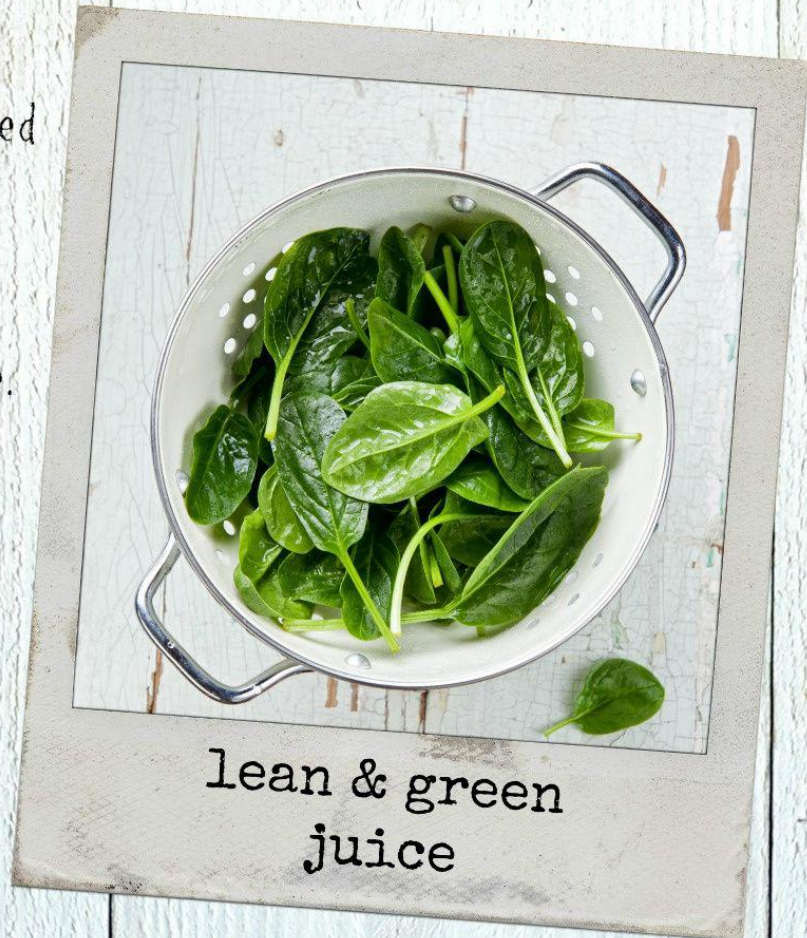
just beet it
juice

lean and green juice

- 1 cucumber
- ½ stalk celery
- 1 knob fresh ginger
- 1 lemon, skin removed or just add the juice after
- 4 cups baby spinach
- 2 pears
- 1 tsp IBH Botanical Elixir Energy Boost



Cucumbers are a wonder for reducing tummy bloat and flushing your system of unwanted nasties (bloating tummy, be gone!) They're also great for lowering blood pressure and keeping your blood sugars stable. The pectin in pears can help relieve constipation and lower cholesterol levels. Pears are also a nutritional powerhouse of Vitamins including A, B1, B2, C, E, niacin and folate for healthy blood cell development. If you're trying to settle an upset stomach, start guzzling, baby! This is the juice for you!



lean & green juice

minty detox water

- 1 litre fresh filtered water
- 1 orange, washed and sliced
- 10 sprigs of fresh mint, washed
- 1/2 cup fresh blueberries
- 1 tsp IBH Botanical Elixir Energy Boost



In a large glass jar, add fruit to filtered water and allow to infuse over night.

Will keep in the fridge for 3-4 days.

