

# JOYFUL HEALTH

— FOR —  
**THE BEST Y.O.U EVER!**

"YOUR OWN UNIQUENESS"



DETOXING YOUR LIFE AND BODY

**LIANA ROBINSON, LIFESTYLIST**  
**With Buff Duvall**

BOOK 1

"JOYFUL HEALTH for the Best Y.O.U Ever Your Own Uniqueness Preparing for Detox" Copyright ©  
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# A Holistic Approach to Your Lasting Lifestyle Change

You are Unique—1 out of 7-billion Humans  
on Planet Earth—a Marvelous Creation  
And today, you've decided to become

## **The Best Y.O.U Ever Mind, Body and Spiri**

Be empowered through this easy to follow, step-by-step guide to:

- Discover the uniqueness of Y.O.U
- Understand how you think and make life defining decisions
- Achieve emotional and spiritual balancing through Rest,
- Prayer and Meditation
- Knowing your body chemistry
- Move your body for physical strengthening
- Preparing for you detox with a 3-day warm up
- Recognize and cast aside the damaging wounds of your past

And when you're ready for the next step, the companion book, Detox 4 Y.O.U, will

- Introduce the 4 Detox Options
- Guide you to the best detox for Y.O.U
- Take you on your 30-day Journey, and

Help you integrate all your new knowledge to make Lasting Lifestyle Changes to become your best Y.O.U ever!

Come on this Joyful Health for the Best  
Y. O. U Guide Adventure to...

Health Improving  
Emotional Healing  
Energy Boosting  
Mood Elevating  
Weight Releasing  
Life Altering Journey  
To become the  
Best  
Y.O.U  
Ever!

## WHY I WROTE THIS BOOK

The message of this book is for you to start seeing your value, worth and beauty.

I share these words of encouragement about how God made Y.O.U, taken from the Message Translation of the biblical book of Psalms, Chapter 139, verses 13-16.

*Oh yes, you shaped me first inside, then out; you formed me in my mother's womb.*

*I thank you, High God -- you're breathtaking!*

*Body and soul, I am marvelously made!*

*I worship in adoration -- what a creation!*

*You know me inside and out,*

*you know every bone in my body;*

*You know exactly how I was made, bit by bit,*

*how I was sculpted from nothing into something.*

*Like an open book, you watched me grow from*

*conception to birth; all the stages of my life were spread out before you,*

*The days of my life all prepared before I'd even lived one day.*

God made YOU unique and special. He considers you marvelous. He loves you. And if God feels this way about you, it's time you started feeling and treating yourself this way too!

So I wrote this **book** to help You -- find Y.O.U (Your Own Uniqueness) -- and be the best you of your life!

I want to empower you to stop following the crowd in fashion, hairstyle trends, celebrity fads and diet -- trying to look like someone other than Y.O.U—rather than the unique creation that you are!

I want to help you discover yourself, love yourself and stand proud in your own individuality. As you find that person, you'll find your own style, -- and what makes YOU a shining star! But that's only part of it...

Mostly I want you to become beautiful on the inside.

As you journey to achieve your optimum health, you will see your exterior, physical beauty improve.

As you feel better, you'll see yourself differently, you'll love yourself differently and this inner love will begin to radiate outwardly, until others also will see you differently. When all these aspects of Y.O.U are working together in perfect harmony—that's when you will become your most amazing self!

Be encouraged. If you tried to make these kinds of changes in your life and got overwhelmed or couldn't stick with it, I understand.... Stuff happens.

Yet I hope that you'll find my approach a little different. By taking into account your individuality, and allowing you the freedom to tailor this process to **Y.O.U**—lasting success will be yours!

How can I say this with such confidence... because I walked a similar path -- striving, stumbling, sprinting, falling, advancing, learning, loving and finally becoming ME!

## BALANCING PRINCIPLES

If you Google "Yin and Yang," you'll find a description of a Chinese philosophy, "describing how seemingly opposite or contrary forces may actually be complementary, interconnected and interdependent in the natural world, and how they may give rise to each other as they interrelate to one another. A simple example is how hot and cold, seem to be polar opposites, and yet, a cup of hot tea will eventually give way to a cup of cold tea if it is left to sit long enough in a cold space.

Along my path of study, particularly from my Caribbean and Afrikan teachers, I have incorporated some of the ancient Egyptian concepts of "Maat," in my healing protocols.

Ma'at is a concept of truth, balance, order, harmony, law, morality and justice, as personified by the beautiful goddess of the same name (see image below). Her ideological opposite was "Isfet," which means injustice, chaos, violence or to do evil."

Before you naysayers discount using Ma'at as extreme, know that the principle of Ma'at, dating back to 2375 BCE, was "the ethical and moral compass by which Egyptian citizens balanced their lives. They were expected to act with honor and truth in manners that involved family, the community, the nation, the environment and their gods." Could we not use a little more Ma'at in our society?



Unlike the image of a woman holding scales in our judicial system today, the Maat image is not blindfolded and bares an ostrich feather on top of her head. The symbolism is that you measure aspects of your life as it relates to the weight of the feather. So for example, if you place the feather on one side of the scale, and your heart on the other, and your heart's weight -- heavy with worry, anger, fear or the like -- overpowers that of the feather, then you know you are out of balance.

