

Verde

Cocodrilo Blando
Aguacate Maduro
Pera Salvaje
Espárrago Fino
Apio Colmado
Chile Asustado
Berza Pochada
Col en Juliana
Cuchillo Crujiente,
tecnología violenta
que coloniza el núcleo
hasta llegar a la crema
verde.

Espinaca Sucia
Brócoli Crudo
Kiwi Completo
Lechuga Impoluta
Judía Cerrada
Alcachofa Madre
Manzana Partida
Melón Sediento
Cacahuetes!

Unable to control their lives, women go to extreme measures to control their bodies through dieting and exercise, gaining a sense of accomplishment by their ability to achieve a perfect body, bending their bodies to their wills, gaining mastery over their bodies.

Susan Bordo

Control

Qué queda sino
au
to
con
trol
placer poderoso
ejercicio situado
en el ligero ángulo
de la ingesta por la ingesta
por la resistencia

No.
Por la meta
Just Do It, a tope!
Tú puedes, claro.

au
to
con
trol

Poder por Triunfo
por la conquista del cuerpo
tubérculo
doblado hasta embutir
esculpir

por el subidón de penetrar-
se
a una misma

Lechuguita y a correr!

Natural

Tetas grandes naturales
Elsa Pataki, sí
Yola Berrocal, no

Susan Bordo says that
the “natural body” is a fiction.

Natural Skin
Natural Hair Color
Natural Hands
Natural Nails
Natural Teeth Whitening
Natural Thick Eyebrows
Natural Bodybuilding
Natural Chocolate Face Mask

Natural Voice
Natural Posture
Natural Childbirth
Natural Medicine
Natural Gestures
Natural Clothes
Natural Butt
Natural Lips
Natural feet treatment
Natural Gray Hair
Natural Maturity
Natural Look
Natural Attitude

Natural Health
Natural Food
Natural Beauty

Beauty morning routine

Warm Lemon Water
Drink a Glass
Wake up
Earlier

Morning Validation

Smile
Smile at Yourself in the mirror
Smile at Yourself in the Mirror for 30
Seconds

Scrape Your Tongue, Right Scraper
How Long Stretching?
Stretching Routine, Do it
Do a stretching Routine

Dry Brush Your Body.

Smile
Smile at Yourself in the mirror
Smile at Yourself in the Mirror for 30
Seconds
for a few minutes

Why a Few minutes?
Just Meditate
For a few minutes

No more less
Just 3
Write Out Your Top 3 for the Day
Just 3 no more less
for a few minutes