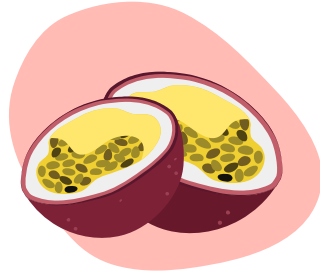


The background is a light teal color with a repeating pattern of various tropical fruits and plants. The items include slices of watermelon, papaya, lime, orange, and guava, along with whole coconuts, green leaves, and white hibiscus flowers. The pattern is scattered across the entire page.

Tara Alicea

Detox Health Coach



About HTX and Why

My name is Tara Alicea, and I've lost over 100 pounds. I struggled with weight for years until I discovered the power of maintaining a raw food diet and deep tissue cleansing. I drastically lost weight and still kept beautiful skin in a matter of months.

I vowed to help teach others in making important changes to improve their health, vitality and wellbeing effectively and long term. Since 2022, I've helped many women improve their overall health by upgrading their diet and lifestyle.

Before and After

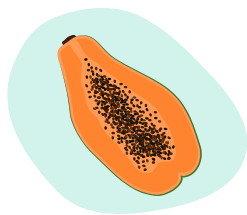


Our Detox Slogans

- Wake Up To Show Up
- Stick To The Plan
- No Distractions



Table of Contents



Vegetable Juicing

Discover the real definition of vegetable juicing and why it's important for your health.



Move The Body

Help to reduce stress, improve mood, boost energy levels, and even help you sleep better.



Deep Tissue Cleansing

Improve circulation to increased flexibility and reduced inflammation.



Drink Vegetables Boost Your Longevity!

For a happier life fuel your body with nutritious vegetable juice.
The benefits of vegetable juicing are endless!

Benefits of Vegetables Juicing

Juicing more vegetables and having less meat can have lots of great benefits for your health. With Tara as your Detox Coach you will learn about the benefits of incorporating vegetables into your diet, and why they're so good for you:

- Broccoli is a superfood - packed with vitamins A, C, E, K, plus iron and fiber - that helps protect against cancer and heart disease.
- Spinach is a dietary powerhouse that's low in calories but high in vitamins A, C, K and folate - which can help reduce your risk of stroke.
- Tomatoes are full of lycopene, an antioxidant that helps protect against prostate cancer.
- Sweet potatoes are an excellent source of vitamin A, plus potassium and fiber.
- Carrots are rich in beta carotene and other antioxidants that can help boost immunity.

Juicing vegetables can be a great way to get the nutrients you need while cutting down on unhealthy fats and cholesterol. Start seeing positive results, without having to break a sweat! Juicing can help you reach your goals with minimal effort. It's a simple step that can make all the difference.





Enlighten Goddess Purple Cabbage Drink
Featured At Boca Fresca in Orlando Florida



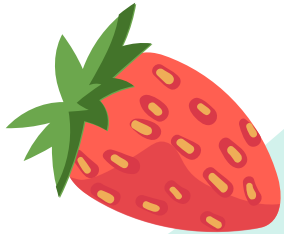
Drink Delicious Vegetable Juice!

Drinking vegetable juice is a great way to get your daily dose of vitamins and minerals. It is also an easy way to boost your intake of essential nutrients, such as iron, calcium, magnesium, Vitamin A and Vitamin C.

Vegetable juice can help keep you hydrated and provide a natural source of energy that will make you feel energized throughout the day.



Get Ready To Move Your Body



[Tara Cardio Playlist Link](#)

15 - 45 Minutes of Body Movement

Moving your body for just 15 minutes a day can have amazing health benefits! Zumba is an awesome way to get your heart pumping and energy up, especially when combined with green juice. Yoga is another great option for those looking to get a little more mindful and focused. So, don't forget to move your body every day—even just 15 minutes can make a world of difference!

Benefits of moving your body include: improved heart health, increased energy levels, better sleep patterns, stronger physical abilities, reduced stress levels and improved overall mental wellbeing.





Deep Tissue Cleansing involves removing toxins that have built up in the colon over time. Through various methods such as enemas, and dietary changes, you can begin flushing out these toxins.

Deep Tissue Cleansing is a safe and natural way to detoxify your body and can help promote better digestion



Benefits of colon cleansing include improved digestive function, increased energy levels, reduced bloating, better nutrient absorption, and more regular bowel movements. This is an effective way to optimize your health and wellness goals

Increased Energy Levels, and Improved Overall Health.

By removing toxins, waste and other impurities, your body's organs can work more efficiently, leading to increased energy levels and improved mental clarity. Colon cleansing can also result in clearer skin and brighter eyes





What is Next?

Remember I'm here to help

1. Help you learn how to make delicious green juices that are full of essential vitamins and minerals, making it easier for you to get the nutrients you need.
2. Exercises that will help your body detoxify quickly and improving your overall health.
3. Advise on deep tissue cleansing methods such as dry brushing or sauna treatments which will help rid the body of toxins and rejuvenate cells from within.
4. Provide personalized support to ensure that you stay motivated throughout your journey and guide your progress in a safe and healthy way.
5. Lastly, I have experience with nutrition plans and can help you find the right diet for your body and lifestyle, so that you can eat clean and stay healthy.

By following HTX Detox 21 Day Program and having Tara Alicea as your coach to support you, can restore balance in your body and achieve the health goals that you have set for yourself. HTX is your resource if you are looking to improve your overall health through green juicing, exercise and deep tissue cleansing.



Thanks!

**DO YOU HAVE ANY
QUESTIONS?**

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htxjuices.com

(Note: This isn't meant to replace any health advice given by a medical professional, and you should always seek the advice of your doctor before starting any new supplement or health regimen.)

Four stylized orange slices are arranged around a central white speech bubble. One slice is in the top-left corner, one in the top-right corner, one in the bottom-left corner, and one in the bottom-right corner. The background is a light teal color.

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