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How To Go Organic

The Buzz-
Natural
& Organic.
Something
We've
Lived By
For Years!



Grass feed beef, free range chicken, organic fruits & vegetables.. more healthy choices are available at better prices now more than ever before. Healthy choices will improve your skin's condition.



440.250.1535

www.WSkinandhealth.com

Lynn's Corner

Finally the public is hearing the truth behind how our food is processed! Now grocery stores are offering more healthy, natural options - so to get started, **focus on the foods you eat most.** And don't stop eating meat! Many folks are getting grossed out about what happens in the mega sized beef and poultry farms. But a good, natural protein is VERY important. Especially grass fed beef. It has higher amounts of Vitamin A & E and omega 3s while lower in saturated and unsaturated fat. Small servings of meat, chicken, or fish

can double or even quadruple the amount of iron in your diet, reducing effects of tired, iron poor blood.

Here are my top picks for jump starting a more natural diet.

- Meat – Grass feed beef, free range chicken, wild caught fish & legumes
- Organic Eggs
- Organic Vegetables: Apples, grapes, strawberries, blueberries
- Organic root vegetables. Regular root veggies absorb more toxins since they are in the ground.

How A Passion Got Westshore Started

In the 80's Lynn Dellapasta struggled to have a clear complexion but was frustrated and disappointed with the outcome. Over the counter medications were drying her skin and doing nothing to clear the acne. She saw local doctors but their treatments meant taking prescribed medications that not only did not help, but added side effects as well. Finally, taking things into her own hands, she found a skincare specialist in California that got her interested in the study of skin using treatments and natural products for treating acne – both inside and out. Most importantly, without using prescription drugs! So began her personal success with her skin and a life-long passion for living a more natural and holistic life style.

Lynn and husband Gabe, both estheticians, opened their business in 1990 with the mission to help their clients achieve maximum health and beauty at any age through a combination of safe and effective skin treatments. Their Gabriel CORRECTIVES Skincare line was

scientifically-developed, clinically-tested and they continue to educate themselves to stay on top of the latest skincare developments, supplements and holistic treatments. Estheticians continue to come to them for educational seminars and guidance and spread the word of their skincare success.

Extending this way of living to their family they all reap the benefits and understand the importance of healthy, organic eating and exercise. Being a family business, even their grown children communicate this knowledge to clients from all over the country as well as locally. This philosophy is extended to the staff as well!

The Dellapasta/ Westshore family began this lifestyle before the buzz and popularity for organic foods, hormone free meats and herbal remedies came into focus on the top shows.

If you speak with any of the family – Shelley, Rob, Jaimee, Jeff and staff, they all welcome questions regarding their Gabriel CORRECTIVE products and recommended natural supplements.

Whole Food Based Nutrition! Lynn recommends JuicePlus+®
Find Lynn's JuicePlus+ link on our web site for more information.

