

# BEYOND BOTOX

7 STRATEGIES FOR SEXY, AGELESS SKIN  
WITHOUT NEEDLES OR SURGERY

## Green Tea Skin Saver

Use this refreshing drink to quench your thirst instead of drinking high-sugar or high-caffeine drinks.

**3 cups freshly brewed green tea**

**2 cups fresh super berries** (use any combination of wild blueberries, blackberries, raspberries, black raspberries, acai, strawberries, or cherries without pits)

**1 cup pineapple juice**

**Club soda or ginger ale (as desired)**

Brew tea, remove tea bags. Mix 3 cups of the brewed tea with the berries and pineapple juice in a large pitcher. Refrigerate until chilled. To drink, pour 1 cup of the liquid into a tall glass. Scoop up several tablespoons of the berries with the cup of liquid. Add a splash of club soda or ginger ale and enjoy the skin saver punch when you would normally drink coffee, tea, or soda.