Mint is so much more than a flavour they put in chewing gum. It helps fight acne, boosts immunity and can help relieve depression!



tutti frutti smoothie

1 cup mixed berries, fresh
or frozen
1 cup mango, fresh or frozen
½ cup coconut or organic
greek yoghurt
1 cup coconut water
1 cup chamomile tea, chilled
1 tbsp chia seeds
1 tbsp honey
½ tsp acai powder
1 tsp IBH Botanical Elixir
Energy Boost



Acai (pronounced ah-sigh-eee) grows in the Amazonian rainforest. Delicious and low glycaemic, this berry is rich in protein, omega fats and antioxidants. Chia seeds (my secret weight loss weapon) are high in fibre, protein and also contain five times more calcium than milk. They have twice the potassium of bananas and what's more, they're gluten free! (high five me, baby!) Mangos are also an excellent source of calcium and the coconut water in this smoothie delivers zinc and selenium. This little beauty is thick and delicious. Top her with crushed nuts and passionfruit. Perfect after a workout or even as a delicious desert!

morning zing beet juice

2 small raw beetroot (or 1 large), peeled and quartered
2 small green apples, cut into quarters
5 carrots
3cm thumb of fresh ginger
Splash of lemon juice (optional)
2 tsp IBH Botanical Elixir Energy Boost



Place all ingredients (except the lemon) through your juicer, add lemon juice if desired and enjoy!

Beetroot contains powerful antioxidants that can help lower blood pressure, lower cholesterol and stabilize blood sugar...
Bye bye sugar cravings! Woo Hoo!



tropical delight smoothie

- 1 cup of pineapple chunks
- 1 pear
- 1 banana, frozen
- ½ cup frozen grapes
- ½ an avocado
- 1 cup coconut or organic greek yoghurt
- 2 cups coconut or spring water
- 1 passionfruit, flesh removed
- 1 tbsp shredded coconut
- 1/2 tsp IBH Botanical Elixir Energy Boost



This is nature's crème de la (oh so creamy) crème! Avocados can help reduce blood pressure and regulate blood sugar while grapes contain the flavonoid quercetin which can help protect against heart disease. Pineapple promotes healthy digestion and apart from being pretty, is an excellent source of Vitamin C. Top this gem with extra passionfruit and you're good to go!



citrus tang fruit water

2 ltrs fresh spring or filtered water

2 lemons, washed and sliced

2 tangerines, washed and sliced

1 handful of fresh mint, washed and chopped

2 tsp IBH Botanical Elixir Energy Boost

Combine water and fruit in an airtight jar. For best results, refrigerate overnight.



citrus tang
fruit water

This is the perfect
replacement for soda.

Fruit infused water can
boost your metabolism,
flush those nasty little
toxins from your cells and
help reduce muscle soreness
after a workout.

It may look innocent, but
don't underestimate the
super powers of this super
water!

blueberry lime & mint water

- 1 sprig of fresh mint
- 1 litre filtered spring water
- 1/2 lime, washed and sliced
- 1/2 cup fresh blueberries
- 1/4 tsp IBH Botanical Elixir Energy Boost

Add all ingredients to water and store in an airtight jar in the fridge. Although you can drink the water immediately, this one definitely tastes better the longer you allow that fruity goodness to infuse the water!



Although you can drink the water immediately, this one definitely tastes better the longer you allow that fruity goodness to infuse the water!

We all know that blueberries have the highest antioxidant value of all fresh fruit, but did you know they also help keep your brain, heart and urinary tract healthy? (great news for us, ladies!)

All the more reason to pop an extra blueberry or two in your water, juice or smoothie!



blueberry lime
& mint water



about inner beauty health

At Inner Beauty Health, we are dedicated to women's health and well being, and our mission is for every woman to be her most vibrant, happy and active self.

Our Botanical Elixir Energy Boost is specially crafted for women from the finest natural ingredients, and is designed to nourish your body from within. It conspires with both your mind and body to create the energy and focus you need to feel healthy, happy and confident about life.



about kylie pax

Kylie Pax is Australia's Emotional Eating Coach and creator of Ditch the Diet and F*ck the Food Rules. Her superpowers include overcoming thirty years of emotional eating, losing 20 kilos, gaining it back, and FINALLY being able to stand next to a chocolate cake without wanting to roll around in it, naked.

