

RitzaLife
REMIX



RitzaLife

www.RitzaLife.com

At **Ritza Life**, our mission is to remain committed to supporting overall health and well being. We provide **high-quality, local, fresh, organic and natural products** and share a **wealth of information** about **healthy living**.

Our products are **free from artificial colors, flavors, preservatives and added chemicals**. They are **cruelty free, non-toxic, paraben free, synthetic fragrance free, and non-GMO**.



We also **empower people** with an **unparalleled opportunity** to become **successful entrepreneurs**.



TOP 10 DEADLY INGREDIENTS TO AVOID



1. REFINED SUGAR

Refined sugar increases weight gain, increases the risk of heart disease, increases the risk of Type 2 Diabetes, is linked to acne, can cause depression, and is a huge catalyst for cancer. It causes hypertension, gives you a false sense of energy, and it breaks down your antibodies and immune system. It impacts dental health, can contribute to premature aging and cognitive decline. If it decays your teeth, what do you think it does to your internal organs when consumed?

2. HIGH FRUCTOSE CORN SYRUP (HFCS)

This has all the same risks as refined sugar products, because it is a refined sugar product. Foods that contain HFCS are soda, candy, breads, canned fruit, salad dressings, snack foods, condiments and sauces. Companies use these products because they're engineered to be cheap to produce (saves money) and to be addictive (increases sales). Research shows they cause similar addictive cravings as Heroin. Only consume HFCS-free products.



3. SODIUM NITRATE

The preservative that keeps all processed meats pink or their original color, without browning. This increases store sales by making products "appear" fresher and last longer. Sodium Nitrate is a strong cancer catalyst and increases heart disease risk by damaging blood vessels and causing arteries to narrow and harden. It's also a major catalyst for migraines. Have you noticed the increase in popularity of bacon and other meats labeled "nitrate free." This is why.



TOP 10 DEADLY INGREDIENTS TO AVOID

4. BHT PRESERVATIVE

The preservative that keeps frozen vegetables from browning and increases shelf life. This also is a catalyst for Cancer. BHT is suspected to have toxic effects on lung tissue. While not listed as a true carcinogen, it has caused cancer in lab animals. It is also linked to kidney disease and certain neurological disorders. BHT is banned in Australia, Canada, New Zealand, Japan and throughout Europe. Why are we still using it?



5. SODIUM / SALT

Salts are a huge catalyst for high blood pressure and heart disease. Whenever you want to lose weight, water weight is the first to go. Salt acts to do the opposite, to retain water, delaying any good results for you to lose fatty tissue in your body. Salt intake puts a strain on your kidneys, heart, arteries and brain. It can cause headaches, dehydration, and causes you to crave more and more salt. All salts are Sodium chloride (NaCl). Some salts are much worse than others. Table salt (refined salt), often referred to as just "salt" is especially dangerous, even toxic to the body (like refined sugar). Himalayan salt is pink because of iron from the rocks. Sea salt is grey because of the minerals from the sea. Both are MUCH better if you're going to consume salt. Salt can be a source of Potassium, but it's Not a good source. Manufacturers often add salt to products as both a preservative and flavor, because it's cheap to produce. If salt on winter roads can take the paint off your car, rust your bumpers and crack your concrete driveway, what can it do to your internal organs?

6. ARTIFICIAL SWEETENERS

All artificial sweeteners we use today are chemicals made in a lab and specifically engineered to be addictive and create cravings in your body for more. They can cause headaches, rashes, dizziness, bloating and digestive issues. Studies back to the 1970's show that extended use can cause cancer. God created natural sugar from fruit (Fructose) and plants (Stevia and Monk Fruit).



TOP 10 DEADLY INGREDIENTS TO AVOID



7. PROCESSED FOODS

Processed foods are high in chemicals, preservatives, salts, sugars, unhealthy carbohydrates, processed meats, and contain most of the items on this list. They are generally engineered for overconsumption to increase sales, and to have a longer shelf life therefore increasing profitability. The ONLY frozen foods you should consume are those frozen with no preservatives or any additional ingredients other than what is frozen. Most products that man makes are driven by money, do not trust. Any product that God makes, your diet is blessed!

