

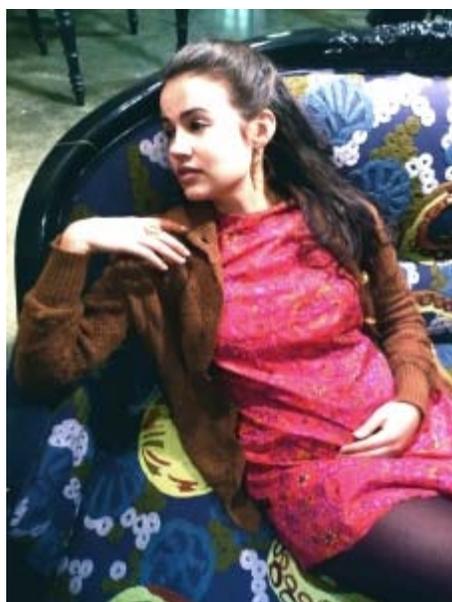
THE DETOX SHOW

➤ Remove the toxins. Discover the truth. Be Happy.

7 Of My Favorite Things. September 29, 2010

Filed under: [Blogs](#) — biancamalinowski @ 5:18 pm

Tags: [Water](#), [Erase Carbon Footprint](#), [Food](#), [Vegan](#), [Milk Alternatives](#), [Juice](#), [Raw Food](#), [alkalize](#), [Life](#)



Hemp Seeds....Excellent source of protein and amino acids. Perfect for smoothies, dipping bananas in, or even adding in to a bread or cupcake mix. I buy my hemp seeds in bulk at *The Bulk Bin* in Los Feliz, but you can buy them usually in the protein powder section of Whole Foods, your local health food store, or online.

Coconut Water....the best way to hydrate other than H2O. You can buy Vita Coco, Harvest Bay, or Amy's (you can get this one with real coconut pieces in the can....yum so good). My favorite way to take coconut water is to buy a whole young coconut that way you get the water plus the coconut meat to dehydrate or add into smoothies so yumm and full of B vitamins (usually only a 1.29 at Thai supermarkets, but you can get them at Whole Foods, your local grocery

store, or for convince you can buy the packaged bottles in bulk on Amazon)

Ginger Chews....I try to stay away from gum so I use ginger chews to cleanse my palate. You can try Reeds, Ginger People, or even buy it in bulk at Whole Foods or your local health food store. I love *Nature Mart/Bulk Bin* in

Los Feliz ...it's definitely the real deal for real people 😊

Trader Joe's Snicker doodles *(wheat-free, gluten-free, dairy free, corn free, soy free, no preservatives, all natural) For only \$2.99 they are an awesome way to satisfy your sweat tooth. They are made with Sorghum flour, which is very similar to millet. So good and for the price you can't beat it.

Eminence Facial and Body Products....Top of the line organic skin care from Hungary. Check out Burke Williams Salon one of the few places in LA to buy Eminence products and they use their products for their awesome facials!!!!

Liz Lovely Cookies....some of the best wheat-free, gluten-free, dairy free cookies I have every had. From Vermont so yummm!!!! If you're in LA you can pick them up at LOCALI in Franklin Village. These cookies will change your life...seriously.

Natures Gate Hemp Body Lotion....I am a big lotion person. At 9 bucks this lotion rocks! It's so rich and hydrates so well with out leaving you oily and full of nasty parabens.

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"The Detox Show" was created by Bianca

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Malinowski. She is an aspiring actress, photographer, philosopher, indigo child, and many more things yet to be discovered. In the beginning of 2010 Bianca decided it was time to start living the life she had always dreamed of...one where she felt at peace with herself and the world around her. As she started detoxing through the foods she ate, she had a mental awakening and thought by sharing this experience with others she might help them through their own process of detoxification and pursuit of happiness. The goal of this blog is to help people remove the toxins from their lives, become more aware of oneself and actions, and most importantly begin the journey towards a more peaceful, healthy, and happy life.

Photography and quotes by Bianca Malnowski
"The Detox Show" was produced by Noble Talent Group Productions

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