Named "better than a diet pill" by thousands around the globe, Kylie empowers women to end the battle with their body and food by sharing the ground-breaking strategies she personally used to end the fight with food, for life.

Follow Our Adventures...



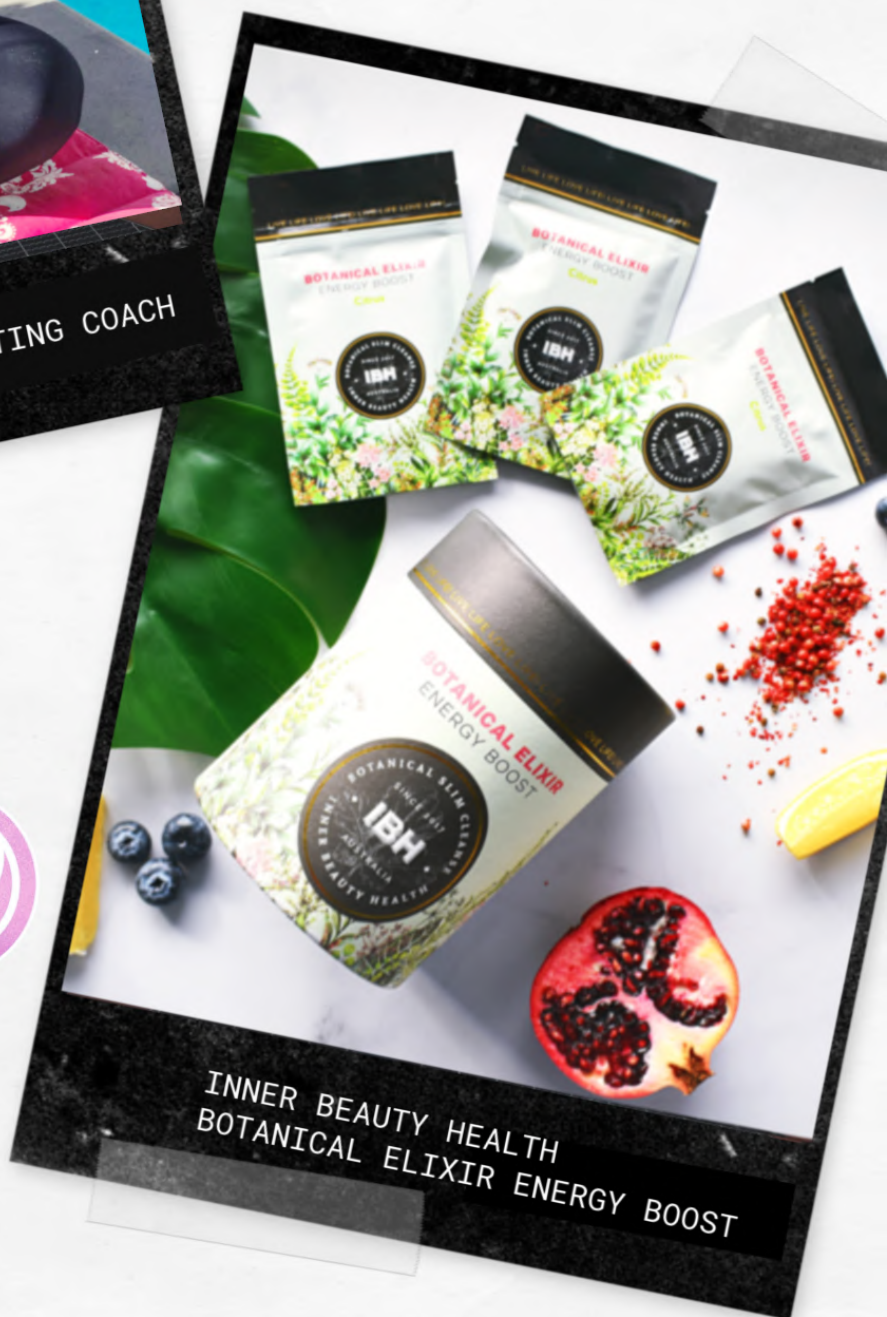
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