

YOU
ARE
BEAUTIFUL

It doesn't matter what shape..

It doesn't matter what size.

It doesn't matter how old or young.



You are beautiful.

How do I know?

A watercolor illustration of the Earth, showing continents in shades of brown, orange, and yellow, and oceans in various shades of blue and green. The painting has a soft, textured appearance with visible brushstrokes. A pink, cursive text overlay is positioned across the center of the globe.

Because you're on this planet.

*Because you're a gift from
God or Goddess or The
Universe.*

*Whatever your belief,
you're a gift.*

*Because no matter
what shape or size
or anything,
you are a sister.*



And you are full of heart and love

and spirit

and sizzle

and passion.

It doesn't matter if you don't feel it.

It's there.

How do I know?

Because you're alive.



If you're alive...

*then you're
full of zest*

and sparkles

and laughter and joy.

It doesn't matter if you can't find it.

Because it's there.



All you have to do is...

love one thing

with total abandon



*And you'll know just how
beautiful you are.*

You are a sister.



And I welcome you home.

To dive even deeper into your beauty and learn more about Pleasure Nutrition go to:

The Pleasure Nutritionist

In pleasure and sisterhood,

Daphne