

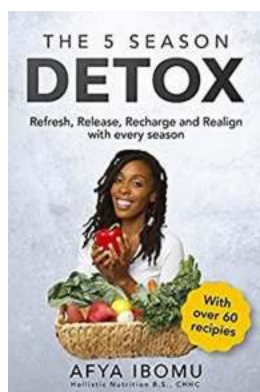
# 4 Effective Ways to Refresh, Release, Recharge, and Realign with Every Season

As the seasons change, so do our lives. Each season brings a unique energy and rhythm, which can greatly impact our physical, mental, and emotional well-being. By embracing the natural cycles of nature, we can refresh, release, recharge, and realign ourselves to lead a more balanced and fulfilling life.

## 1. Refresh Your Mind, Body, and Spirit

With the arrival of a new season, it's essential to refresh and rejuvenate ourselves. Begin by decluttering and organizing your living space. Rid yourself of any unnecessary items or negative energy that may be hindering your progress. Create a peaceful and inspiring environment that reflects the essence of the season.

Additionally, focus on refreshing your body and mind. Engage in regular exercise, eat nourishing foods, and practice mindfulness or meditation. Take time to connect with nature and soak in the beauty of the changing surroundings. Allow yourself to be fully present in the moment and appreciate the wonders of each season.



## The 5 Season Detox: Refresh, Release, Recharge and Realign with Every Season

by Afya Ibomu ([Print Replica] Kindle Edition)

★★★★☆ 4.9 out of 5

Language: English

File size : 33140 KB



## **2. Release What No Longer Serves You**

Just as the trees shed their leaves, it's important for us to release what no longer serves us. Take stock of your life and identify areas that are causing unnecessary stress or holding you back. Let go of toxic relationships, negative thought patterns, or unhealthy habits that no longer align with your goals and values.

Use the changing seasons as a metaphorical opportunity for transformation. Embrace the concept of letting go and trust that by releasing what no longer serves you, you create space for new and positive experiences to enter your life. Invite growth, change, and personal evolution.

## **3. Recharge Your Energy and Passion**

Each season brings its own unique energy that can be harnessed to recharge your physical and emotional batteries. During the warmer months, make the most of the longer days by spending time outdoors. Engage in activities that bring you joy and ignite your passion.

In the colder months, take advantage of cozy nights by the fire and indulge in self-care activities such as reading, journaling, or practicing a hobby. Use the change in seasons as an opportunity to reconnect with yourself, nurture your interests, and reignite your enthusiasm for life.

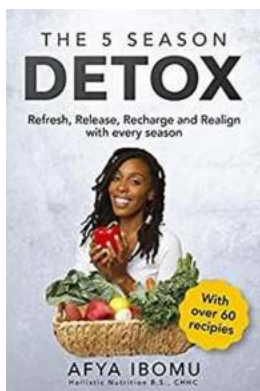
## **4. Realign with Your Inner Self**

As the seasons change, our priorities, goals, and desires may also shift. Take the time to realign with your inner self and assess whether your current path is still in alignment with who you are and where you want to go.

Engage in introspection and self-reflection. Ask yourself what brings you joy, what values you hold dear, and how you can live a more authentic life. Take inspired action to realign your thoughts, beliefs, and actions with your true self, allowing you to navigate each season with confidence and purpose.

## In

By embracing the natural cycles of the seasons and employing these four strategies – refreshing, releasing, recharging, and realigning – you can create a life that is in harmony with the world around you. Each season offers a unique opportunity for growth, transformation, and self-discovery. Embrace the change and make it a part of your journey towards personal fulfillment and well-being.



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The 5 season Detox is a program that helps you to refresh, release, recharge and realign with every season! The goal of each season is to detox and nourish two organs using a mix of seasonal food, juices/smoothies, healing herbal tea and self love practices so that by the end of the year all of your major organs have been shown some dedicated love, cleansing and appreciation.

The 5 Season Detox consists of detox plans for each season; Spring, Summer, Late Summer, Fall and Winter as well as Tools and Tips for a successful cleanse. In the book we cover:

The difference between Detoxing and Fasting

The benefits of detoxing

Why we should detox seasonally

How to eat seasonally

Different types of detoxing plans for different goals

Herbs that will help nourish and detox your organs

Self love practices to nurture your mind and body

Recipes that will nourish and detox at the same time

How to break your detox so you won't undo all the work you just did

How to Listen to your body

How to do a detox diet safely and effectively

Does this sound like you?

