

WHAT IF WE FORGET ABOUT THE BIKINI CHALLENGE?

May 29, 2018

Spring arrives and the season begins to wear short clothes and visit destinations, where you can enjoy the beach or the pool. At this moment also begins the dreaded "Bikini Challenge", which many suffer.

We want to show off some legs without cellulite or orange peel, a flat stomach, toned arms, defined buttocks and a nice chest. The canon of beauty, both feminine and masculine, creates a great aesthetic pressure in society today, giving rise to many fears and to many people avoid situations of this kind, so they do not see their body.

But what if instead of forcing us to perform a bikini challenge a couple of months before the summer begins, we enjoy a healthy lifestyle throughout the year? That is the key to achieving well-being, both physical and mental.

Nutrition specialists recommend avoiding strict diets and shock treatments, because with them immediate results are obtained, but they do not last over time, because generally the lost weight is recovered again, and sometimes with more. Slow and gradual changes are those that are lasting and these are not provided by the regimes that become fashionable each season. We must remember that miracles do not exist.

The best advice we can give you is to lead a healthy lifestyle, exercising regularly and following a balanced and varied diet: make five meals a day, take fruits, vegetables, fish, meat ... and avoid precooked and prepared products, since they contain many empty calories.

How does black garlic act on our body?



When deciding what supplements can accompany you in your day to day, we recommend those that are natural. It is the case of superfoods such as garlic, which undergoes a natural process of temperature and humidity, is transformed from fresh bulb into black garlic, conserving its countless medicinal properties, losing its strong and spicy flavor and softening its texture.

All our references are 100% vegan and organic, since we use [Organic Black Garlic Concentrated Liquid Extract \(EFCAN\)](#), black onion and plant essences, such as milk thistle or melissa, as well as microalgae, such as chlorella or spirulina, to make them. You can find them on our [range products page](#).

Thanks to DEPUR, you can neutralize and eliminate the internal and external toxins of your body, as well as achieve a hepatic, pulmonary, biliary and renal clearance, and achieve general well-being. This is due to the digestive and depurative properties of black garlic. In addition to our star ingredient, the EFCAN, also contains nettle, milk thistle, dandelion and black radish.

If what you are looking for is to avoid digestive ailments, your product is DIGEST-DETOX, especially indicated for the digestive system, since it avoids slow and heavy digestion, abdominal swelling and has a great power as a chelator of heavy metals and other toxins, so it has detoxifying effect. It is made with EFCAN and concentrated oily extract of Chlorella.

The last product that we recommend for this spring-summer is ANTIOX, created for athletes, who activate the energy consumption when exercising. Olympic athletes in ancient times already consumed garlic, because they experienced an improvement in their sports performance. Today, sports lovers can enjoy its benefits, before and after exercising, to be a great antioxidant. It is composed of EFCAN and concentrated oily extract of Astaxanthin.

Forget about the Bikini Challenge and live a healthy life 365 days a year!

