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ashley\_nicole\_hudson What I love MOST about my health journey is knowing my healthy habits are being passed down to my children and the ones I love the most. ❤️👨👩❤️

• If 95%+ of chronic disease can be prevented with diet and lifestyle I WILL do my part for the people I love. Precisely why I'm so passionate about what I get to do everyday. It's ONLY because I CARE that I share so unapologetically. God certainly did not give me the spirit of fear but of power, love and self control. (I have to pray that verse over myself daily) 😊

• Ava and Luke have been getting



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Ava and Luke have been getting stellar nutrition feeding EVERY cell in their body since utero. Grateful is an understatement. With so much uncertainty in the world 🌍 we live in I know for certain Im giving my babes the best nutrition Mother Nature can offer SIMPLY and that gives me PEACE of mine. We can control the controllable's.

This girl has just about consumed 45 fruits and vegetables EVERYDAY for the past 5 years that has been proven to support and improve every organ function in the body!!!!



🌟 Immune health



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- 🌟 Immune health
- 🌟 Anti-Inflammatory health
- 🌟 Brain health
- 🌟 Gut health
- 🌟 Cardiovascular health
- 🌟 Lung health
- 🌟 Dental health
- 🌟 Skin health
- 🌟 Cognitive Function & more.

Her shake has 15 plants 🌱 and we sprinkle her JP capsules (30 fruits 🍎 and vegetables 🥦) in the shake. Easy Peasy. Parenting is hard, nutrition doesn't have to be. I would love to help you exhausted mamas out there who are sick and tired of being sick and tired.



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out there who are sick and tired of being sick and tired.

I may have cried putting this pic collage together. ❤️😭🙏

#momonamission #plantbeast  
#strongimmunesystem  
#HealthyDNA #vegan #plantbased  
#guthealth #brainhealth #parenting  
#mindfulparenting #nutrition  
#healthylifestyle #healthykids  
#cellularhealth #juiceplus  
#juicepluskid #juicepluscomplete  
#shakethat #smoothie  
#plantsmakepeoplehappy  
#healthybreakfast #healthylife  
#cellularhealth

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