



KARISSA RODRIGUEZ

height	5'9" 175
bust	46 116
waist	38 96
hips	48 121
dress	18 46
hair	brown braun
shoes	9 43
eyes	brown braun

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a surprisingly relaxing stomach message. "Your digestive system is struggling," she says kindly, explaining that most of us eat too fast (so we don't register our hunger cues), eat too much and too late (when our guts have to work overtime to metabolize food), and eat too much acidic stuff (meat, eggs, dairy, bread, the variety of oil). But as guests we greet their own physician for a maximum seven days, they've also given a thumbs-up for their eating plan. (It's like the "eat what you love" rule, but with a twist: "You can eat what you love, but you have to love what you eat," she says, and she's not kidding. It's all about the quality of the food, not the quantity. And a "thunder" of sea-salt with a green.

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