

# My Progress. Please don't judge. 😊



*journeymagdiaries*

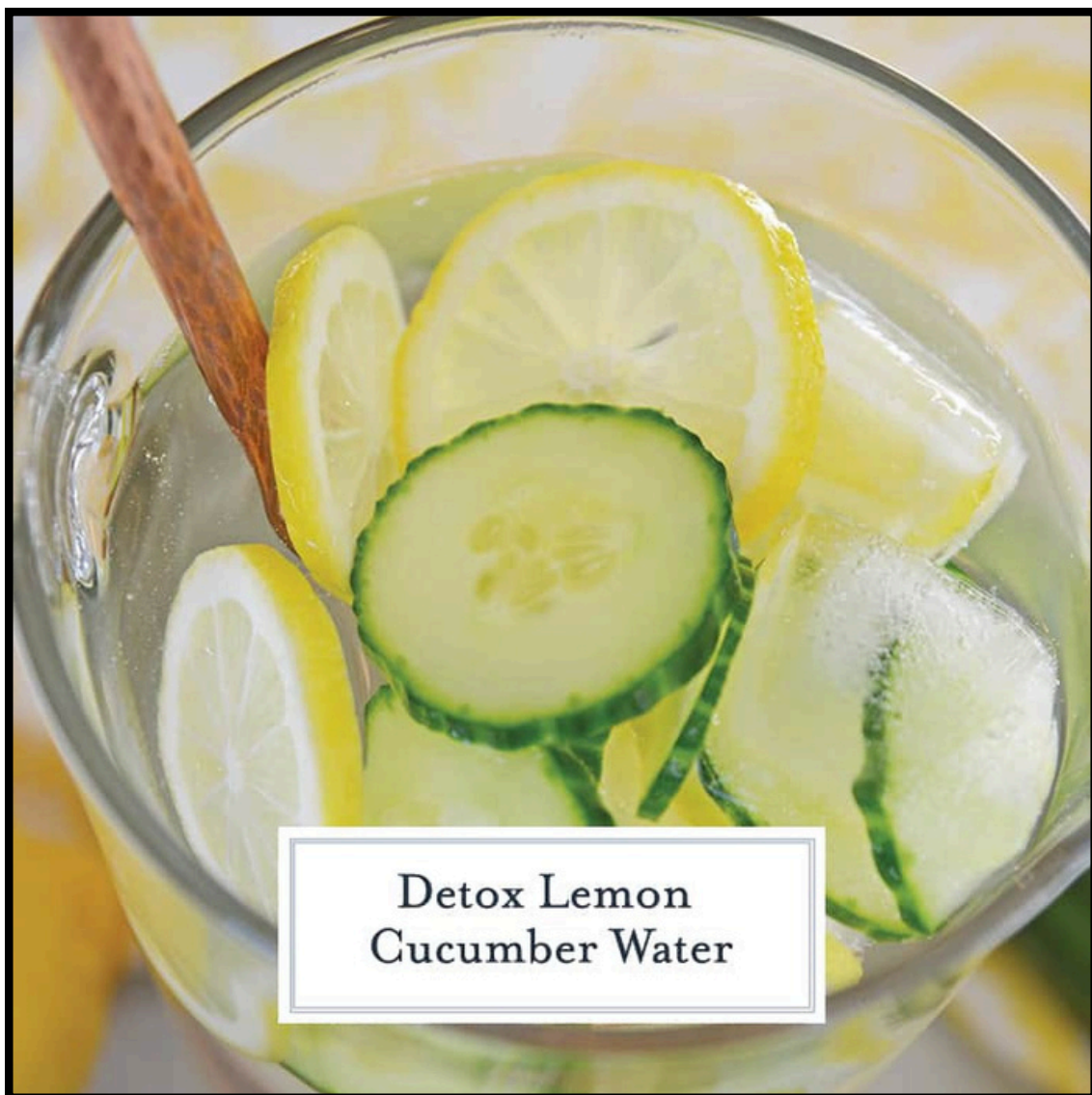
Two years ago, I was deeply insecure about my body. I tried countless diets and products, but nothing worked, often leaving me frustrated and with side effects.

I created this guide to support your gut-healing journey. With so many options out there, it's hard to know what works. I don't want you to go through the same struggles I did. This guide highlights the process that truly made a difference for me.

**Before starting, don't overlook detoxing**—it's crucial. Detoxing helps your body eliminate waste and prepares it for new changes, making your health routine more effective.

**My 1st Week Detox:** Add lemon, cucumber, and a pinch of cayenne pepper to your water. Drink consistently for your first 7 days. This will support hydration and optimize cells to help flush toxins.

- **Cayenne pepper** supports metabolism & digestion.
- **Lemons and cucumbers** support hydration and flushing toxins.



Detox Lemon  
Cucumber Water

## **Why is it hard to switch from unconscious eating to conscious eating?**

With a fast-paced lifestyle, breaking bad habits can be tough. It's easy to grab a quick snack, like a chocolate bar, when hunger strikes. After years of eating whatever was convenient, I knew I had to be strategic to avoid crash diets that could harm my metabolism. The key to building healthy habits was addressing my bad ones first. Once I tackled those, it became much easier to consciously establish better eating habits:

### **1. Crush Cravings**

My biggest challenge was dealing with cravings. Once I managed them, making healthier food choices became much easier.

### **2. Increase Metabolism**

Proper digestion and nutrient absorption gave me more energy and helped me eat less. When my body wasn't breaking down food properly, I was missing out on essential nutrients needed for optimal health.

### **3. Flush Toxins**

Even though I'm more conscious of what I eat, I still enjoy occasional processed foods. Continuously eliminating toxins helps with recovery and maintaining overall health.

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**discover ^ my hero product that helped me crush my cravings^**

# BONUS my skin cleared!



*Keep Writing Your Story!*



Changing the whole world may be beyond me, but making a difference for just one person would mean the world to me. - Jayda Kounabout

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for exciting updates on my upcoming project dedicated to empowering young women to embrace their natural feminine journey with confidence! 🌸☀️