8. BLEACHED FLOUR

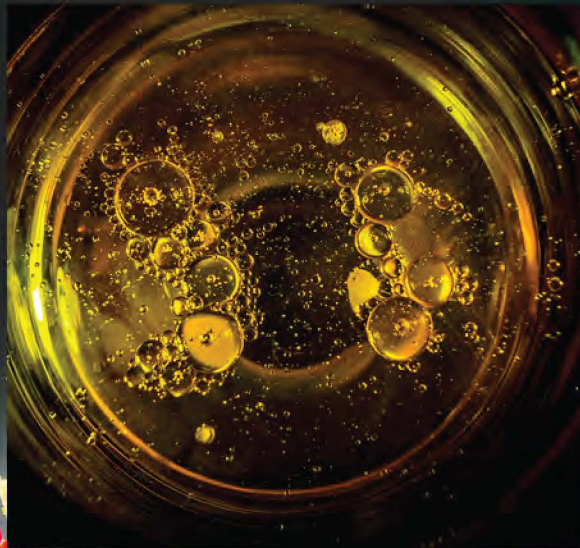
Found in breads, cereals, crackers, pastas, and numerous pastries, they take milled flour or grained flour and use chemicals to make cheaper and lighter products. The result is all the healthy, natural nutrients are lost. During the bleaching process, a byproduct called alloxan is produced. Alloxan is used to produce diabetes in lab animals (rat and mice) so they can study diabetes treatments. FDA still allows chemical processes to be used without food that produces alloxan. Also, as with any refined foods, A LOT of nutrients are lost in the process. There are too many lost nutrients to list. Some of the bleaching agents used in the bleaching process include Chlorine Dioxide, Nitrogen Dioxide, Chlorine, Calcium Peroxide, Azodicarbonamide, and Benzoyl Peroxide. Recommended are whole grain products, unbleached and/or with semolina pasta base.



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9. ENRICHED PRODUCTS

When foods are processed, and refined, they are often “enriched” with synthetic items to replace what has been lost due to poor manufacturing (many times to save money / reduce retail prices). Often, these synthetic vitamins and minerals are in such mis-proportioned amounts, they can become harmful. Studies have shown that many of these products have levels that can cause liver damage, skeletal deformities in children, hair loss and more.



10. MODIFIED & HYDROGENATED COOKING OILS

Hydrogenation, complete or partial, is a chemical process in which hydrogen is added to liquid oils to turn them into a solid form. Partially hydrogenated fat molecules have trans fats, and they may be the worst type of fat you can consume. They cause high “bad” cholesterol and plaque that clogs arteries. These ingredients save manufacturers money, increasing profits. There are healthy oils such as Virgin Olive Oil, Canola Oil, Coconut Oil, but stay away from all saturated fatty oils. Whenever you see ingredients of a product say “one of the following oils is in this product” do not eat it!



30 DAY CHALLENGE

SOCIAL MEDIA POST IDEAS

If you would like to post daily, it is important to vary the theme of the posts. You do not want to alienate your followers or have “spammy” posts that will never get seen, due to social media algorithms. Ideally, post **AT LEAST** once weekly and **AT MOST** once daily.





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30 DAY CHALLENGE

SOCIAL MEDIA POST IDEAS

9. SOMETHING YOU LEARNED FROM THE CHALLENGE.

10. SMOOTHIE RECIPE / PHOTO

11. NEW FOOD YOU TRIED FOR THE FIRST TIME.

12. A FEEL GOOD SELFIE.

13. "TODAY I'M THANKFUL FOR THIS CHALLENGE BECAUSE..."

14. MEAL PREPPING

15. INSPIRATIONAL QUOTE ABOUT HEALTHY LIVING.

16. PHOTO OF COFFEE AND OUR CREAMER.

17. FUNNY SHAKE CONTAINER OR MUG WITH OUR PRODUCTS IN IT.

18. YOUR "WHY." WHY HAVE YOU CHOSEN TO DO THE CHALLENGE?

19. A PHOTO OF SHARING THE CHALLENGE WITH A FRIEND.

20. ANY SUCCESS RELATING TO HEALTHY EATING / LIFESTYLE.





REMIX



HASHTAG

IDEAS

#ritzalivechallenge

(the main challenge hashtag)
(create your own for YOUR personal challenge)

#healthyliving

#iquitsugar

#healthylifestyle

#letsmove

(clean eating, healthy selfies)

#somethingnew

(new food you tried)

#healthyhabits

#healthyfoodporn

#todayifeel

#thankful

#feelgoodselfie

#healthychoices

**#30dayhealth
challenge**

#mywhy

#nonscalewin

(pants fit better, sleeping better, lost inches,
more energy, run faster etc.)

#changinglives