## Lady of Justice



In his book, "Holistic Self Diagnosis," Dr. Afrika, one of my mentors, has compiled research suggesting that the body has rigid and fixed bio-chemical, pH, hormonal, physiological, spiritual and electrical responses. He defines these responses as bipolar, or having opposite traits, specifically the, "Male Principle," and the, "Female Principle."

Dr. Afrika finds that the body will not simultaneously have both responses together. In other words, whenever a reaction to relevant stimuli is called for, whether in the body, the physical or the inner realms, that reaction will be either from the, "Male Principle," or the, "Female Principle," never both at the same time."

Below are a few examples taken from Dr. Afrika's teachings which best describe the opposite Male and Female Principles and how they relate to various aspects of life. While Dr. Afrika uses the words, 'male and female,' these principles do not specifically relate to gender, as you will find men and women who manifest traits on either side of the scale. See examples below:

Parasympathetic (Female)

Sympathetic (Male)

Peripheral Nervous System Central Nervous System Alkaline Acid

**Action-Reaction (Physical Realm)**

Cold Hot

Yang Ying

Breathing in Breathing out

Growth Destruction

Stop Go

Relaxation Action

Contracting Expanding

**Emotional (Inner Realm)**

Peace Anger

Introverted Extroverted

I have discovered that my practice of holistic wellness is based on intuition, observation and experiential methods, not scientific -- not medicine. But what I do allows for people to feel better, look better, live better and remind them to get to know and learn what their body likes and dislikes by observing -- and if that's what you want, then join me on this journey.

While I have not fully arrived -- no one has -- for life is not a destination, but a series of trips, I am no longer intimidated by the opinions of others. I am centered, and have found strength in my place of perfect balance.

This makes me uniquely qualified to be your *Coach -- your Guide -- your Mentor -- your Friend* -- and together we'll walk the path -- to discovering *Y.O.U - Your Own Uniqueness!*



This guide was created for people just like you, who want “lasting lifestyle,” changes toward optimum health, enhanced beauty and a more balanced spiritual and emotional life. As unique beings, we come to this decision from different points on the wellness continuum. Some of us are healthy now and want to proactively preserve that as we age. Others have somewhat minor health challenges that we want to alleviate. Those with serious medical conditions may find the modalities taught here can supplement the care being received from traditional medical professionals.

Whether you are a newcomer to health and wellness, a more experienced health enthusiast looking for a **“Kick Start,”** to a new level, or a Practitioner who's considering this guide as a tool for your own clients, we've tried to make the information easy to follow by breaking the process down into 3 steps.

## STEP 1

Chapters 1–4

It's all about Y.O.U!

- Completing a detailed questionnaire to discover who you really are
- Getting a complete physical from your doctor
- Listening to your body and recording what it's saying
- Deciding if an alternative practitioner is right for you

## STEP 2

Chapter 5–8

The science and habits of healthy living

- Finding time for Y.O.U
- Understanding your body chemistry
- Practicing healthy eating -- healthy elimination
- Learning about vitamins, minerals and herbs

## STEP 3

Chapters 9–12

Devise a plan to achieve your goals

- Easy guide to body movement
- Preparing your kitchen
- Getting emotionally and physically ready for Detox

If you enjoyed this FREE Sneak Peek of **Joyful Health** be sure to order your copy of the book at [www.lianalifestylelist.com](http://www.lianalifestylelist.com)

This book is an essential tool for someone who is looking to make new "lifestyle choices" but needs to work within a parameter with realistic goals.

This book will help you have healthy conversations with yourself to propel you to new conversations in order to maximize the desire of your heart for your wellness and lifestyle goals. For example "I will feel exhausted and achy after I exercise" (old conversation)". So what happens?...you don't exercise. Replace this conversation with a new one such as "I will feel revived and will have more energy tomorrow if I exercise today!"

All of these processes of getting tuned into Y.O.U! Daily tracking, acquiring knowledge will help you build a new Lifestyle change....

Let's begin your journey .... today!

Liana Robinson is a Lifestylist serving the beauty industry for over 40 years.

She is an author of 3 books, has a hair product line and owner of Y.O.U. Hair & Wellness clinic in New York.

People come to her whose self image has been impacted by hair issues, such as hair loss, chemical damage, color disasters and wellness issues.



Liana has trained throughout the world and became a certified Iridologist, Trichologist, and Holistic Practitioner. Specializing in iridology through Bernard Jensen and IPPA, International Iridology Practitioners, using these protocols to help clients get to the “root causes” of their hair and wellness issues.

She has empowered 1000's of people to be the best versions of themselves and helped them discover their own uniqueness by detoxing their body and life from the inside out.

Liana had a desire to inspire and empower others to reach their authentic selves and reach their highest beauty and wellness potential. She coined the phrase that it's all about **Y.O.U**, helping clients discover *your own uniqueness*, which became her brand, **Y.O.U Hair, Wellness & Lifestyle Clinic**.