Do you have bloating or gas especially after meals?

Do you suffer from frequent constipation or runt stools?

Have you been eating too many sweets, processed foods or fast foods?

Do you suffer from frequent colds and flu?

Do you feel exhausted and fatigued most of the time?

Do you think you may have food allergies or intolerances?

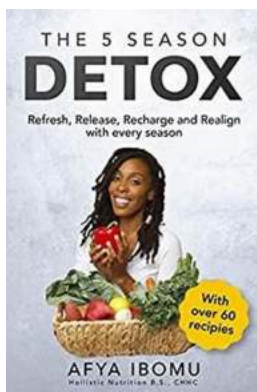
Do you want to learn basic maintenance from the inside out?

Have you been drinking alcohol or smoking (cigarettes, cannabis, vaping, etc)?

If you answered yes to any of these questions it may be time for you to DETOX!

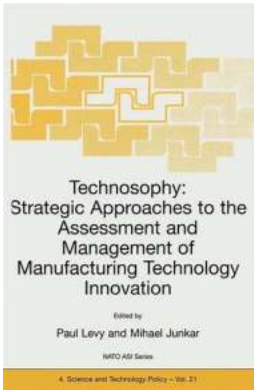
About the Author:

Afya Ibomu is a Holistic Nutritionist, Author, the President of RBGFITCLUB.com and has been plant based since 1990. Afya is certified in Holistic Health and holds a Bachelor's Degree in nutrition. Her fourth book The Vegan Remix was named one of the best vegan cookbooks of the year by Vegetarian Times Magazine and her third book the Vegan Soul Food Guide to the Galaxy, was nominated for an African American Literary Award for cookbook of the year. Afya is also the author of the Get Your Crochet On! pattern book series and the co-author of Eat Plants Lift Iron. Afya is a celebrity nutritionist, chef and crochet designer working with hip hop artists such as Erykah Badu, Common, Dead Prez, and Talib Kweli. She is also the co-host of the RBG FIT CLUB Podcast and has been featured in The Source Magazine, The Black Girls Rock Book, The Feel Rich Movie and more. Afya currently conducts cooking demos and classes, teaches nutrition workshops and is an avid gardener and yogi. She lives in Atlanta with her husband stic of dead prez and their two sons Itwela and Nkosua. Her latest project The 5 Season Detox ebook is available on kindle and ibooks. To keep up with what afya is doing, check her out on all social media platforms @afyaibomu



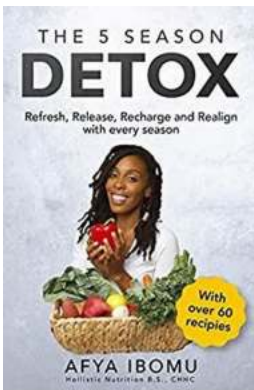
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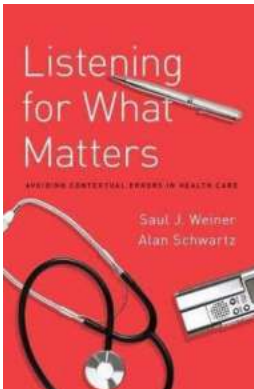
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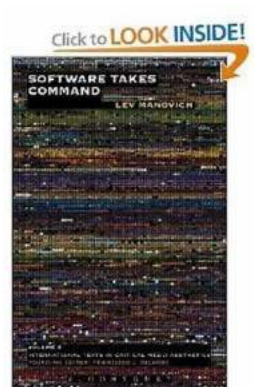
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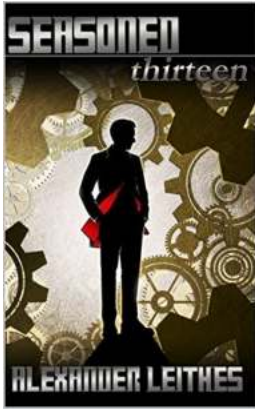
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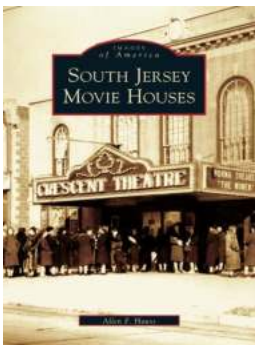
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